

OFFICIAL UNDERGRADUATE COURSE OUTLINE FORM

Note: The University reserves the right to amend course outlines as needed without notice.

Course Code and Number: THEA 210		Number of Credits: 3 Course credit policy (105)															
Course Full Title: Movement for Living Course Short Title: <i>(Transcripts only display 30 characters. Departments may recommend a short title if one is needed. If left blank, one will be assigned.)</i>																	
Faculty: Faculty of Humanities		Department (or program if no department): Theatre															
Calendar Description: Students will engage in a kinesthetic process that enhances healthy alignment, movement precision and range, and mind-body connection. A wide range of movement techniques are paired with breathwork and relaxation exercises to support non-verbal communication, mindful movement, and creative expression.																	
Prerequisites (or NONE):		None.															
Corequisites (if applicable, or NONE):		NONE															
Pre/corequisites (if applicable, or NONE):		NONE															
Antirequisite Courses <i>(Cannot be taken for additional credit.)</i> Former course code/number: Cross-listed with: Dual-listed with: Equivalent course(s): <i>(If offered in the previous five years, antirequisite course(s) will be included in the calendar description as a note that students with credit for the antirequisite course(s) cannot take this course for further credit.)</i>		Special Topics <i>(Double-click on boxes to select.)</i> This course is offered with different topics: <input checked="" type="checkbox"/> No <input type="checkbox"/> Yes <i>(If yes, topic will be recorded when offered.)</i>															
		Independent Study If offered as an Independent Study course, this course may be repeated for further credit: <i>(If yes, topic will be recorded.)</i> <input checked="" type="checkbox"/> No <input type="checkbox"/> Yes, repeat(s) <input type="checkbox"/> Yes, no limit															
		Transfer Credit Transfer credit already exists: <i>(See bctransferguide.ca.)</i> <input checked="" type="checkbox"/> No <input type="checkbox"/> Yes Submit outline for (re)articulation: <input type="checkbox"/> No <input type="checkbox"/> Yes <i>(If yes, fill in transfer credit form.)</i>															
Typical Structure of Instructional Hours <table border="1"> <tr> <td>Lecture/seminar hours</td> <td>10</td> </tr> <tr> <td>Tutorials/workshops</td> <td>35</td> </tr> <tr> <td>Supervised laboratory hours</td> <td></td> </tr> <tr> <td>Experiential (field experience, practicum, internship, etc.)</td> <td></td> </tr> <tr> <td>Supervised online activities</td> <td></td> </tr> <tr> <td>Other contact hours:</td> <td></td> </tr> <tr> <td>Total hours</td> <td>45</td> </tr> </table>		Lecture/seminar hours	10	Tutorials/workshops	35	Supervised laboratory hours		Experiential (field experience, practicum, internship, etc.)		Supervised online activities		Other contact hours:		Total hours	45	Grading System <input checked="" type="checkbox"/> Letter Grades <input type="checkbox"/> Credit/No Credit	
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Labs to be scheduled independent of lecture hours: <input checked="" type="checkbox"/> No <input type="checkbox"/> Yes		Maximum enrolment (for information only): 24 Expected Frequency of Course Offerings: Annually															
Department / Program Head or Director: Heather Davis-Fisch		Date approved: October 2019															
Faculty Council approval		Date approved: October 11, 2019															
Dean/Associate VP: Jacqueline Nolte		Date approved: October 11, 2019															
Campus-Wide Consultation (CWC)		Date of posting: January 10, 2020															
Undergraduate Education Committee (UEC) approval		Date of meeting: January 31, 2020															

Learning Outcomes:

Upon successful completion of this course, students will be able to:

- Participate in physical exercises to promote introspective kinesthetic awareness.
- Describe basic anatomical structures.
- Employ vocabulary to catalog and compare qualities of movement.
- Apply movement observation strategies to identify restrictive movement habits.
- Select appropriate movement practices and principles to adjust personal movement habits.
- Create individual and ensemble presentations or performances that integrate two or more recognized movement practices or principles.
- Critique one's own and others' presentations or performances constructively.
- Use critique from self, peers, and instructor to refine physical performance.
- Collaborate effectively as part of an ensemble to create original performances.

Prior Learning Assessment and Recognition (PLAR)

☒ Yes ☐ No, PLAR cannot be awarded for this course because

Typical Instructional Methods (*Guest lecturers, presentations, online instruction, field trips, etc.; may vary at department's discretion.*)

Individual physical exercises, class presentations, discussions, movement observation and analysis, reflection journal.

NOTE: The following sections may vary by instructor. Please see course syllabus available from the instructor.

Typical Text(s) and Resource Materials (*If more space is required, download Supplemental Texts and Resource Materials form.*)

Author (surname, initials)	Title (article, book, journal, etc.)	Current ed.	Publisher	Year
1. First Nations Health Authority	<i>First Nations Perspectives on Health and Wellness</i>	<input checked="" type="checkbox"/>	First Nations Health Authority	2019
2. Potter, N.	<i>Movement for Actors</i>	<input checked="" type="checkbox"/>	Allsworth	2017
3. Fraleigh, S.	<i>Moving Consciously: Somatic Transformations Through Dance, Yoga, and Touch</i>	<input type="checkbox"/>	University of Illinois Press	2015
4. Bogart, A. and Landau, T.	<i>The Viewpoints Book: A Practical Guide to Viewpoints</i>	<input type="checkbox"/>	Theatre Communications Group	2004
5.		<input type="checkbox"/>		

Required Additional Supplies and Materials (*Software, hardware, tools, specialized clothing, etc.*)**Typical Evaluation Methods and Weighting**

Quizzes/tests:	10%	Assignments:	40%	Presentations:	25%	Class exercises and participation:	25%
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Details (if necessary): Assignments may include guided reflection journal, formal movement observation, and reading responses.

Typical Course Content and Topics

Week 1: Grounding
 Week 2: Breath, presence, and frames of wellness
 Week 3: Alignment and neutral body
 Week 4: Somatic techniques for tension release
 Week 5: Natural movement through space
 Week 6: Kinesthetic precision
 Week 7: Movement impulse
 Week 8: Spatial awareness and the gaze
 Week 9: Movement principles
 Week 10: Movement observation
 Week 11: Individual viewpoints
 Week 12: Ensemble viewpoints
 Week 13: Mindful movement and creative expression