Saint Mary’s College  
School of Liberal Arts  
Department of Performing Arts  
Fall 2016  
Perfa 180  
LABAN AND BARTENIEFF MOVEMENT STUDIES  
Lecture

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CLASS HOURS: T Th 1:15-2:50  
OFFICE: LeFevre Theatre 5  
OFFICE HOURS: W 3-5 and Th 3-4

COURSE DESCRIPTION: This course is an introduction to the theoretical system of Laban Movement Analysis that provides a framework for observing, describing and analyzing human movement patterns and understanding non-verbal actions and communication, as developed by movement pioneer Rudolph Laban. The class has two parts: 1) lecture and discussion, 2) experiential lab. This course must be taken concurrently with Perfa 180L. The prerequisite for this course is Perfa 80, Dance Science or the equivalent.

Laban Movement Analysis (LMA) is a comprehensive and holistic system that examines the fundamental elements and layers embedded in all patterns of human movement, providing a language for movement description and inquiry. The study of LMA, including the physical study of the Bartenieff Fundamentals exercises, not only increases awareness of the basic principles of human movement, but can also provide a connective framework for how we as embodied beings create and communicate knowledge.

This course will provide an examination of the theory and vocabulary within the categories of Body, Effort, Shape, and Space. Through lectures, readings, class discussions, group projects/presentations, written assignments, and final synthesis project students will be immersed in the perspective on human movement that the LMA system provides, and the inquiries towards which it can be applied. Student will also build on the Bartenieff language with the Body system and the terminology studied in Dance Science.

The approach to the class is two-fold with an emphasis on active participation and body/mind synthesis of the theory. Therefore, students are encouraged to keep a notebook with lecture, reading, video, discussion, observation and movement notes as well as process reflections including visual images, poems, quotes or other responses. Students are also required to pass both the lecture and the lab in order to receive credit for the course. If a student does not pass the theory section of the course, he/she will be asked to repeat both the lecture and the lab.

Learning Outcomes:
The student will
• demonstrate understanding in oral, written, symbolic (motif), and kinesthetic form of basic Laban Movement Analysis (LMA) analytic theory and terminology for the main categories of Body, Effort, Shape and Space.
• differentiate and integrate varied perceptions of human movement.
• synthesize the theoretical and experiential aspects of LMA through theoretical inquiry.
• continue to develop the Bartenieff language and terminology including the patterns of total body connectivity.

REQUIRED TEXTS
2. Jean Newlove (2007), Laban for Actors and Dancers. Taylor and Francis

WEBSITES (useful for research and lab work):
Laban/Barteneiff Institute of Movement Studies www.limsonline.org  
Language of Dance/Anne Hutchinson Guest www.lodc.org  
Motus Humanus (movement analysis professional organization) www.motushumanus.org  
Moving On Center www.movingoncenter.org  
Integrated Movement Studies www.imsmovement.com
ASSESSMENT:

Lecture:

20% Attendance and Active Participation in Discussion
If you miss more than two classes between Perfa 180 and Perfa 180L it will affect your overall grade for the course by a half a grade. For example, an A grade would become an A-.

Shared Inquiry: Guidelines for Dialogue
The following behaviors contribute to effective participation in shared inquiry:

- Alert listening and focused attention throughout the session
- Voluntary contributions to the discussion
- Significant comments or questions that advance the discussion
- Willingness to take risks in raising issues ("lead with your doubt")
- Ability to articulate ideas clearly, even if tentatively
- Awareness of others in responding to the discussion (i.e. building on other’s remarks; not speaking twice before others have spoken once).
- References to the text when discussing specific points
- Demonstration that reading has been careful and complete
- Ability to differentiate between own view and author’s
- Ability to investigate artistic intention and your own interpretations

An “A” student is rarely if ever absent from class and is likely to inform the instructor in advance; is always excellently prepared and demonstrates her/his preparedness by consistently offering text-related contributions throughout the discussion; is self-motivated, entering the discussion with pertinent and useful contributions as appropriate; is engaged and active in pursuing questions and in testing opinions; regularly forwards the discussion by drawing comparisons, analyzing problems and questions, offering opinions on interpretations, and responding critically and respectfully to the contributions of others; listens with active interest to the comments of others; questions others in an effort to understanding not only what they are saying but also reasons and implications of what they are saying.

20% Patterns of Total Body Connectivity Group Project
In small groups students will present a chapter from Hackney’s Making Connections on a pattern of total body connectivity to the class. The presentation will not only facilitate knowledge of and about the pattern itself, but will also provide impetus to draw connections to the implications of the pattern in relationship to other patterns. The group will provide a lecture for the class as well as lead the class through movement explorations. Movement explorations can be drawn from the text, but be sure to also explore movements used in various technique classes as well as creating new ones to explore the pattern. Lectures should use PowerPoint (or similar). The total time for the presentation is 40 minutes. Please be sure to rehearse. There is no class time for preparation.

20% Midterm on reading assignments including terminology and concepts.

40% Personal Movement Practice – Final paper and project
Over the semester the student will develop a personal movement practice built upon LMA and the BF integrating the materials with one’s personal practice. This will be demonstrated through a written paper (three pages minimum) and class presentation (5-10 minutes). The presentation will include a warm-up that encapsulates movement preferences and a short dance.

CLASS CALENDAR
TBD
Tuesday= Lecture
Thursday = Lab

Student Disability Services: Student Disability Services extends reasonable and appropriate accommodations that take into account the context of the course and its essential elements for individuals with qualifying disabilities. Students with disabilities are encouraged to contact the Student Disability Services Office at (925) 631-4358 or sds@stmarys-ca.edu to arrange a confidential appointment to discuss accommodation guidelines and available services. Additional information regarding the services available may be found at the following address on the Saint Mary's website: http://www.stmarys-ca.edu/sds
**Academic Honor:** Saint Mary’s College expects every member of its community to abide by the Academic Honor Code. According to the Code, “Academic dishonesty is a serious violation of College policy because, among other things, it undermines the bonds of trust and honesty between members of the community.” Violations of the Code include but are not limited to acts of plagiarism. For more information on this and the academic honor code, refer to the student handbook, at this address: [http://www.stmarys-ca.edu/your-safety-resources/student-handbook](http://www.stmarys-ca.edu/your-safety-resources/student-handbook)

**Center for Writing Across the Curriculum**, [www.stmarys-ca.edu/center-for-writing-across-the-curriculum](http://www.stmarys-ca.edu/center-for-writing-across-the-curriculum), offers two options for all students, of all disciplines and levels:

*Writing Circles:* Students register for the .25 course COMM 190: Writing Circles and then contact CWAC to select a weekly Circle time. Students sign up before or during the first week of the semester. During the small-group workshops, writers discuss their own projects, at all stages of the process.

*One-on-one sessions:* Students call **925.631.4684** to make appointments or drop in, Dante 202. Online sessions via Skype are available. Fall hours: 4-8 p.m. Sunday; 12-8 p.m. Monday; 12-6 p.m. Tuesday; and 12-8 p.m. Wednesday and Thursday. Writing Advisers guide their peers toward expressing ideas clearly, always weighing audience and purpose. Writers bring their assignment sheets and readings in order to brainstorm ideas, revise drafts, or work on specific aspects of writing, such as grammar, citation, thesis development, organization, critical reading, or research methods. They may discuss any genre, including poetry, science lab reports, argument-driven research, or scholarship application letters.