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2023

### Body Movement Syllabus - The City College of New York - Department of Theatre - Prof Timothy Allen

Timothy J. Allen  
*CUNY City College*

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# BODY MOVEMENT

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THTR 13200 Section LM (9826)

Assistant Adjunct Professor: **Timothy Allen**

Office: **Compton-Goethals 311**

Phone: **212.650.6666**

Email: **tallen@ccny.cuny.edu**

Semester: **Fall 2023**

Day/Time: **Tues/Thurs, 10:00am-11:40am**

Classroom: **Wingate 104**

Office Hours: **Tuesdays 12:00pm-1:00pm**

*(Or contact me via email for an online appointment outside of these hours.)*

## ZOOM

Our class will always be in-person. In the event we must go remote, please use the following link to access the Zoom classroom. You will be notified when/if we need to use this.

<https://ccny.zoom.us/j/5293971310>

Tim's Personal Meeting ID: **5293971310**

## COURSE DESCRIPTION

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This course will explore three modules of learning.

1. **THE FIRST MODULE, Anatomy and Psycho-Physical Centering**, will explore two foundations: (1) the start of our research and practical application of the human anatomy in regards to how our body moves; and (2) your ability to tune into movement centers within the body by utilizing Chakra as a guiding study. *Please note: Anatomy will be a continuous study throughout the entire semester.*
2. **THE SECOND MODULE, Partnered Connection**, will focus on partnering with lifts, counter-balances, falls, and rolls that will build to a partnering sequence of the tools presented.
3. **THE LAST MODULE, Global Archetypes**, will explore archetypal dynamics in movement and how that connects to others, physical impulses, and given circumstances. This coursework aims to refine and expand proficiency in physical skills and the ability to embody and perform in an authentic, expressive, and unedited manner.
  - *Application of the learned movement techniques will be assessed in various homework exercises, daily ensemble participation, quizzes, and three in-class performances.*

## **COURSE LEARNING OUTCOMES:**

### PATHWAYS WORLD CULTURES AND GLOBAL ISSUES

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As part of the College's General Education Curriculum, this course is designed to enhance your understanding of world cultures and global issues. Students successfully completing this course will develop the following:

- Oral and written communication skills - Students will produce well-reasoned written or oral arguments using evidence to support conclusions.
- Critical thinking skills - Students will evaluate evidence and arguments critically or analytically.
- Information literacy - Students will gather, interpret, and assess information from a variety of sources and points of view.
- World Cultures and Global Issues Literary proficiency - Students will identify and apply the fundamental concepts and methods of a discipline or interdisciplinary field exploring world cultures and literature.

## **ADDITIONAL COURSE LEARNING OUTCOMES**

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- Identify the articulating muscles, skeletal structures, and joints prominent in creative movement;
- Apply and reexamine our abilities to expand and contract anatomical areas for strength, courage, flexibility, safety, confidence, and comfort;
- Develop a common anatomical vocabulary without supposing gender;
- Continue to bolster appreciation for our body's abilities exclusive to oneself;
- Utilize relaxation techniques to calm the mind and body through breathing, yoga, and visualization;
- Deepen physical awareness and ability to listen to others, themselves, and given circumstances;
- Develop an imaginative process for physical transformation through exploration of character physicalization;
- Develop mastery of Viewpoints of Time with tempo, duration, repetition, and kinesthetic responses;
- Analyze a given character through text and given circumstance;
- Apply cultural character archetypes to movement;
- Synthesize Chakra as a movement modality;
- Practice professional safety techniques with physical and intimacy training;
- Develop an ensemble that is supportive, collaborative, creative, attentive, investigative and present;

- Identify, occupy, and celebrate one's own creativity.

### What to Wear/Bring

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- You will most likely sweat in this class.
- This class is highly physical and requires students to be fully prepared for physical, vocal, emotional, and intellectual engagement.
- They should wear clothing that facilitates free movement.
- Avoid tight or constricting clothing or fabrics, large jewelry, and open-toed footwear.
- For every performance you should come dressed as the character would wear.
- All clothing must remain on our bodies in a manner respectful to everyone.
- Please bring some notetaking materials: notebook, paper, pens. The use of electronic devices is encouraged for note-taking, recording (with permission), and research purposes.

## COURSE REQUIREMENTS AND GRADING

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### • **Class work Participation: 40% of your Semester Grade!!**

#### *Biggest Assignment: Due Every Class Session*

Always on time and in proper movement attire for class. Active involvement in class warm-ups and in-class work, all of which is approached with bravery and generosity. Respectful and supportive of others and willing to work with all of their peers. Insightful and engaged contributions to class, showing leadership and initiative. Learns how to give and receive equitable critiques towards accomplishment of goals identified by class and instructor. Points will be deducted due to absences, tardiness, limited participation, doing your best, auditing, etc.

