

PRINCIPLES OF PHYSICAL TRAINING FOR THE ACTOR

THFM-2505-001

Term: Winter 2022
Dates and Time: T/TH 8:30-9:45am
Room: 2T15
Credit hours: 3

Instructor: Ali Robson
E-Mail: al.robson@uwinnipeg.ca
Office hours: Virtual office
hours are by appointment.

COURSE DESCRIPTION

The course is designed to establish a practical and intellectual foundation for the actor's physicality and introduce the student to the basic principles of training and awareness necessary to reach their full expressive potential. The knowledge acquired from the course will support and directly apply to further studies in expressive movement, physical training methodologies, and to acting technique in general.

Studies include the following:

- Introduction of somatic and embodied practices for performance
- Remedial exercises to develop strength, stability, mobility and endurance
- Patterned movement principles to understand applied balance, endurance, range of expression, spatial awareness, rhythm, and ensemble
- Non-patterned movement improvisation to increase movement potential and expressiveness, sensitivity, awareness, spontaneity, and confidence
- Partner and floor work to develop trust and sensitivity
- Basic anatomy and body mechanics, health, wellness and injury prevention
- Range of performance styles that require physical training and topics around inclusion and accessibility

COURSE DELIVERY

This course will be delivered in person and students will need to use the Nexus platform to access readings, activities, tests and to post written assignments. Lecture slides will also be posted to Nexus. This course will involve physical participation in much of the material delivered in class.

TEXTS

No text book is required; students will receive activities (readings or videos) via Nexus throughout the term.

COURSE OUTLINE

Please note: Some of the topics listed on the outline may not be covered.

Week 1 - January 6

Introduction

-Protocols

-Syllabus and Assignments

-Communication form

-5 W's – contextualizing the course

Week 2 – January 11 & 13

Breathing and Alignment

-Practice, Lecture, Activity

Week 3 – January 18 & 20

Somatic Practices and Embodiment

-Practice, Lecture, Activity

Week 4 – January 25 & 27

Remedial Exercises

-Practice, Lecture, Activity

- **Reflection Paper #1 Due January 27th via Nexus Assignments**

Week 5 – February 1 & 3

Shape, Weight, Orientation, Rhythm and Direction Principles

-Practice, Lecture, Activity, Weekly Response

Week 6 – February 8 & 10

Health and Wellness

-Practice, Activity

Week 7 - READING WEEK - No Classes February 15 & 17

Week 8 – February 22 & 24 - Injury Prevention

-Practice, Lecture, Activity

-**Midterm test Tuesday, February 22**

Week 9 – March 1 & 3

Components of Fitness

-Practice, Lecture, Activity

Week 10 – March 8 & 10

Patterned and Non-Patterned Movement

-Practice, Lecture, Activity

Week 11 – March 15 & 17 - **Voluntary Withdrawal Date March 16**

Warm up and Cool down

-Practice, Lecture, Activity

- Reflection Paper #2 Due March 17th via Nexus Assignments

Week 12 – March 22 & 24

Partnering and floor work

-Practice, Lecture, Activity

Week 13 – March 29 & 31 - **In class presentations Tuesday & Thursday**

Inclusion and Accessibility

-Practice, Lecture, Activity

Week 14 – April 5 – Last Class

Performance Style

-Review, Practice

EVALUATION

The class will be evaluated on a pass/fail basis (50% or higher constitutes a passing grade). Grades will be based on the following criteria.

Assignment	Due Date	Percentage of total grade
Weekly Responses	Weekly before Tuesday class	30%
Individual Presentations	February 9 & 11	20%
Midterm Test	February 23	20%
Final Paper	April 13	20%
Participation	ongoing	10%
		Total 100%

CONVERSION SCALE

For the calculation of the final grade the following conversion table will be used:

A+	90 – 100%	GPA	4.5	C+	65 – 69.9%	GPA	2.5
A	85 – 89.9%	GPA	4.25	C	60 – 64.9%	GPA	2.0
A-	80 – 84.9%	GPA	4.0	D	50 – 59.9%	GPA	1.0
B+	75 – 79.9%	GPA	3.5	F	below 50%	GPA	0
B	70 – 74.9%	GPA	3.0				

Work not submitted will be graded as 0%.

