

SYLLABUS

TITLE: Body Expression I
CODE: TEA 250
PREREQUISITE: TEA 112
CREDITS: 3 credits | 45 contact hours | 1 term

DESCRIPTION

Introductory course to the art of mimicry and body expression, based on physical floor exercises, mimicry, gesture, gesticulation, and movements that develop the ability of human beings to communicate through their body, without the need for words.

JUSTIFICATION

Any actor or person interested in acting should know the possibilities of their body to make it expressive. Developing good physical flexibility and muscular coordination, based on exercises, allows the body to be transformed into another instrument of communication, especially to transmit feelings, something that every actor will work with in their future profession. This course provides the opportunity for the theatre student, to allow their body not to be an obstacle to their dramatic expression and thus to be able to interpret emotions with credibility.

COMPETENCES

The course develops the following competences in students:

- **Communication**

OBJECTIVES

After completion of the course, students will be able to:

1. Understand the importance of facial gestures, mimicry, and mannerisms for performance.

2. Understand the role body movement, rhythm, and wordless theatrical action play in acting and interpreting.
3. Expressing a feeling in silence.
4. Walking at different dynamic rhythms.
5. Improvise, without words, situations involving different feelings and moods.
6. Move through scenes naturally and with more confidence.

CONTENTS

- I. Warmup Exercises
- II. Separation of the Body in its Different Parts
 - A. Legs
 - B. Pelvis
 - C. Waist
 - D. Chest
 - E. Arms
 - F. Neck
 - G. Head
- III. Exercises to Recognize the Different Parts of The Body and Make Them Expressive
 - A. Inclinations
 - B. Rotations
 - C. Combinations
- IV. Concentration Exercises
 - A. Breathing control
 - B. General calisthenics
- V. Imagination Exercises
- VI. Working with Space
- VII. Rhythm, Movement, and Feeling
- VIII. Basic Mimic and Pantomime Techniques
- IX. Improvisation in Silence
- X. Defining Objects and Feelings

METHODOLOGY

The following strategies from the active learning methodology are recommended:

- Exercise workshops with the professor
- Library assignments
- Group discussion of the exercises' executions
- Attendance at plays, ballet, and pantomime performances

EVALUATION

Class attendance and participation	50%
One midterm practice exam	25%
One imaginative project at the end of the course	25%
Total	100%

LEARNING ASSESSMENT

The institutional assessment rubric is applied to the course's core activity.

BIBLIOGRAPHY

Duchartre, P. L. (1996). *The Italian Comedy: The Improvisation, Scenarios, Lives, Attributes, Portraits, and Masks of The Illustrious Characters of The Commedia Dell'arte*.

Johnstone, K. (1987). *Impro: Improvisation and the Theatre*. Routledge.

Navarra, G. (1986). *Manual para pantomima (Cartilla de pantomima)*. Río Piedras.

Nicoll, A. (1981). *Mask, Mimes, and Miracles*. Hartcourt Brace Javanovich.

Spolin, V. (1963). *Improvisation for Theatre*. Northwestern University Press.

For more information resources related to the course's topics, access the library's webpage <http://biblioteca.sagrado.edu/>

REASONABLE ACCOMMODATION

For detailed information on the process and required documentation you should visit the corresponding office. To ensure equal conditions, in compliance with the ADA Act (1990) and the Rehabilitation Act (1973), as amended, any student in need of reasonable accommodation or special assistance must complete the process established by the Vice Presidency for Student Affairs.

- Students participating in the Student Support Program (PAE, in Spanish) shall request their reasonable accommodation in PAE's offices.
- Students who do not participate in PAE shall request their reasonable accommodation at the Integral Wellness Center (*Centro de Bienestar Integral*, in Spanish).

ACADEMIC INTEGRITY

This policy applies to all students enrolled at Universidad del Sagrado Corazón to take courses with or without academic credit. A lack of academic integrity is any act or omission that does not demonstrate the honesty, transparency, and responsibility that should characterize all academic activity. Any student who fails to comply with the Honesty, Fraud, and Plagiarism Policy is exposed to the following sanctions: receive a grade of zero in the evaluation and / or repetition of the assignment in the seminar, a grade of F (*) in the seminar, suspension, or expulsion as established in the Academic Integrity Policy effective in November 2022.

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