

Liverpool John Moores University

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Title: The Actor's Body 1
Status: Definitive
Code: **4504IABACT** (124293)
Version Start Date: 01-08-2021

Owning School/Faculty: Liverpool Screen School
Teaching School/Faculty: Institute of the Arts Barcelona

Team	Leader
Andrew Sherlock	

Academic Level: FHEQ4 **Credit Value:** 20 **Total Delivered Hours:** 150
Total Learning Hours: 200 **Private Study:** 50

Delivery Options

Course typically offered: Standard Year Long

Component	Contact Hours
Lecture	5
Seminar	5
Workshop	140

Grading Basis: 40 %

Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Presentation	Pres	Movement and Laban system presentation, including studies around physical transformation (Animal Studies) and Physical Theatre repertoire pieces	60	
Presentation	Pres	Dance Performance	40	

Aims

1. The core physical skills required of an actor and the ability to use their body to the

full in a precise, expressive, balanced, safe and flexible manner.

2. The ability to analyse movement, and understand the potential of the body for the expression of character, emotion and narration through physical performance.

3. The ability to assimilate and commit to memory simple physical / dance patterns

4. Demonstrating musicality and rhythm.

5. An understanding of how to maintain physical fitness, stamina and prevent injury including a practical understanding of the importance of warm-up exercises

Learning Outcomes

After completing the module the student should be able to:

- 1 Identify the core creative and expressive physical body and movement skills required for an actor.
- 2 Recognise, identify, and demonstrate the specific vocabulary of movement as articulated within the Laban system.
- 3 Recognise, identify, and demonstrate the embodiment of, alignment, placement, centring, and extension and flexion in sequences and combinations.
- 4 Recognise, identify, and demonstrate the ability to use physical performance to realize character and develop narrative.
- 5 Recognise and identify the techniques required, and demonstrate the ability, to work effectively in an ensemble situation.

Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

Portfolio Presentation	1	2	4	5
Dance Performance	1	3	5	

Outline Syllabus

The module is made up of three parts:

1. Body Conditioning and Somatic Practice

Physical fitness regimes will be taught to help the student develop strategies for improving their physical condition (strength, stamina, speed, and suppleness in the body, motor skills, cardio vascular fitness and healthy and safe practice). A working knowledge of anatomy and physiology will be introduced to help the student develop an understanding of their body.

Somatic practices (including some, though not all - Pilates, Yoga, Alexander Techniques) will be taught to develop a sense of the psycho-physical unity in the mind-body relationship.

2. Movement

Students will learn 'centering' principles, and practices to correct alignment, develop

placement and increase core stability. In addition student will explore the creative and imaginative potential of physical movement.

Movement classes will be delivered across the year so as to enrich the palette of their movement vocabulary. This vocabulary will allow them to give body to their character interpretation and to be present and responsive. The study of Physical Theatre techniques and repertoire will give them important tools to be creative and independent in their work, studying how to articulate the body, an action, a gesture and the entire space on stage.

Movement work will also include animal studies whereby they explore animal types so as to increase their movement range and to explore how the inhabiting of a different set of physical movements can have a direct impact on the understanding of a character. This process will also assist the student in breaking down inhibitions and increase boldness, creativity and their capacity to explore and embody character through specific physicality.

An exploration of Laban technique through which the student will begin to find an increased understanding of how to analyze and scrutinize the components of physical behavior and vocabulary. Through working with dynamics, efforts and drives the student will be able to increase and expand their potential to develop and inhabit a wide range of characters in differing context. The student will also be able to connect voice and body through the choice of basic efforts.

3. Dance

Students will be introduced to a range of dance techniques so that they can develop their skills of assimilating and committing to memory simple dances patterns in order to demonstrate musicality, rhythm, an understanding of space, expressivity, a sense of aesthetic, centre work, floor work, travelling, sequences and combination, extension, flexion and suppleness in the body, control, strength and precision in movement, use of weight and space in relation to tasks, timing, speed and dynamic range.

Learning Activities

- Staff led workshops and classes both in whole group and sub-group situations
- Visiting master-classes
- Independent and guided research exercises
- Video screenings and the watch of live performance
- Performance sharings

Notes

The module introduces students to the three main areas of Movement: Body Conditioning, Movement and Dance. Students are assessed via a portfolio and a presentation.