ASSIGNMENTS - Details of the grading rubric and further information for each assignment can be found on Nexus.

Reflection Papers (2 x 15%=30%) - Due January 27th and March 17th

The reflection papers will cover students experience of the range of materials and topics covered in class. The papers can be written in the first person, but should include appropriate references where required. Details will be discussed in class.

Midterm Test (20%) - Due on Tuesday, February 22

The midterm test will be an open book test via Nexus and students will have 2 hours to complete the test within a 24 hour period. The content for the test will include all in class lectures and presentations, activities and reading up to the date of the test.

In Class Presentations (20%) - During class time on March 29 & 31.

The presentations will be done during class time and as a group. Students will present the physical material covered in the class up to this time.

Final Paper (20%) - Due on Tuesday, April 12, 2022 by 11:59pm

Students will be required to submit a final paper (minimum 2,000 words) via Nexus on the Assignments platform. The papers should summarize the material covered in the course, analyse and critique the content and comment on the student's own discoveries and growth and make references to course readings and activities. The assignments will be discussed in detail in class.

Participation (10%)

Participation will be graded on the students in class participation including practices and discussions, as well as engaging with Nexus material and activities. Instructors are able to track students' level of engagement with Nexus materials through the platform. See participation rubric below.

PARTICIPATION RUBRIC					
CRITERIA	EXCELLENT A	ABOVE AVERAGE B	AVERAGE C	FAIR D	UNSATISFACTORY F
DISCUSSION	Contributes to almost every class discussion	Contributes frequently to class discussion	Contributes to class discussion regularly but without own insights	Offers opinions without making connections to readings	Makes limited to no contribution to class discussion
	Poses questions and makes comments consistently	Poses questions and makes comments somewhat consistently	Poses questions and makes comments inconsistently	Poses few, if any, questions	Does not pose questions
READINGS	Is fully familiar with assigned readings	Is usually familiar with assigned readings	Demonstrates knowledge and comprehension of concepts in assigned readings	Insufficiently demonstrates having read the assigned readings	Does not demonstrate having read the assigned readings at all
	Is familiar with optional readings	Is familiar with some optional readings	Displays limited evidence of any familiarity with optional readings	Displays no evidence of familiarity with optional readings	Displays no evidence of familiarity with optional readings
	Reflects on issues	Exhibits some evidence of reflection on issues	Exhibits limited evidence of reflection on issues	Rarely exhibits evidence of reflection on issues	Exhibits no evidence of reflection on issues
	Makes connections between readings and practicum experience	Makes some connections between readings and practicum experience	Makes very few connections between concepts and practicum experience	Makes no connections between concepts and practicum experience	Makes no connections between concepts and practicum experience
COMPLETION OF IN-CLASS ASSIGNMENTS	Completes and submits all in-class assignments punctually	Completes and submits almost all in-class assignments punctually	Completes and submits the majority of in-class assignments	Completes and submits few in-class assignments	Does not complete in-class assignments

Voluntary Withdrawal Date – March 16, 2022

A minimum of 20% of the work on which the final grade is based will be evaluated and available to the student before the voluntary withdrawal date.

Reference Style: APA

Please refer to <https://apastyle.apa.org/> for all written assignments.

Late Assignment Policy

Students are expected to submit assignments on time. Late assignments will be penalized at 1 mark per day for the first 6 days. After that time the assignment will receive a mark of zero.

Attendance

Students are expected to attend all scheduled classes. If students know they will be unable to attend a class they are asked to inform the instructor with as much notice as is possible.

Important Information

-Students are required to regularly check their University of Winnipeg email.

-The instructor will reply to emails within a 48 hours period. Nexus email will not be checked regularly.

-If a class needs to be cancelled for exceptional circumstances the instructor will make every effort to contact students by email.

