

NCAL 419D: MOVEMENT FOR THEATRE FOR OLDER ADULTS

Foothill College Course Outline of Record

Heading	Value
Effective Term:	Winter 2026
Units:	0
Hours:	1.5 lecture, 1.5 laboratory per week (36 total per quarter)
Advisory:	NCAL 419A or THTR 20A.
Degree & Credit Status:	Non-Degree-Applicable Non-Credit Course
Foothill GE:	Non-GE
Transferable:	None
Grade Type:	Non-Credit Course (Receives no Grade)
Repeatability:	Unlimited Repeatability

Student Learning Outcomes

- Build the integrative relationships of body and mind, time and space, and breath and body impulse to generate vibrant, unified, embodied performance.
- Develop movement vocabulary and characterization through study of movement theories and theorists and coordinated rhythmic exploration.

Description

This noncredit course is targeted towards older adults. Intensive investigation of the following areas of stage movement for the actor: body awareness, flexibility, alignment, balance, muscle isolation and coordination; stress reduction and relaxation on stage; breath control; recognized theories of movement; dance for the actor; physical safety. The application of these skills to the performance of dramatic literature from a wide range of ethnic, social and historical sources.

Course Objectives

The student will be able to:

1. Comprehend and engage their own body mechanics in the development of heightened performance potential.
2. Perceive heightened awareness of their performance potential as pertaining to managing stress through reduction and relaxation techniques.
3. Develop an integration of a body/mind concept of breathing to increase performance potential.
 - a. Create both subtle and dynamic expression by comparing and contrasting body alignment, balance, muscle isolation, and coordination.
4. Distinguish and comprehend various recognized theories and techniques of movement.
5. Explore the expressive potential of imagery in movement.
6. Apply these skills to dramatic literature from a wide range of ethnic, social, and historical sources.

Course Content

Through in-class exercises and targeted personal analysis, students will acquire practical experience towards potential performance flexibility and vibrancy through the following areas:

1. Body mechanics
 - a. Body alignment
 - b. Balance
 - c. Muscle isolation
 - d. Coordination
 - e. Focus and concentration
2. Appropriate use and care of the body
 - a. Stress reduction
 - b. Relaxation
 - c. Safety
3. Application of body mechanics discoveries into exploratory framework translating to text
4. Introduction to established and recognized styles and theories of movement, with practical application of at least four of the following:
 - a. Feldenkries
 - b. Laban
 - c. Alexander
 - d. Jazz/contemporary
 - e. Ballet
 - f. Ballroom
 - g. Ensemble movement exploration
 - h. Period movement
5. Practically apply premises of creative imagery into movement expression
6. Application of movement skills to dramatic literature
 - a. Global multicultural sources
 - b. Multi-ethnic sources from within American literature
 - c. Women's literature
 - d. LGBTQ+ sources

Lab Content

1. Critical assessment of movement concepts and applications introduced in lecture through personal exploration
2. Team observation and preparation of performance assignments

Special Facilities and/or Equipment

A large open space unencumbered by tables and desks, with safe, wood floor; mats, moveable mirrors; rehearsal furniture (blocks, chairs, three small tables).

Method(s) of Evaluation

Methods of Evaluation may include but are not limited to the following:

Regular performance assignments
Student journal writing with review and response by instructor
Quizzes and written examinations
Research and written observation reports and projects
Written and oral reading reflections

Method(s) of Instruction

Methods of Instruction may include but are not limited to the following:

Lecture
Discussion
Cooperative learning exercises
Oral presentations
Laboratory
Demonstration
Instructor guided exploration

Representative Text(s) and Other Materials

No textbook required for this course. Other materials supplied as needed.

Types and/or Examples of Required Reading, Writing, and Outside of Class Assignments

Self-reflection journal of growth with involved class exercises.

Discipline(s)

Theater Arts