

## Movement for Performers – Summer 2024

**THEA-124 – 5 Units**  
**Mon / Wed**  
**5 p.m. – 8:30 p.m.**  
**Studio C100**

**Dor Atkinson**

**Email me to meet in person or via Zoom:**  
**dcatkins@ucsc.edu**

### **COURSE OBJECTIVES**

This course aims to develop your physical range and dynamism performing in any style of theatre. Our focus will be on developing the actor's instrument utilizing Meyerhold's Biomechanics and Anne Bogart's Viewpoints among other physical theatre approaches. Students will train to develop awareness, responsiveness, coordination, spontaneity, strength, spatial awareness, a sense of play, and precision. This will include solo work, work with a partner, and ensemble work, rehearsing and developing short, devised performance pieces.

This is an experiential class in which your success depends greatly on your attendance and active class participation. Please show up on time and be prepared to move!

### **COURSE GOALS**

When you leave this class, you will have achieved the following:

- **Increased ability to breathe, move, observe, focus, follow impulse, and create with awareness.**
- **A framework of individual and ensemble-based movement exercises** which may serve as a starting point for actor training, fully-embodied scene work, ensemble-building, and devising work.
- **An awareness of and information about different models of physical theatre training and performance.** You will learn approaches of renowned theatre directors working from the outside-in.

The course investigates movement principles and practices from a variety of teachers, time periods, and traditions. This course focuses on the body as the primary tool and starting point of theatrical expression.

### **REQUIRED MATERIALS AND CLOTHING**

- **JOURNAL or NOTEBOOK** and pen. We will journal regularly in class in a notebook or journal.
- **COMFORTABLE CLOTHING TO MOVE IN.** Sweats or comfortable pants that cover the knees are great. We may be working outdoors or on the floor in the classroom. Skirts, short shorts, and tight jeans may not allow you to move freely. Remove anything that gets in the way, such as jewelry and hats.
- **Thin-soled, grippy athletic shoes.** Wear comfortable shoes; we may sometimes work barefoot.
- **WATER BOTTLE.** Have your own water available and take bottles out with you at the end of class.
- **NO CELL PHONES.** Please keep phones turned off and put away in backpacks. The sound interrupts the practice, and the distraction is antithetical to the in-the-moment work we're trying to do.
- **NO GUM...** but a snack bar, nuts, fruit, or other energizing, easy snack is a good idea for break.

## CLASS SCHEDULE:

Please see Canvas under “Assignments” for details about the written and performance assignments.

**Day 1 – Mon June 24** Welcome! Relaxation and Awareness

HMWK:

**Journal #1 – Eye Contact / Observation**

**Day 2 – Wed June 26** Following Impulse / Embodied Listening

HMWK:

**Journal #2: What is your Daily Activity?**

Rehearse **Daily Activities** at home over the weekend, to present in class on Mon July 1<sup>st</sup>.

**Day 3 – Mon July 1<sup>st</sup>** **Daily Activities**

HMWK:

**Journal #3 – Response to *The Viewpoints Book*, Chapters 1-3**

**Day 4 – Wed July 3<sup>rd</sup>** DAH Theatre / Psycho-Physical Connection

HMWK:

**Journal #4 – Response to DAH Theatre performance.**

Rehearse **Small Group Movement Piece** with partners, to present in class on Mon July 8<sup>th</sup>

**Day 5 – Mon July 8<sup>th</sup>** **Small Group Movement Piece**

HMWK:

**Journal #5 – Response to Vsevolod Meyerhold Chapter**

Select a monologue from options under Solo with Object on Canvas; memorize.

Bring a non-breakable, **safe** object to class on Wednesday.

**Day 6 – Wed July 10<sup>th</sup>** Utilizing a monologue

HMWK:

Memorize a monologue from Canvas and rehearse **Solo with Object**, to present on Mon July 15<sup>th</sup>

**Day 7 – Mon July 15<sup>th</sup>** **Solo with Object**

HMWK:

Memorize short scene and rehearse Embodied Scenes with partners to present on Mon July 24

**Final Papers Due Friday July 26 at 11:59 pm**

**Day 8 – Wed July 17<sup>th</sup>** Embodied Scenes

HMWK

**Final Papers Due Friday July 26 at 11:59 pm**

Memorize short scene and rehearse Embodied Scenes – with partners to present on Mon July 24

**Day 9 – Mon July 22** **Embodied Scenes**

HMWK:

**Final Papers Due Friday July 26 at 11:59 pm**

**Day 10 – Wed July 24** **Final Presentation – Embodied Scenes**

**Final Papers Due Friday at 11:59 pm**

Potluck/ Reflection

## PERFORMANCE ASSIGNMENTS

### **Solo Daily Activity – 10 points**

**Due in class WEEK 2, Mon July 1**

Text: no text, silent

### **Group Movement Piece – 10 points**

**Due in class WEEK 3, Mon July 8**

Text: Silent, with music added

Utilizing DAH Theatre of Serbia's Painting Exercise

### **Solo with Object – 10 points**

**Due in class WEEK 4, Mon July 15**

Text: Monologue, poem, or spoken word (see Canvas)

Utilizing Bogart's Viewpoints, Meyerhold's Biomechanics, and approaches learned in class

### **Embodied Scenes – 10 points**

**Due in class WEEK 5, Wed July 24**

Text: Samuel Beckett, etc. (see Canvas)

Utilizing Bogart's Viewpoints, Meyerhold's Biomechanics, and approaches learned in class

### **Attendance, Participation, Active Engagement – 20 points**

These points are not based on skill or talent but commitment and focus; a demonstration that one has rehearsed outside of class; willingness to try new approaches; and the gradual application of tools learned in class.

## WRITTEN ASSIGNMENTS

### **Journal #1 – Eye Contact / Observation – 5 points**

Due on Canvas Wed June 26, 4 pm. See Canvas for details

### **Journal #2 – What is your Daily Activity? – 5 points**

Due on Canvas Mon July 1, 4 pm. See Canvas for details

### **Journal #3 – Response to *The Viewpoints Book*, Chapters 1-3 – 5 points**

Due on Canvas Wed July 3<sup>rd</sup>, 4 pm. See Canvas for details

### **Journal #4 – Response to DAH Theatre videos – 5 points**

Due on Canvas Mon July 8<sup>th</sup>, 4 pm. See Canvas for details

### **Journal #5 – Response to Vsevolod Meyerhold videos and chapter – 5 points**

Due on Canvas Wed July 10<sup>th</sup> 4 pm. See Canvas for details

### **Final Paper – 15 points**

Due on Canvas FRIDAY July 26<sup>th</sup> 11:59 pm

Submit on Canvas a 3-page Personal Reflection paper, which will include reference to activities, performances, readings, and videos used in class. Please use your best essay-writing skills. See Canvas for details.

Total Points = **100**

## Our exploration will include the following:

- breath awareness;
- concentration/focus;
- presence and awareness;
- efficiency of movement;
- alignment & balance;
- flexibility and plasticity;
- distinguishing between conscious action and unconscious habitual movement;
- the “ready” position;
- impulse and responsiveness;
- coordination
- range of motion;
- expressiveness;
- precision;
- awareness of spatial relationships;
- awareness of audience perspective;
- balancing playfulness and discipline;
- a sense of time and rhythm;
- work with objects and architecture;
- awareness of the face as “mask”;
- awareness of the body in space and time;
- various movement vocabularies.

The actor learns to adapt and apply this knowledge to any performance style, from contemporary to classical works, from realism to non-linear material, from ensemble work to solo performance.

## EVALUATION AND EXPECTATIONS

### Participation/ Attendance

Theatre is one of the most collaborative of the arts. Actors must be able to rely on each other or there is no performance. Those of you in team sports will be familiar with this. In class, student actors depend on each other’s presence, energy level, and commitment. Therefore, **attendance and participation is mandatory**. You must make every effort not to be late or absent, especially on a day you are scheduled to perform.

Your attendance and participation grade will be based on your engaged class participation, active listening and contribution to discussion, punctuality and preparedness, visible commitment to the task and to your classmates, and growth in the areas of commitment, self-discipline, risk-taking, awareness, and emotional involvement.

That being said, there’s COVID, flu, colds, etc. If you are not feeling well / have ANY symptoms, please stay home and inform Dor as soon as possible. The instructor may ask you to go home if you have symptoms.

### Respect

#### **Respect the space.**

Whether we are indoors or outdoors, please respect the space by keeping it clean and quiet, like a yoga studio.

Enter quietly, turn phones off, put backpacks off to the side, and begin warming up.

Keep conversation to a minimum. Give yourself time to become present in the space.

#### **Respect each other.**

Be kind and respectful. Create a respectful environment. Make compassionate observations. Be good listeners.