STUDENT PARTICIPATION POLICY & COURSE CONTENT NOTE

Theatre is a communal art form in which a number of interdependent artists and crafts people co-operate to create a work of art. This fact is necessarily transferred to the learning situation, and is reflected in many of the Department's courses. Consequently, it is the Department's policy that students are required to: complete homework such as reading, line-learning, script analysis, prop lists, design drawings, etc.; attend classes; attend rehearsals both within and outside of class times; and, in short, to exhibit commitment towards the inevitably shared endeavours of our field of study.

Any student failing to fulfil these requirements is harmful to the progress of dedicated students and may, after due warning, be asked to withdraw from any individual Departmental course.

COURSE CONTENT NOTE

Dramatic literature depicts a wide range of human actions, both elevated and base, public and private, physical and psychological, sexual and non-sexual, etc. Acting students learn to simulate life truthfully in interaction with other students in the safety of the acting class and the rehearsal hall through exercises, discussions, and directions which address rather than avoid truthful, particularized, personalized action.

The teaching of acting may involve encouraging students to examine personal and even intimate areas of life to help them understand and meet the demands of the work.

Performance classes often require strenuous physical activity. Classes and rehearsals may also involve consensual physical interaction between students as part of class exercises or character development and occasional, consensual, physical contact by instructors for purposes such as the demonstration of a technique or to make a posture correction. Students are responsible for wearing clothing appropriate to these activities.

This work can, at times, feel uncomfortable, but must ALWAYS be consensual, and must NEVER be unsafe. Students are encouraged to discuss any concerns about their physical and emotional safety with their course instructor.

KNOW YOUR RIGHTS

Human Rights and Diversity

All students are encouraged to visit the University's Human Rights and Diversity website (<https://www.uwinnipeg.ca/respect/index.html>) to familiarize yourself about your rights, the University's policies, and resources in place to support you. This site includes links to the University's Sexual Violence Policy and Procedures (<https://www.uwinnipeg.ca/respect/sexual-violence-policy-and-procedures.html>), as well as resources for getting and providing support and clear steps for disclosing or reporting sexual violence.

Sexual Violence Resources on Campus

From the UW Human Rights & Diversity website:

The University takes all disclosures and reports of sexual violence seriously; survivors of all backgrounds and experiences will be treated with dignity, respect, and care. If you have experienced sexual violence, there are trained staff to help you in whatever way suits you best."

Disclosing is telling a member of the UW Community that you have experienced sexual violence. This could be someone you trust or feel comfortable with, like a professor, coach, another staff person, or a member of the Sexual Violence Response Team (**SVRT**). A disclosure can be made in order to receive support, accommodation, or to be connected to other resources. The Sexual Violence Response Team (**SVRT**) is a small team of specially trained, well-situated staff that coordinates and organizes services for survivors in a confidential manner. For example, if you personally do not feel comfortable talking to your professors about extensions or deferring work, they would be able to arrange changes for you without telling the professor why you need accommodation.

Contact SVRT by phone at 204-230-6660. [You can find more information on disclosing here.](https://www.uwinnipeg.ca/respect/sexual-violence/support/index.html) (<https://www.uwinnipeg.ca/respect/sexual-violence/support/index.html>)

Reporting is making a statement to the **Human Rights & Diversity Officer (HRDO)** with the intention of seeking remedy, sanction, or consequences through the university. Once a report is made, the **HRDO** will review your report and discuss your options. Your options could include an investigation process, or informal resolution (if you wish to resolve it without an investigation). The **HRDO** can still connect you with support, accommodation, or external organizations while the investigation is taking place.

You can contact the HRDO by phone at 204-988-7508 or by email at hrdo@uwinnipeg.ca
You can report online here » (https://uwinnipeg.qualtrics.com/jfe/form/SV_4ONi2EP1gcXjyBv)

PUBLIC HEALTH COVID CONSIDERATIONS

In the current changing health situation, the schedule and content of the course may be subject to change on short notice. Every effort will be made to inform students of these changes, to deliver the course content in the best way possible under the circumstances, and to evaluate students fairly.

