ORIGINAL COURSE IMPLEMENTATION DATE: September 2020

REVISED COURSE IMPLEMENTATION DATE:

COURSE TO BE REVIEWED (six years after UEC approval)**:** January 2026

Course outline form version: 05/18/2018

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:

(Transcripts only display 30 characters. Departments may recommend a short title if one is needed. If left blank, one will be assigned.)

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 *(Cannot be taken for additional credit.)*

Former course code/number:

Cross-listed with:

Dual-listed with:

Equivalent course(s):

(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.)

Typical Structure of Instructional Hours

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**

Labs to be scheduled independent of lecture hours: ☒ No ☐ Yes

Special Topics *(Double-click on boxes to select.)*

This course is offered with different topics:

☒ No ☐ Yes *(If yes, topic will be recorded when offered.)*

Independent Study

If offered as an Independent Study course, this course may be repeated for further credit: *(If yes, topic will be recorded.)*

☒ No ☐ Yes, repeat(s) ☐ Yes, no limit

Transfer Credit

Transfer credit already exists: *(See **bctransferguide.ca**.)*

☒ No ☐ Yes

Submit outline for (re)articulation:

☐ No ☐ Yes *(If yes, fill in transfer credit form.)*

Grading System

☒ Letter Grades ☐ Credit/No Credit

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	*First Nations Perspectives on Health and Wellness*	☒	First Nations Health Authority	2019
2.	Potter, N.	*Movement for Actors*	☒	Allsworth	2017
3.	Fraleigh, S.	*Moving Consciously: Somatic Transformations Through Dance, Yoga, and Touch*	☐	University of Illinois Press	2015
4.	Bogart, A. and Landau, T.	*The Viewpoints Book: A Practical Guide to Viewpoints*	☐	Theatre Communications Group	2004
5.			☐		

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%

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