### • **Performance Projects: 30% of your Semester Grade!**

#### *Bigger Assignments: 3 Total*

Three 2-5 minute performances following each module of learning: readiness for all aspects of performance, incorporates and applies techniques and lessons for physical embodiment in performance, shows evidence of rehearsals outside of instruction. Respective rubrics given.

1. Psycho-Physical Centering Performance, solo.
2. Partnered Connection, duet.
3. Global Archetypes, choice of duet or solo.

### • **Homework & Reading Assignments: 20% of your Semester Grade**

#### *Big Assignments: 4 Assignments*

Homework assignments will be of varying sizes and demands. Each homework assignment will engage you in the module of study and assist in your choices for your performances.

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Potential Assignments:

1. Anatomical Directions/Body Movement Worksheet
2. Chakra Group Assignment
3. Movement Video Response
4. CCNY's Live Theatre Performances Response (See Below)

### **CCNY'S Live Theatre Responses:**

#### ***Part of your Homework & Reading Assignment Grade***

You are required to attend 2 of the 4 Live Theatre offerings provided by the department. You will need to attend TWO separate performances and turn in ONE assignment considering both performances. Hold on to both of your programs, that will be used as proof of attendance.

### **• Triterm Quizzes: 15% of your Semester Grade!**

#### ***Big Assignments: 3 Total***

Instead of one large midterm, we will have a series of three online quizzes which will conclude the first three modules. These quizzes will be challenging but will allow the material to be more digestible. You will be assessed through multiple choice, short answer, essay, and/or physical diagnostic.

### **• Extra Credit: Not-required**

#### ***Small Non-Required Assignments: Varied Amounts***

Extra Credit assignments will be available at certain times. More often than not, they will present to boost your understanding of anatomy or continued application of techniques. Assignments will be anywhere from 2-5 semester percentage points.

**THERE WILL BE NO LATE ASSIGNMENTS ACCEPTED. ALL ASSIGNMENTS ARE TO BE PERFORMED OR HANDED IN ON THE DUE DATE. SOME EXEMPTIONS ARE ALLOWED, ON A CASE BY CASE BASIS, WITH DOCUMENTATION.**

## **WEIGHTED GRADES**

The entire semester's points will equal to 100. However, you will find that the points for each assignment may total beyond 100. To allow for a more holistic grading process and ease of use for percentage grades, each assignment will be weighted accordingly. This allows the student to see the magnitude of each assignment and assess in which area they may be struggling.

<b>Assignment</b>	<b>Points</b>	<b>Total Semester Percentage</b>	<b>Points Equivlent to a Letter Grade (LG)</b>
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<b>Participation and Preparedness</b>	120pts (4 points per day)	35%	3.5 LGs
<b>Performance Projects</b>	30pts (10 points per)	30%	3 LGs
<b>Homework &amp; Assignments</b>	(Varied amounts/points)	20%	2 LGs
<b>Triterm Quizzes</b>	3 Quizzes (Varied pts)	15%	1.5 LGs
<b>Total</b>	<b>100pts</b>	<b>100%</b>	<b>10LGs or A+</b>

## REQUIRED TEXTBOOKS/READINGS

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This course uses digital course materials designed using [Open Educational Resources \(OER\)](#), high-quality, openly licensed educational materials, rather than a traditional textbook. You can access all readings, videos, quizzes, and other activities through our course site on. Our course materials were created and assembled by Professor Tim Allen. You will not have any additional cost for textbooks. Extra care and effort was involved to assure access to high-quality affordable materials.

## ACADEMIC INTEGRITY

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With regards to written homework assignments, this Department takes the matter of plagiarism very seriously. All written homework is expected to be your own, and not copied from other sources. Evidence of cheating can lead to serious consequences, which may include failure of the particular assignment, failure of the entire course, and expulsion from the school.

For further information, read the CUNY Policy on Academic Integrity at:

<http://www2.cuny.edu/wp-content/uploads/sites/4/page-assets/about/administration/offices/legal-affairs/policies-procedures/Academic-Integrity-Policy.pdf>

## ATTENDANCE AND LATENESS POLICY

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The Department of Theatre and Speech adheres to City College's strict attendance policy. Consistent attendance is an absolute requirement for success in this course. If you are not

here, then you are missing the content of the course, which is chiefly experimental. If a student misses the equivalent of two and a half weeks of class meetings (= five regular class meetings, for classes that meet twice a week), then the student will either have to drop the class or receive a grade of F. Punctuality is also important, and lateness will result in a significant lowering of the final grade.

