



THEA 2113: Movement I
Fain College of Fine Arts

Fall 2026
MWF 9:00 AM-9:50 PM

Contact Information

Instructor: Liz Redmill
Office: B109
Office hours: Mon- Fri 1:00-3:00 PM or by appointment
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Course Description

Emphasis is placed on developing the actor's understanding of his/her body as an instrument of expression.

This course offers both intellectual and hands-on exploration of theatre movement theories and techniques. Students will engage in solo, partnered, and group movement exercises, along with readings, videos, discussions, projects, and performance critiques. Emphasizing ensemble work, the course encourages expressive learning through the body. The course focuses on unlocking physical potential and helping students become more confident and expressive in both performance and daily life.

Textbook & Instructional Materials

Students must bring a yoga mat to class every day.
There are no required texts. Handouts and PDFs of reading materials will be provided through D2L.

Course Objectives

This course aims to deepen students' understanding and appreciation of movement techniques in theatre. It focuses on building both physical and intellectual vocabulary to describe, analyze, and perform movement. Students will train in methods such as Theatre of the Oppressed, Viewpoints, Laban Movement Analysis and the Michael Chekhov Technique.

Through this course, students will:

- Improve body awareness, balance, control, coordination, and flexibility.
- Enhance their physical presence and expressive capabilities.
- Refine personal acting warm-ups and processes.
- Learn to communicate intention and emotion through nonverbal means.
- Explore techniques to release tension and identify habitual movement patterns.

- Understand the connection between breath and movement, and how that effects the creative process in acting
- Develop kinesthetic skills as they apply to performance by the use of time, weight, space, and direction
- Understand these basic movement principles and how to apply them to the student's choice of career or lifestyle

This course promotes an expanded physical awareness and encourages expressive, purposeful performance through a blend of technique and self-exploration.

Course Requirements

IN-CLASS PARTICIPATION:

- Turn off or silence cell phones. Cell phones should not be seen or heard during class time.
- Engage in daily activities and class discussions.
- NO gum, food, or drinks are allowed in the studio. A water bottle with a lid is welcome and encouraged. (Please no Stanley cups.)
- Listen and remain attentive during class. Have fun, be engaged, participate fully to develop your skills and imagination, and gain insight into yourself. Participation will be graded on attitude, effort, execution of concepts, improvement, and classroom discipline and conduct.
- Remain respectful and attentive while others are speaking/demonstrating in class.
- Any injuries that prohibit class participation must be reported to the instructor.
- If you cannot participate in class due to an injury you must quietly take notes on the combinations, ideas, and concepts discussed in class. These notes must be turned in to the instructor at the end of the class period.
- If you must leave the classroom before the end of class, please let the instructor know beforehand.

DRESS CODE POLICY:

Proper attire is required for this class to ensure safety and allow for unobstructed movement.

- **Not permitted:**
 - Excessively baggy clothing
 - Jewelry
 - Shorts above the knee
 - Hats
 - Heavy or oversized sweatshirts
- **Footwear:** Students should be prepared to be barefoot during class.
- **Hair:** Hair must be pulled back and secured away from the face.

SELF-ASSESSMENTS:

- Students will complete three self-assessments during the semester to reflect on their personal growth in the concepts being taught. Each assessment will focus on their progress, strengths, and areas for improvement.
- Self-assessments will be submitted on D2L.

READINGS/DISCUSSIONS:

- Any readings will be posted on D2L. Students will be required to participate in classroom discussions on the readings. More information will be given on D2L.

PRACTITIONER PRESENTATION:

- Students will research and present on the work of various movement practitioners/theorists. More information will be given later in the semester.

PRODUCTION REVIEW:

- Students are required to attend *Tower Stories*, *Ordinary Days*, and *The Crucible*. You can receive a free ticket with your valid MSU Student ID.
- Students will write a 2-page, double-spaced paper for the production reflecting on their observation of the performance. Details for this paper can be found on D2L.
- This paper should demonstrate thoughtful observation and connection between class content and live performance.

FINAL EXAM:

- Students will create a movement piece (with dialogue) based on a story from their past. Detailed information about the performance requirements will be given later in the semester. Final performances will take place during Finals Week according to the MSU calendar.

Attendance

This is a studio course and carries the expectation that students should be active participants in their coursework. Participation is the only way to meet the objectives of this course. Attendance is MANDATORY. The content of each class builds on the content covered in the prior class. Students who are absent will be expected to proactively seek out and understand the information covered in class.