HEALTH AND ACCESSIBILITY SERVICES

Life happens to everyone. If you are experiencing a crisis in your life, or if you have a physical or mental health issue, communicate with your Professor or Accessibility Services – let us know so we can provide support or direct you to those who can. The earlier we know, the earlier we can discuss what resources might be available. Students with documented disabilities, or temporary or chronic medical conditions requiring academic accommodations for tests/exams/presentations (e.g., private space or more time) or during lectures/labs (e.g., note-takers) are encouraged to contact Accessibility Services (AS) at 204-786-9771 or accessibilityservices@uwinnipeg.ca to discuss appropriate options. All information about a student's disability or medical condition remains confidential. If you are registered with Accessibility Services, do not assume that Accessibility Services (AS) has informed your instructor that you have registered with them. Please see <http://www.uwinnipeg.ca/accessibility>. If you do not register with AS, you cannot be granted special consideration (e.g. extra time to write exams/tests, attendance issues because of physical or mental health conditions, etc.).

The University of Winnipeg promotes a scent-free environment. Please be respectful of the needs of your fellow classmates and your instructor by avoiding the use of scented products while attending on-campus lectures and labs. Exposure to perfumes and other **scented products (such as lotion)** can trigger serious health reactions in persons with asthma, allergies, migraines or chemical sensitivities. We are asking for your cooperation to create a scent-free environment **on campus** by students, faculty and staff.

"THE REAL THING" LECTURE SERIES

During the FW terms, the Department of Theatre and Film presents a series of lectures held on Wednesdays during the free period (12:30-13:20). This series will feature speakers from a range of areas in the performing arts: technical, performance, design, management, film, directing, playwriting, etc. and are open to all students. The speakers will specifically address issues related to "the business of the business."

Lectures are planned on the following dates in the Winter term:

January 19, 2022

March 2, 2022

Guests will be confirmed shortly.

MANDATORY ATTENDANCE FOR HONOURS STUDENTS: Beginning in January, attendance at **EVERY** lecture is mandatory for ALL Honours students in Theatre (that is, anyone taking 4000-level courses in any area), as well as students in THFM-3110 Screen Acting, THFM-3201 Styles in Design, THFM-3801 Production II, and THFM-3920 Musical Theatre.

All students are encouraged to attend these fun and informative lectures. Please see our department website in the Fall for information.

ORIENTATION ASSEMBLY

The department will hold a Winter term Orientation/Info session by Zoom in January, currently planned for Monday, January 17th at 12:30 pm to welcome students to the new term, provide information about the department, its various activities and those of its professors; and deliver news about what's coming up.

ALL STUDENTS ARE ENCOURAGED AND WELCOME TO ATTEND! Please see our department website for information in January.

TAFSA

All students enrolled in at least one theatre or film class are automatically members of TAFSA, the Theatre and Film Students' Association, which plans a number of exciting activities each academic year. Activities organized by TAFSA include regular **Performance Jams**, **Department parties** and **Socials** as well as **DioFest** (a new play festival featuring student written and produced plays), and **24/7** (an event in which students move into our building and several plays are written, rehearsed, produced, and presented – all in a period of 24 hours!).

Please join TAFSA to find out more at their meetings, every second Wednesday from 12:30-13:20 pm. This is a great opportunity for students to connect with other like-minded people and a way to get involved in the department events. Visit the TFSA Instagram account at **@tafsauw** or send them an email at tafsa.uw@hotmail.com.

BUILDING SECURITY

To safeguard the health of the UWinnipeg community — and support public health efforts — during the ongoing COVID-19 situation, the UW campus is closed to the public until further notice. Students, Faculty and Staff must use specific access points to buildings and provide identification upon entry.

Information about access for students can be found at <https://www.uwinnipeg.ca/covid-19/on-campus-learning-faq.html>.

NOTE: It is **MANDATORY** that anyone entering the building and attending classes, labs or rehearsals in the building carry an ID card/student card to verify their vaccination status and that they are allowed to be on campus. If a Security Guard checks and you do not have proper accreditation, **you will be evicted**.

These rules are in place to protect our students and our equipment; please respect them.

SECURITY PHONE (General, non-emergency, Safe Walk and Safe Ride): 204-786-9272
SECURITY EMERGENCY NUMBER: 204-786-6666

The Asper Centre for Theatre and Film is equipped with an emergency-only phone to directly contact Security in the main lobby by the House Management Office. This can be used in an emergency situation to directly connect with the UW Security Services.