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## WEEKLY SCHEDULE

*Subject to Change. All students will be notified of changes with ample prep time.*

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### WEEK 1 – BEGIN MODULE ONE – ANATOMY AND PSYCHO-PHYSICAL CENTERING

#### T 8/29

- Course Overview
- AIC, Crossing the Threshold
- Ensemble
- Chekhov's Four Siblings

#### Th 8/31

- Warm Up
- Continue work with the Four Siblings
- Chair Stories
- Intro Chakra Group Project
- Chakra Sign Up
- [Assign Anatomical Directions Worksheet](#)
- [Assign Reading Assignment 1](#)

### WEEK # 2

#### T 9/5

**DUE: Reading Assignment 1: "Introduction to Movement Anatomy and Anatomical Directions/Planes"**

**DUE: Anatomical Directions Worksheet**

- Continue with Warm up
- The Chakras
- Root Chakra Presentation Demo
  - Review Worksheet
  - Brief Activity
- Review Anatomical Directions Wkst

#### Th 9/7

**DUE: Sacral, Solar Plexus, Heart, and Throat Chakras**

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- Finalize Warmup
- Presentations
  - Sacral
  - Solar Plexus
  - Heart
  - Throat
- Movement Centering

### WEEK # 3

**T 9/12**

#### **DUE: Third Eye and Crown Chakras**

- Presentations
  - Third Eye
  - Crown
- **Assign Centering Performance Presentations**
- **Assign Reading Assignment 2: The Trunk**
- Directional Videos

**Th 9/14**

#### **DUE: Reading Assignment 2: The Trunk**

- Anatomy Isolation: The Trunk
- Performance Demo
- Performance Rehearsal

### WEEK #4

**T 9/19**

- Workshop Performances with Notes
- **Assign Trimeter Quiz 1 (to be completed online)**

**Th 9/21**

#### **DUE: Centering Performance Presentations**

- Performance Presentations
- **Assign Reading Assignment 3: The Shoulder**

### WEEK 5 – BEGIN MODULE TWO – PARTNERED CONNECTION

**T 9/26**

#### **DUE: Reading Assignment 3: The Shoulder**

- Complete any Centering Performance Presentations

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- Anatomy Practicum: Shoulder

**Th 9/28**

**DUE: TriTerm Quiz #1 (Online)**

- Intro Physical and Intimacy Safety
- Skill 1: Counterbalances

**WEEK # 6**

**T 10/3**

- Skill 2: Lifts (with Special Guest)
- **Assign Reading Assignment 4: The Upper Extremities**

**Th 10/5**

**DUE: Reading Assignment 4: The Upper Extremities**

- Anatomy Isolation: Upper Extremities
- Partner Sign-Up/Collaboration

**WEEK #7**

**T 10/10 – NO CLASS: *Monday Schedule***

**Th 10/12**

- Skill 3: Rolls/Falls
- Watch Movement Videos
- **Assign Movement Video Response**

**WEEK #8**

**T 10/17**

**DUE: Movement Video Assignment**

- Viewpoints of Time: Repetition, Duration, Tempo, Kinesthetic Response
- **Assign Partnered Connection Performances**
- Performance Rehearsal

**Th 10/19**

- Continuation of Viewpoints of Time
- LFRB Review/Crash Courses
- Performance Rehearsal

**WEEK #9**

**T 10/24**

- In-class Performance Rehearsals

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Th 10/26

- In-class Dress Rehearsal with Notes

WEEK #10

T 10/31

**DUE: Partnered Connection Performance Presentations**

- Performance Presentations

Th 11/2

- Complete Partnering Performances
- DANCE!