Three non-official absences are allowed to accommodate students who must miss class due to illness, family functions, etc. If a student is acting as an official representative of the University, they must provide prior written verification from the faculty/staff supervisor of the event. Please communicate with the instructor as soon as possible about illness or scheduled absences.

Tardiness is extremely disruptive and disrespectful to the creative process; please arrive on time, ready to engage in the activities. If a student is more than 25 minutes late for class without contacting the instructor in advance, it will be considered an absence. Students who disappear for more than 10 minutes during class will also be considered absent.

Late work will not be accepted. If a student is absent, homework must be turned in via email, D2L (when applicable), or a classmate the day it is due.

Instructor Class Policies

Please Note: Due to the nature of this course, you will be working closely with other students and the instructor. Some exercises and techniques require physical contact. If you are uncomfortable at any time with the activities, please inform the instructor immediately and all reasonable accommodations will be made.

Different types of music will be played throughout the course. Please let the instructor know if you have any music restrictions due to religion or personal standards.

AI STATEMENT

You may use AI for planning, idea development, and initial research. Your final submission should show how you developed and refined these initial ideas into the final submission.

SAFE ZONE STATEMENT

The instructor considers this classroom (or whatever space in which this class is meeting) to be a place where everyone will be treated with respect as a human being –regardless of gender, race, ethnicity, national origin, religious affiliation, sexual orientation, political beliefs, age, or ability. Additionally, diversity of thought is appreciated and encouraged, provided all can agree to disagree. It is the instructor's expectation that ALL students consider the classroom/meeting location a safe environment.

CELL PHONES AND OTHER RECORDING DEVICES

The use of cell phones and other recording or electronic devices is strictly prohibited during class. The instructor may record performances, from time to time, on a cell phone for legitimate class reasons. Student recording of the class is prohibited, unless it is part of a reasonable accommodation under ADA, unless it is done by the instructor for grading purposes, or can be done by obtaining written consent by the instructor. If you are uncomfortable having your performances recorded, please let the instructor know.

SCHOOL CLOSURES/INCLEMENT WEATHER

In the case of a school closure due to inclement weather or other situations, classes will be moved to Zoom through D2L. Make sure to check D2L announcements for specific instructions.

Grading

Assignments	Percentage
Daily Participation	30%
Weekly Readings/Discussions	15%
Self-Assessments	10%
Practitioner Presentation	15%
Production Review	10%
Final Exam	20%
Total Percentage	100%

Grade	Percentage
A	94-100
A-	90-93.99
B+	87-89.99
B	83-86.99
B-	80-82.99
C+	77-79.99
C	73-76.99
C-	70-72.99
D+	67-69.99
D	63-66.99
D-	60-62.00
F	Below 60

Important Theatre Department Dates

8/26 (4:00 pm)	Majors/Minors Meeting
9/2 (4:00 pm)	Majors/Minors Meeting
9/10-9/12 (7:30 pm)	<i>Tower Stories</i>
9/13 (10:00 am)	<i>The Crucible</i> auditions
9/23	High School Honors Day
9/24-9/27 (7:30 pm/2:30 pm Sunday)	<i>Ordinary Days</i>
10/14 (4:00 pm)	Majors/Minors Meeting
11/12-11/15 (7:30 pm/2:30 pm Sunday)	<i>The Crucible</i>
11/18(4:00 pm)	Majors/Minors Meeting
11/23-11/24	Spring Show Auditions
12/4 (2:00-5:00 pm)	Juries

Course Schedule

Week	Activities/Assignments/Exams	Due Date
Week 1	-Introduction to course and syllabus -Community Agreements -Introduction to Practitioner Presentation assignment -Self-Assessment #1 Due	8/28
Week 2	-Begin Theatre of the Oppressed work -Practitioner Presentation: Augusto Boal	
Week 3	-TO Reading -TO Performance	9/9 9/11
Week 4	-Begin Viewpoints work -Practitioner Presentation: Anne Bogart	9/14
Week 5	-Viewpoints Reading	9/21
Week 6	-Viewpoints Reading -Viewpoints Performance	9/28 10/2
Week 7	-Begin Laban work -Practitioner Presentation: Rudolf Laban	10/5
Week 8	-Laban Reading -Laban Performance -Self-Assessment #2 Due	10/12 10/16 10/16
Week 9	-Begin Lecoq work -Practitioner Presentation: Jacques Lecoq	10/19
Week 10	-Lecoq Reading -Lecoq Performance	10/26 10/30
Week 11	-Begin Chekhov work -Practitioner Presentation: Michael Chekhov	11/2
Week 12	-Chekhov Reading	11/9
Week 13	-Chekhov Performance -Introduce Final Performance Assignment -Work on Final Performance-ONLINE	11/16 11/20