Students are encouraged to visit the UW Security Services webpage at <https://www.uwinnipeg.ca/security/index.html> for complete information about campus security and emergency procedures.

RECORDING ON-LINE CLASSES

The instructor of an on-line class may choose to record a zoom or video class if there are online connectivity issues, absences, or to post to Nexus for later review.

If a lecture is recorded, students will be given notice (via the course outline or on a case-by-case basis) that their personal information may be captured; informed of how long the recording will be retained; and whether the recording will be used for evaluation of any kind. Students will also be given the option to turn off their cameras/microphones and use pseudonyms to remain anonymous (except where class participation is required).

Students with concerns or who wish to seek alternate arrangements may discuss the matter with the instructor.

Access to recordings will be limited to the academic staff, students, and others with a legitimate need. Recordings containing student personal information will not be posted publicly, but only on UW-approved servers.

No student is allowed to disseminate recordings outside of the class or post recordings publicly. Access to the recordings will be limited to the instructor and the students.

ELECTRONIC COURSE OUTLINE ADDENDA

Department Website: <https://theatre.uwinnipeg.ca> or <https://film.uwinnipeg.ca>

Please refer to the website for department information, but particularly regarding:

Fire and Safety Information for ACTF: Students must check our website and review the *Fire Safety Instructions in the Asper Centre for Theatre and Film* and *Access Card/Building Use Policy* at <https://www.uwinnipeg.ca/theatre-film/student-resources/loves-labours-lost-production-schedule.html>.

Room Bookings for Class Assignment Work: We expect students will be allowed to book rehearsal room space FOR CLASS-RELATED WORK ONLY. Please see our website links to *Room Booking Instructions* and electronic *Online Room Booking Form* found on our department website at

<https://www.uwinnipeg.ca/theatre-film/rentals/access-card-and-building-use-policy.html>.

Please read and note all instructions carefully. Room booking availability is subject to change according to public health and university policies.

GENERAL NOTES

- **Students can find answers to frequently asked questions related to the University's Covid-19 policies for the 2021-22 year here: <https://www.uwinnipeg.ca/covid-19/index.html>**
- **Students should check their UWinnipeg e-mail addresses daily as this is the most direct way instructors and the University will contact students, particularly during the current environment of quickly-changing circumstances.**
- **This course outline should be considered a guideline only. Time constraints and other unforeseen factors may require that some topics be omitted or covered in less detail than indicated.**
- A permitted or necessary change in mode of delivery may require adjustments to important aspects of course outlines, like class schedule and the number, nature, and weighting of assignments and/or exams.
- Archival records such as videotapes, sound recordings, and photographs may be made or taken during class or lab times. The University uses such materials primarily for archival, promotional, and teaching purposes. Promotional use may include display at open houses or conferences, or use in advertising, publicity, or brochures. In reading and accepting the terms in this course outline, students acknowledge consent for such use by the University. Should a student not wish to convey such consent, they should withdraw from this course immediately.
- Unless necessary for accessing class, cellular phones should be turned off during classes and examinations. Texting is not permitted in class.
- Any student attending a test or final examination may be required to present proof of identity; photo identification is preferred.
- It is the student's responsibility to retain a photocopy or computer disk copy of **ALL** assignments submitted for grading; in the event of loss or theft, a duplicate copy is required.
- When it is necessary to cancel a class due to exceptional circumstances, instructors will make every effort to inform students via UWinnipeg webmail (and/or using the preferred form of communication, as designated by the instructor), as well as the Departmental Assistant and Chair/Dean. ***Students are reminded that they have a responsibility to regularly check their UWinnipeg e-mail addresses to ensure timely receipt of correspondence from the university and/or their course instructors.***

- Students may choose not to attend classes or write examinations on holy days of their religion, but they must notify their instructors at least two weeks in advance. Instructors will then provide opportunity for students to make up work or examinations without penalty. A list of religious holidays can be found in the 2021-22 Undergraduate Academic Calendar, <http://uwinnipeg.ca/academics/calendar/docs/important-notes.pdf>