We are here to help each other learn and grow. Speak in the first person when you give another actor feedback. Make statements like: “I observed...” “I felt...” “I noticed...” Use others’ proper pronouns. Avoid judgment or assumptions. Work collaboratively in a considerate and cooperative manner. Unkind/ unsafe language or slurs are never acceptable.

Physical contact: We may make physical contact in some exercises in this class, because actors must learn how to make physical contact safely and respectfully in scene-work. This contact must feel safe and respectful. We may potentially make contact with “safe areas:” legs, elbows, knees, arms, hands, feet, necks, shoulders, heads. If at any time physical contact occurs which does NOT feel safe and respectful, you the actor have the right to say so. Please let the instructor know as soon as you feel safe communicating the problem if this occurs.

You are responsible for keeping your acting partner physically safe at all times, in class and in rehearsal. If you are not feeling safe and respected, in class or outside of class, please let the instructor know as soon as possible.

### Performances and late work:

Performance assignments must take place in class on the day they are scheduled. If you are out sick, we can try to schedule a make-up as time allows, but this is not guaranteed. Email instructor to discuss make-up work. Late work may be emailed to the instructor, but one point may be taken off per day the assignment is late.

## **GENERAL CONDUCT**

In this class we abide by the **UCSC Principles of Community**, so please familiarize yourself with these: <https://www.ucsc.edu/about/principles-community.html>.

The University of California, Santa Cruz expressly prohibits students from engaging in conduct constituting unlawful discrimination, harassment or bias. I am committed to providing an atmosphere for learning that respects diversity and supports inclusivity. We need to work together to build this community of learning. I ask all members of this class to:

Be open to and interested in the views of others.

Consider the possibility that your views may change over the course of the term.

Be aware that this course asks you to reconsider some “common sense” notions you may hold.

Honor the unique life experiences of your colleagues.

Appreciate the opportunity that we have to learn from each other.

Listen to each other’s opinions and communicate in a respectful manner.

Keep confidential discussions that the community has of a personal (or professional) nature.

Ground your comments in the texts we are studying. Refer frequently to the texts and make them the focus of your questions, comments, and arguments. This is the single most effective way to ensure respectful discussion and to create a space where we are all learning together.

## **DIFFICULT CONVERSATIONS**

In our in-class and online discussions and dialogues, we will have the opportunity to explore challenging, high-stakes issues and increase our understanding of different perspectives. Our conversations may not always be

easy. We sometimes will make mistakes in our speaking and our listening. Sometimes we will need patience or courage or imagination or any number of qualities in combination to engage our texts, our classmates, and our own ideas and experiences. We will always need respect for others. Thus, an important aim of our classroom interactions will be for us to increase our facility with difficult conversations that arise inside issues of social justice, politics, economics, morality, religion, and other issues where reasonable people often hold diverse perspectives. This effort will ultimately deepen our understanding and allow us to make the most of being in a community with people of many backgrounds, experiences, and positions.

## **REPORT AN INCIDENT OF HATE OR BIAS**

The University of California, Santa Cruz is committed to maintaining an objective, civil, diverse and supportive community, free of coercion, bias, hate, intimidation, dehumanization or exploitation. The Hate/Bias Response Team is a group of administrators who support and guide students seeking assistance in determining how to handle a bias incident involving another student, a staff member, or a faculty member. To report an incident of hate or bias, please use the following form: [Hate/Bias Report Form](#).

## **ACADEMIC INTEGRITY**

Plagiarism is strictly prohibited either from a published source or from another student. Any assignment that includes plagiarized material from another source (or AI, or other forms of cheating) will receive a zero and academic sanctions may result.

All members of the UCSC community benefit from an environment of trust, honesty, fairness, respect, and responsibility. You are expected to present your own work and acknowledge the work of others in order to preserve the integrity of scholarship.

Academic integrity includes:

- Following exam rules
- Using only permitted materials during an exam
- Viewing exam materials only when permitted by your instructor
- Keeping what you know about an exam to yourself
- Incorporating proper citation of all sources of information
- Submitting your own original work

Academic misconduct includes, but is not limited to, the following:

- Disclosing exam content during or after you have taken an exam
- Accessing exam materials without permission
- Copying/purchasing any material from another student, or from another source, that is submitted for grading as your own
- Plagiarism, including use of Internet material without proper citation
- Using cell phones or other electronics to obtain outside information during an exam without explicit permission from the instructor
- Submitting your own work in one class that was completed for another class (self-plagiarism) without prior permission from the instructor.
- Violations of the Academic Integrity policy can result in dismissal from the university and a permanent notation on a student's transcript. For the full policy and disciplinary procedures on academic dishonesty, students and instructors should refer to the [Academic Misconduct page](#) at the [Division of Undergraduate Education](#).