Week	Activities/Assignments/Exams	Due Date
Week 14	-Final performance script due	11/23
	Thanksgiving Break	11/26-11/30
Week 15	Rehearsals for Final Performance	
Finals Week	Final Performance	12/7 9:00 AM
	Self-Assessment #3 Due	12/9

Desire-to-Learn (D2L)

Extensive use of the MSU D2L program is a part of this course. Each student is expected to be familiar with this program as it provides a primary source of communication regarding assignments, examination materials, and general course information. You can log into [D2L](#) through the MSU Homepage. If you experience difficulties, please contact the technicians listed for the program or contact your instructor.

Student Handbook

Refer to: [Student Handbook](#)

Academic Misconduct Policy & Procedures

Academic Dishonesty: Cheating, collusion, and plagiarism (the act of using source material of other persons, either published or unpublished, without following the accepted techniques of crediting, or the submission for credit of work not the individual's to whom credit is given). Additional guidelines on procedures in these matters may be found in the Office of Student Conduct.

[Office of Student Conduct](#)

Services for Students with Disabilities

In accordance with Section 504 of the Federal Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, Midwestern State University endeavors to make reasonable accommodations to ensure equal opportunity for qualified persons with disabilities to participate in all educational, social, and recreational programs and activities. After notification of acceptance, students requiring accommodations should make application for such assistance through Disability Support Services, located in the Clark Student Center, Room 168, (940) 397-4140. Current documentation of a disability will be required in order to provide appropriate services, and each request will be individually reviewed. For more details, please go to [Disability Support Services](#).

College Policies

Campus Carry Rules/Policies

Effective August 1, 2016, the Campus Carry law (Senate Bill 11) allows those licensed individuals to carry a concealed handgun in buildings on public university campuses, except in locations the University establishes has prohibited. The new Constitutional Carry law does not change this process. Concealed carry still requires a License to Carry permit, and openly carrying handguns is not allowed on college campuses. For more information, visit [Campus Carry](#).

Participation in laboratory classes (acting, voice, movement) often requires students to wear yoga, movement, or period style clothes/costumes. These types of garments may be thin or form fitting which may make concealed carry of a firearm difficult if not impossible. In addition, students are often required to make physical contact with other students while learning exercises, choreography and/or physical positioning within special technique work. This required physical contact may also make concealment of a firearm difficult. While concealed carry is not prohibited in laboratory style class, students are reminded that intentional display of a firearm may result in criminal and/or civil penalties and unintentional display of a firearm is a violation of university policies and may result in disciplinary actions up to and including expulsion from the program and university. Students should factor the above in their decision as to whether or not to conceal carry in any theatre laboratory class.

Alcohol and Drug Policy

To comply with the Drug Free Schools and Communities Act of 1989 and subsequent amendments, students and employees of Midwestern State are informed that strictly enforced policies are in place which prohibits the unlawful possession, use or distribution of any illicit drugs, including alcohol, on university property or as part of any university-sponsored activity. Students and employees are also subject to all applicable legal sanctions under local, state and federal law for any offenses involving illicit drugs on University property or at University-sponsored activities.

Smoking/Tobacco Policy

College policy strictly prohibits the use of tobacco products in any building owned or operated by WATC.

Active Shooter

The safety and security of our campus is the responsibility of everyone in our community. Each of us has an obligation to be prepared to appropriately respond to threats to our campus, such as an active aggressor. Please review the information provided by MSU Police Department regarding the options and strategies we can all use to stay safe during difficult situations. For more information, visit [MSUReady – Active Shooter](#). Students are encouraged to watch the video entitled “Run. Hide. Fight.” which may be electronically accessed via the University police department’s webpage: ["Run. Hide. Fight."](#)

Grade Appeal Process

Students who wish to appeal a grade should consult the Midwestern State University [MSU Catalog](#)

***Notice:** Changes in the course syllabus, procedure, assignments, and schedule may be made at the discretion of the instructor.

Emergency Aid Resources for Basic Needs

Unexpected life circumstances can affect anyone. If you are experiencing challenges meeting basic needs—such as housing, utilities, food, transportation, healthcare, technology, textbooks or other life necessities, resources may be available to help. Visit the [Student Emergency Support and Resources webpage](#) to learn more, and explore emergency support opportunities through MSU and how to access them. For additional information, please contact the Office of Student Affairs: Clark Student Center #108, (940) 397-7500, student.affairs@mstuexas.edu.