Regulations, Policies, and Academic Integrity

Students are encouraged to familiarize themselves with the “Regulations and Policies” found in the University Academic Calendar at:

<https://uwinnipeg.ca/academics/calendar/docs/regulationsandpolicies.pdf>. Particular attention should be given to subsections 8 (“Student Discipline”), 9 (“Senate Appeals”), and 10 (“Grade Appeals”). Please emphasize the importance of maintaining academic integrity, and to the potential consequences of engaging in plagiarism, cheating, and other forms of academic misconduct. Even “unintentional” plagiarism, as described in the UW Library video tutorial “Avoiding Plagiarism” (<https://www.youtube.com/watch?v=UvFdxRU9a8g>) is a form of academic misconduct. Similarly, uploading essays and other assignments to essay vendor or trader sites (filesharing sites that are known providers of essays for use by others who submit them to instructors as their own work) is a form of misconduct, as it involves “aiding and abetting” plagiarism. More detailed information can be found here: Academic Misconduct Policy and Procedures:

<https://www.uwinnipeg.ca/institutional-analysis/docs/policies/academic-misconduct-policy.pdf> and <https://www.uwinnipeg.ca/institutional-analysis/docs/policies/academic-misconduct-procedures.pdf>.

Respectful Learning Environment

Students are expected to conduct themselves in a respectful manner on campus and in the learning environment irrespective of platform being used. Behaviour, communication, or acts that are inconsistent with a number of UW policies (e.g. Respectful Working and Learning Environment Policy <https://www.uwinnipeg.ca/respect/respect-policy.html>, Acceptable Use of Information Technology Policy <https://www.uwinnipeg.ca/institutional-analysis/docs/policies/acceptable-use-of-information-technology-policy.pdf>) could be considered “non-academic” misconduct. More detailed information can be found here: Non-Academic Misconduct Policy and Procedures: <https://www.uwinnipeg.ca/institutional-analysis/docs/student-non-academic-misconduct-policy.pdf> and <https://www.uwinnipeg.ca/institutional-analysis/docs/student-non-academic-misconduct-procedures.pdf>.

Copyright and Intellectual Property

Course materials are the property of the instructor who developed them. Examples of such materials are course outlines, assignment descriptions, lecture notes, test questions, and presentation slides—irrespective of format. Students who upload these materials to filesharing sites, or in any other way share these materials with others outside the class without prior permission of the instructor/presenter, are in violation of copyright law and University policy. Students must also seek prior permission of the instructor/presenter before, for example, photographing, recording, or taking screenshots of slides, presentations, lectures, and notes on the board. Students found to be in violation of an instructor’s intellectual property rights could face serious consequences pursuant to the Academic Misconduct or Non-Academic Misconduct Policy; such consequences could possibly involve legal sanction under the Copyright Policy (https://copyright.uwinnipeg.ca/docs/copyright_policy_2017.pdf).

Research Ethics

Students conducting research interviews, focus groups, surveys, or any other method of collecting data from any person, including a family member, must obtain research ethics approval before commencing data collection. Exceptions are research activities done in class as a learning exercise. For submission requirements and deadlines, see <http://www.uwinnipeg.ca/research/human-ethics.html>

Privacy

Students are reminded of their rights in relation to the collecting of personal data by the University (<https://www.uwinnipeg.ca/privacy/admissions-privacy-notice.html>), especially if Zoom is being used for remote teaching (<https://www.uwinnipeg.ca/privacy/zoom-privacy-notice.html>) and testing/proctoring (<https://www.uwinnipeg.ca/privacy/zoom-test-and-exam-proctoring.html>).

VOLUNTARY WITHDRAWAL DATES

The voluntary withdrawal dates for each term, without academic penalty, are:

- **FALL/WINTER TERM COURSES:** February 16, 2022 for Fall/Winter courses which begin in September 2021 and end in April 2022
- **WINTER TERM COURSES:** March 16, 2022 for Winter courses which begin in January 2022 and end in April 2022

Students are encouraged to speak to the Instructor before withdrawing to explore other options.

Please note that withdrawing before the VW date does not necessarily result in a fee refund.