## **ACCESSIBILITY**

UC Santa Cruz is committed to creating an academic environment that supports its diverse student body. If you are a student with a disability who requires accommodations to achieve equal access in this course, please affiliate with the DRC. I encourage all students to benefit from learning more about DRC services to contact

DRC by phone at 831-459-2089 or by email at [drc@ucsc.edu](mailto:drc@ucsc.edu). For students already affiliated, make sure that you have requested Academic Access Letters, where you intend to use accommodations. You can also request to meet privately with me during my office hours or by appointment, as soon as possible. I would like us to discuss how we can implement your accommodations in this course to ensure your access and full engagement in this course.

- **DRC online:** <https://drc.ucsc.edu>
- **DRC Frequently Asked Questions for prospective and current DRC Students, faculty and Staff, and parents:** <https://drc.ucsc.edu/resources-and-forms/faqs.html>
- **Frequently Asked Questions regarding Service and Support animals:** <https://drc.ucsc.edu/services-and-accommodations/sa-overview/other-accommodations/service-animals-faqs.html>
- **UC Santa Cruz Service/Support Animal Policy:** <https://policy.ucsc.edu/policies/student-affairs/dss-0003.html>

## **STUDENT EXPERIENCE OF TEACHING SURVEYS (SETs) (FORMERLY ONLINE COURSE EVALUATIONS/OCEs)**

The Theater Arts Department collects feedback from students at the end of each course in the form of Student Experience of Teaching Surveys (SETs). You will receive an email when the evaluation/survey is available. The email will provide information about the evaluation as well as a link to it online. When you receive the email, please click the link, log in, and complete the evaluation.

Student submissions are anonymous and confidential. Instructors cannot identify which submissions belong to which students and will only be able to review the data collected after all grades have been submitted.

Please give serious thought to your comments. This survey will become part of the instructor's personnel file to be reviewed by colleagues and administration when considering the instructor's future teaching assignments and promotions. Your comments will be available by the instructor only after grading your work and may be used to improve future offerings of the course.

## **MATURE COURSE CONTENT**

In university courses you may be assigned images, films or other material that could contain difficult ideas, uncomfortable language, or graphic depictions of sex or violence. You will be asked to treat these portrayals critically, to consider what is being expressed by the maker, or to examine the potential social impact, and to evaluate the works in a given context. Instructors are always happy to speak with you about the course content and/or your work, and might direct you to CAPS (Counseling and Psychological Services) at 831-459-2628 or the Disability Resource Center ([drc@ucsc.edu](mailto:drc@ucsc.edu), 831-459-2089) should you need additional support.

## **COPYRIGHTS**

This content is protected and may not be shared, uploaded or distributed.

My video lectures and course materials, including Powerpoint presentations, tests, outlines, and similar materials, are protected by U.S. copyright law and by University Policy. I am the exclusive owner of the copyright in those materials I create. You may take notes and make copies of course materials for your own use. You may also share those materials with another student who is registered and enrolled in this course.

You may not reproduce, distribute or display (post/upload) lecture notes or recordings or course materials in any other way — whether or not a fee is charged — without my express written consent. You also may not allow others to do so.

If you do so, you may be subject to student conduct proceedings under the UC Santa Cruz Student Code of Conduct, Section 102.23.

Similarly, you own the copyright in your original papers and exam essays. If I am interested in posting your answers or papers on the course web site, I will ask for your written permission.

### **GRADE DISPUTES**

If you have questions about the grading of your work, please make arrangements to talk with Dor outside of class time. If the matter still remains unresolved, you will be advised on further options.

### **RELIGIOUS ACCOMMODATION**

UC Santa Cruz welcomes diversity of religious beliefs and practices, recognizing the contributions differing experiences and viewpoints can bring to the community. There may be times when an academic requirement conflicts with religious observances and practices. If that happens, students may request the reasonable accommodation for religious practices. The instructor will review the situation in an effort to provide a reasonable accommodation without penalty. You should first discuss the conflict and your requested accommodation with your instructor early in the term. You or your instructor may also seek assistance from the [Dean of Students office](#).

