

Instructor: Merideth Taylor  
 MWF 10:40-11:50, MH 107  
 Fall Semester, 2011

Office: MH 112, X4237  
 Office Hours: MF 12:00-1:00  
 and by appointment  
[mmtaylor@smcm.edu](mailto:mmtaylor@smcm.edu)

## TFMS 250.01 MOVEMENT I

### **Objectives of the Work:**

**To** facilitate relaxation, spontaneity, and expressiveness in performance situations and/or everyday movement.

**To** provide tools for examining, understanding, and improving non-verbal communication.

**To** increase awareness of characteristic/habitual movement patterns and their ramifications, both personal and interpersonal.

**To** provide an understanding of the fundamental principles (mechanics) and basic elements (analysis) of movement.

**To** improve fitness level, including flexibility, balance, coordination, strength, and tension management.

**To** foster the ability to work effectively together as an ensemble, using movement awareness as a tool.

### **Methods Include:**

A daily warm-up (including a variety of body awareness, relaxation, and conditioning exercises); centering and alignment exercises; movement observation and description exercises; movement improvisation (exploring non-verbal communication and the relationship of sound, movement and emotion); movement analysis; reading assignments; written journal and movement profiles; exams; and class discussions.

### **Readings and Viewings:**

\*Primary Text: Andrea Olsen, *BODYSTORIES* (at Campus Store)

\*The text will be supplemented by photocopied readings handed out in class.

\*Viewings of videotapes on reserve in the library will also be assigned.

\*You are expected to attend TFMS department productions and to participate in relevant extra-curricular activities. These events can make an important contribution to your learning experience. You may earn extra credit by writing response papers.

TFMS Department main stage productions:

*As You Like It*: 10/13-15 and 10/20-22 at 8 PM and 10/16 and 11/23 at 2 PM, Bruce Davis Theater

*St. Mary's Hear and Now* 12/7-10 at 8PM and 12/11 at 2PM, Bruce Davis Theater

### **Written Assignments:**

1. There will be three end-of-term movement profile papers (Due 12/9)

A. Movement profile of a classmate study-subject - (in duplicate)

B. Movement Profile of a fictional character from a play, poem, story, or novel

C. Movement profile of yourself

2. Journal

Your journal is a place to record your observations and learning process. You should aim for at least three entries each week. (See Journal Guidelines below.) Designated special journal assignments must be typed and handed in by due dates listed on the Assignment

Calendar. Journals will be handed in for grading at the end of the term. Keeping a good journal will make the three end-of-term movement profile papers much easier to assemble!

### 3. Self Evaluation

A short paper assessing your work in class, how well you met your own goals and met the responsibilities spelled out in this syllabus, your improvement or gain in skills and awareness over the semester. Due 12/16.

### Exams

Two exams will be given during the semester in addition to a cumulative final. Additional “pop” quizzes may be added. **Final exam period: 12/14 2-4:15pm**

### Movement Studies

There will be four short observation-based movement performance studies assigned. The final project will include three short mini-performances in conjunction with the papers. You may also be asked to lead an exercise of your choosing from the text.

### Student Responsibilities (Summary):

1. Attending classes consistently and promptly, physically and psychologically prepared for work as assigned.
2. All performance studies, reading assignments, and papers prepared by due date. Active participation in discussions.
3. Dressing appropriately -- Hair out of face; no clothes that restrict movement or obscure body lines; no belts; no hats; no dangling jewelry; no beeping watches; no skirts or jeans!
4. Maintenance of the space--no food, beverages (except water), or gum.
5. Keeping a movement journal (see guidelines).
6. Attending, and being prepared to discuss, TFMS Department main stage productions and special workshops.
7. Three movement analysis papers and self-evaluation summarizing your work over the semester.
8. Performance studies as assigned.
9. Honor Code: Students must abide by the “Student Code of Rights and Responsibilities” in the *Student Handbook*.

### Attendance Policy:

Attendance and promptness are crucial! Excessive absences **will** have a negative effect on your grade! You may miss no more than 3 classes, whatever the cause, without damaging your grade. If you do not feel well enough to participate, you may observe class. Observing class will count as half an attendance credit. No more than four observation credits can be given. **Promptness** - Chronic tardiness **will** result in a lowered grade, and coming into class late will increase the risk of physical injury. Movement study requires discipline. Make a commitment!

**Grading will be based on:** Attendance, energy investment, focus, demonstrated growth in skill level and awareness, exams, papers, participation in group discussion, fulfillment of responsibilities (as noted above), teamwork, and *willingness to play*.

**A=** Superior or outstanding work in **all** categories. **B=** good, solid work all around. **C=** Average...some problems. **D=** Lots of problems. **F=** Failure to meet the challenge.

