

MOVEMENT I

TRE 354

Dr. Paul R. Bassett

Phone: 849-2248, 2523

Office Hours: 1-4 pm, M-F

A study of the Laban “effort shaping” method.

GOALS:

1. To reunite the mind with the body.
2. To free the individual from inhibitions about movement.
3. To encourage the individual to discover creative energies within his/her body and transfer those to stage performance.

LEARNING OUTCOMES:

By the end of this course...

- You will be able to list and define the Laban efforts.
- You will be able to discuss and explain the use of the Laban efforts in the creation of a movement piece.
- You will be able to use the Laban efforts to create movement pieces for the stage.

REQUIREMENTS:

1. Performance of assigned studies of the efforts as developed by Rudolph Laban. Laban’s “effort shaping” method comes out of a discipline of modern dance and ballet. Laban was a ballet master and dance theoretician who also invented dance notation (known as Labanization). In this class we will be studying his 8 efforts in pure form, **each of which** have the dimensions of weight, time, and space. Your study will take the form of performance dance pieces in solo as well as duo and/or group assignments.
2. Individual honesty and maturity in handling the material and assignments

DRESS:

1. Tights, leotard and ballet slippers are required. (Biker shorts over tights are optional.)

2. Personal cleanliness is expected at all times. You may make use of the dressing rooms, but you are expected to keep your area clean and neat at all times.

GRADING:

1. Attitude, attendance, promptness, initiative. Class begins at 8:00 a.m.
2. Class participation, including warm-ups. The professor will lead warm-ups beginning at 8:10 a.m. You are strongly encouraged to start stretching as soon as you are dressed and before warm-up exercises begin. Warm-ups are based upon specific exercises you are taught in class and extend from 20-30 minutes. You cannot perform assigned pieces unless you have gone through warm-ups.
3. You are expected to rehearse 5 hours weekly outside of class time to *qualify* for an A grade. You are expected to rehearse 4 hours weekly outside of class to *qualify* for a B grade. You are expected to rehearse 3 hours weekly outside of class to *qualify* for a C grade. This formula applies to all pieces except the first assignment. The assignments for the semester include individual performance pieces, including mid-semester and final solo pieces, and duo and/or group performance pieces.
4. Notebook.
5. Final project interpreting the efforts.

NOTEBOOK CONTENTS

1. a.)Description **and** b)analysis of your individual, duo and/or group performances. These are two separate entries for each piece.
 2. Stream of consciousness section: observations of happenings in and out of class which are related to the efforts and the study of movement. (minimum of 45)
 3. Neat drawings in black ink and descriptions of warm-up exercises. There must be at least 10 different exercises drawn and described.
 4. Record of rehearsal time, length, and location. Rehearsal record **MUST BE** initialed by the professor on the time sheet before you perform your pieces. Maintenance of an accurate time sheet is critical to the class. Substitute pieces of paper are not acceptable.
- When the notebook is handed in at the end of the semester, it is to be in word-processed format.
 - There will be a one-half (1/2) grade deduction for **each** class session a particular assignment is late.

ACADEMIC ACCOMMODATIONS

While all students are expected to meet the minimum academic standards for completion of this course as established by the instructor, students with disabilities may require academic accommodations. At Point Loma Nazarene University, students requesting academic accommodations must file documentation with the [Disability Resource Center](#) (DRC), located in the Bond Academic Center. Once the student files documentation, the Disability Resource Center will contact the student's instructors and provide written recommendations for reasonable and appropriate accommodations to meet the individual needs of the student. See [Academic Policies](#) in the undergrad student catalog.