### **ALL-GENDER RESTROOMS**

UC Santa Cruz is committed to the well-being of all students and cares about all students feeling safe and welcome, regardless of their gender identity, expression, and/or embodiment. The [Lionel Cantú Queer Center](#) has worked with students and campus staff to create more safe and accessible restrooms for transgender and genderqueer students, staff, faculty, alumni, and UCSC visitors. A [complete list of all-gender restrooms](#) on campus was compiled and is maintained by the Cantú Queer Center.

### **UC POLICY ON SEXUAL VIOLENCE AND SEXUAL HARASSMENT / RESOURCES**

UC Santa Cruz is committed to creating and maintaining a community where all individuals can work and learn together in an atmosphere free of sexual harassment and sexual violence. The sexual harassment of students and employees, including sexual violence, interferes with their right to work and learn in a safe environment and is a form of sex discrimination prohibited by Title IX of the Education Act. Title IX prohibits gender discrimination, including sexual harassment, domestic and dating violence, sexual assault, and stalking.

If you have experienced sexual harassment or sexual violence, it is important that you know:

1. You can receive confidential support and advocacy at the Campus Advocacy Resources & Education (CARE) Office ([care.ucsc.edu](http://care.ucsc.edu)) by calling (831) 502-2273. The CARE office supports UC Santa Cruz students, faculty and staff affected by sexual harassment or sexual violence.
2. Counseling & Psychological Services (CAPS) Office ([caps.ucsc.edu](http://caps.ucsc.edu), 831-459-2628) can provide confidential, counseling support.
3. Faculty, Teaching Assistants and Advisers are required under the UC Policy on Sexual Violence and Sexual Harassment\* to inform the Title IX Office should they become aware that you or any other student has experienced sexual violence or sexual harassment. If you are not comfortable with this, please contact CARE or CAPS instead (info above).

To Report a Possible Title IX Violation directly to the University's Title IX Office, students, faculty or staff can use this online reporting form at <https://titleix.ucsc.edu/reporting/index.html> or call (831) 459-2462.



Reports to law enforcement can be made to the UC Santa Cruz Police Department ([police.ucsc.edu](http://police.ucsc.edu)): 831-459-2231, ext. 1. For emergencies, call 911. Other resources are listed on the Sexual Violence Prevention and Response website: [safe.ucsc.edu](http://safe.ucsc.edu).

\*The UC Policy on Sexual Violence and Sexual Harassment is online here:  
<https://policy.ucop.edu/doc/4000385/SVSH>

Questions or concerns regarding the Policy or related procedures and requirements, can be directed to the Title IX Office: 831-459-2462 or [cscricca@ucsc.edu](mailto:cscricca@ucsc.edu).

## **STUDENT SERVICES**

### **Counseling and Psychological Services**

Many students at UCSC face personal challenges or have psychological needs that may interfere with their academic progress, social development, or emotional wellbeing. The university offers a variety of confidential services to help you through difficult times, including individual and group counseling, crisis intervention, consultations, online chats, and mental health screenings. These services are provided by staff who welcome all students and embrace a philosophy respectful of clients' cultural and religious backgrounds, and sensitive to differences in race, ability, gender identity and sexual orientation.

College can be a high-stress time. If you feel you are experiencing depression or anxiety, please contact CAPS at **(831) 459-2628**. Please know that **988** is the Suicide and Crisis Lifeline phone number, available 24/7.

## **SLUG SUPPORT PROGRAM**

College can be a challenging time for students and during times of stress it is not always easy to find the help you need. Slug Support can give help with everything from basic needs (housing, food, or financial insecurity) to getting the technology you need during remote instruction.

To get started with SLUG Support, please contact the Dean of Students Office at 831-459-4446 or you may send us an email at [deanofstudents@ucsc.edu](mailto:deanofstudents@ucsc.edu).

## **LAPTOP COMPUTERS AND MOBILE DEVICES:**

There shouldn't be a need for laptops or phones, except for playing music for a scene. If you need to use a device, let me know. As a general rule, please turn phones off while in class (you can use them on break.)

## **SLUG HELP / TECHNOLOGY**

The ITS Support Center is your single point of contact for all issues, problems or questions related to technology services and computing at UC Santa Cruz. To get technological help, simply email [help@ucsc.edu](mailto:help@ucsc.edu).

## **LAND ACKNOWLEDGEMENT**

The land on which we gather is the unceded territory of the Awaswas-speaking Uypi Tribe. The Amah Mutsun Tribal Band, comprised of the descendants of indigenous people taken to missions Santa Cruz and San Juan Bautista during Spanish colonization of the Central Coast, is today working hard to restore traditional stewardship practices on these lands and heal from historical trauma.