

The Actor's Body 1

Module Information

2022.01, Approved

Summary Information

Module Code	4504IABACT
Formal Module Title	The Actor's Body 1
Owning School	Liverpool Screen School
Career	Undergraduate
Credits	20
Academic level	FHEQ Level 4
Grading Schema	40

Teaching Responsibility

LJMU Schools involved in Delivery
LJMU Partner Taught

Partner Teaching Institution

Institution Name
Institute of the Arts Barcelona

Learning Methods

Learning Method Type	Hours
Lecture	5
Seminar	5
Workshop	140

Module Offering(s)

Display Name	Location	Start Month	Duration Number Duration Unit
SEP-PAR	PAR	September	28 Weeks

Aims and Outcomes

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
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After completing the module the student should be able to:

Learning Outcomes

Code	Number	Description
MLO1	1	Identify the core creative and expressive physical body and movement skills required for an actor.
MLO2	2	Recognise, identify, and demonstrate the specific vocabulary of movement as articulated within the Laban system.
MLO3	3	Recognise, identify, and demonstrate the embodiment of, alignment, placement, centring, and extension and flexion in sequences and combinations.
MLO4	4	Recognise, identify, and demonstrate the ability to use physical performance to realize character and develop narrative.
MLO5	5	Recognise and identify the techniques required, and demonstrate the ability, to work effectively in an ensemble situation.

Module Content

Outline Syllabus	<p>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 'centring' 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 analyse and scrutinize the components of physical behaviour 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.</p>
Module Overview	
Additional Information	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.

Assessments

Assignment Category	Assessment Name	Weight	Exam/Test Length (hours)	Module Learning Outcome Mapping
Presentation	Portfolio Presentation	60	0	MLO1, MLO2, MLO4, MLO5
Practice	Dance Performance	40	0	MLO1, MLO3, MLO5

Module Contacts

Module Leader

Contact Name	Applies to all offerings	Offerings
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Partner Module Team

Contact Name	Applies to all offerings	Offerings
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