The journal will receive markings of Satisfactory, Unsatisfactory, or Outstanding. An unsatisfactory journal may drop your grade by a half or even full grade, while an outstanding journal may raise it by a half-grade. Your final project, including papers and performance, will account for 25% of your grade. Exams will account for 15% percent. The rest of your grade will be determined by the quality of your participation and fulfillment of student responsibilities as listed. Incompletes will be given only in cases of documented illness or emergencies.

You are encouraged to make appointments during the semester to discuss your progress and/or any questions you may have.

### ASSIGNMENT CALENDAR

#### Reading Assignment Due Dates:

##### *BODYSTORIES*

This text will function primarily as a lab workbook, providing you with supplementary information and exercises to amplify and increase the effectiveness of your in-class work. The exercises in the text will be effective only if YOU provide the motivation and discipline to do them. This puts the ball in your corner!

9/2 - introduction and chapters 1-2	
9/5 - chapter 3	Labor Day 9/5 (no class)
9/12 - chapters 4-6	
9/19 - chapters 7-9	
10/3 - chapters 10-12	Fall Reading Days: 10/10-11
10/17 - chapters 13-15	
11/31 - chapters 16-18	
11/7 - chapters 19-21	
11/14 - chapters 22-24	Thanksgiving Break: 11/23-25
11/21 - chapters 25-31	

Supplementary Reading (Handouts) Due Dates: (Other readings may be added.)

9/26	Crow, <i>Movement for Actors</i> : “The Alexander Technique”
10/10	Todd, <i>The Hidden You</i> “Fatigue and Rest”
10/24	Sweigard, <i>Human Movement Potential</i> “Better Mechanics in Everyday Movement”

#### Special Journal Assignments

Week of 8/29 - “Mirror Study” (observation and description of self)

Standing in front of a full-length mirror, preferably unclothed, observe yourself as objectively and non-judgmentally as possible. Spend at least 10 minutes simply observing. Then write about the experience, focusing on your feelings about the experience and your body. Then list five things that you like about your body and five or fewer that you are unhappy with. Note any discoveries you have made in this process. Due 9/9

Week of 9/5 - “Body Story” (history) (see *Bodystories*, p. 14 in your text) Due 9/12

Week of 9/12 - Response to videotape of class: Describe/analyze movement of study subject and self in terms of posture/structure. Compare/contrast yourself with your study-subject and others. Record general first impressions of study-subject. Due 9/19  
(Tape must be viewed in the library.)

Week of 9/26 - “Walking Study” (observation/description/performance) A. Observe and describe three different people (NOT classmates) walking. Choose one to perform in class. B. Describe/analyze your own and your study-subject’s walking habits. Due 10/3

Week of 10/10 – “Gesture Study” Observe and describe the use of gesture characteristic to you and your study-subject. Due 10/12

Week of 10/17 - “Sitting Study” (observation/description/performance of the action of sitting) A. Observe and describe three people in the act of sitting/rising. Choose one to perform in class. B. Describe/analyze your own and your study-subject’s sitting habits. Due 10/24

Week of 10/31 - “Eating Study” (observation/description/performance of the action of eating.) A. Observe and describe three people in the act of eating. Choose one to perform in class. B. Discuss your own eating habits. Due 11/7

Week of 11/14 – “Flirting Study” (observation/description/performance of actions of flirtation/ courtship.) A. Observe flirting behavior on or off campus. Share discoveries with the class. Due 11/21

**Exams:** 10/19 and 11/30 (dates subject to change). NO MAKE-UP without prior approval!

**Final Exam Period: 12/14 2-4:15pm (NOT OPTIONAL!)**

### **MOVEMENT JOURNAL GUIDELINES**

The journal is a place to record **your** learning experience.

It should not be a description of what we did in class but, rather, a discussion of your own observations, analysis, progress, lab work, problems, insights, and questions. **Most importantly, it serves as a place to record your observations and analysis of your own and your study-subjects every day movement patterns in preparation for writing the end-of-term papers. You will also be asked to record specific assignments as noted on the Assignment Calendar.**

You must make at least three entries a week. **Date entries.** Do not fall behind.

You will be asked to turn in your journal entries for the special journal assignments listed in the Assignment Calendar by the due dates listed. The length of entries is up to you, but thoughtful, detailed work will be much more useful to you than superficial, generalized work. The style may be informal, even idiosyncratic, but **assigned entries must be typed.** Be sure to keep all journal entries intact so that you can draw from them in writing your final movement profile papers. A complete

journal will greatly facilitate your end-of-semester written work. The journal is a course requirement. It is not optional. **Try to make it work for you.**