WEEK #11

T 11/7

- Intro Archetypes
- Archetype Game/Physicalization
- Introduce My Persona, My Shadow Class Assignment (Part of Participation Grade)

Th 11/9

**DUE: My Persona, My Shadow Assignment Presentations**

- Presentations of Findings
- Assign Triterm Quiz #2
- Assign Reading Assignment 5

WEEK #12

T 11/14

**DUE: Reading Assignment 5: Hip and Knee**

- Dance
- Anatomy Isolation: Hip and Knee

Th 11/16

**DUE (online): Triterm Quiz #2**

- Dance
- Assign Cerberus Performance Assignment
- Archetype 1 - Past

WEEK #13

T 11/21

- Dance

- Archetype 2 - Present

**Th 11/23** – COLLEGE CLOSED: Thanksgiving Day Observed

**T 11/28**

- Dance
- Corridors Prep Work
- Archetype 3 - Future
- Cerberus Performance Rehearsal

**Th 11/30**

- Corridors
- Cerberus Performance Rehearsal

**T 12/5**

- Cerberus Performance Rehearsal

**Th 12/7 - LAST DAY OF REGULAR CLASS**

**DUE: Cerberus Performance Presentations**

- Cerberus Performances
- **Assign TriTerm Quiz 3**

**FINALS 12/14-20**

**DUE: TriTerm Quiz 3 Due**

- Complete any Cerberus Performances

## DEPARTMENT TICKET POLICY

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Speech Classes are required to see one (1) of the Fall 2023 Productions. Tickets for students are \$5 for MISS JULIE and SLOPPY FIRSTS, \$6 for INTIMATE APPAREL and THE TWO GENTLEMAN OF VERONA, and can be purchased starting approximately 3 weeks prior to production. To purchase tickets, visit our website: [Current Season | The City College of New York](#)

### IMPORTANT DATES

8/25 7:00-10:00p FALL 2023 AUDITIONS (CG 310)

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8/28	6:15-7:00p	MAJORS/MINORS MEETING	(CG 318)
8/28	7:00-10:00p	FALL 2023 AUDITIONS	(CG 310)
8/29	7:00-10:00p	FALL 2023 AUDITIONS	(CG 310)
8/30	Various Times	Fall 2023 CALLBACKS	(CG 310/318/319)

*All City College Students are welcome to audition! You may prepare a short monologue, but you may also audition with a scene that you'll be given at the audition. Scripts for the shows are 13 available by contacting [ccnytheatre@ccnytheatre.com](mailto:ccnytheatre@ccnytheatre.com)*

## FALL 2023 PRODUCTIONS

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*Movement classes are required to see one of the productions below that is marked with an asterisk (\*)*

**MISS JULIE\*** by August Strindberg  
Directed by Nicole Ulloa  
9/21-24  
CG 318

**INTIMATE APPAREL\*** by Lynn Nottage  
Directed by Bridget Kelso Anthony  
10/19-21  
ADH Theatre B

**SCAREFEST**  
Curated by Chan Harris  
10/31  
CCNY Tunnels

**SLOPPY FIRSTS\*** by Megan McCafferty  
Directed by Daisy Bernabe-Duarte  
11/9-11  
ADH Theatre B

**THE TWO GENTLEMAN OF VERONA\*** a Musical,  
Adapted by John Guare & Mel Shapiro  
Lyrics by John Guare  
Music by Galt MacDermot  
Directed by Chan Harris  
11/30-12/2

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ADH Theatre B

## **NEW PLAY COLLABORATIONS SHOWCASE**

Curated by Naren Weiss

12/8

CG 318

## **ADDITIONAL CCNY RESOURCES**

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### **LIBRARY**

<https://library.ccny.cuny.edu/askus/contact>

Chat with a librarian (Mon-Thurs 10-8 pm; Fri 10-6 pm; Sat 10-2 pm)

Email a librarian about defining research topics, sources of information or guidance on how to proceed with research at [reference@ccny.cuny.edu](mailto:reference@ccny.cuny.edu), Text-a-librarian at (646) 350-2717

For questions about borrowing, renewing or your library account, email [circdesk@ccny.cuny.edu](mailto:circdesk@ccny.cuny.edu)

### **Other Library Numbers:**

Reference desk phone number (212) 650-7611

Circulation desk phone number (212) 650-7155

### **THE COUNSELING CENTER**

<https://www.ccny.cuny.edu/counseling>

Email: [counseling@ccny.cuny.edu](mailto:counseling@ccny.cuny.edu)

Email is checked by a counselor during normal business hours. Make sure to include your phone number in the email - this will expedite the process of your being set up with an appointment.

Call: 212-650-8222

The phone is answered during business hours by our COA, who will take a message and send it to a counselor.

If you need additional counseling resources at this time, please call NYC WELL at 1-888-NYC-WELL (1-888-692-9355) for free, immediate, and confidential support for any mental health concern. NYC WELL is available 24/7 and can provide assistance in over 200 languages.

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You can also text WELL to 65173, or access the NYC WELL website:

<https://nycwell.cityofnewyork.us/en/>

**BENNY'S PANTRY**

<https://www.ccnycunyc.edu/bennysfoodpantry>

To make an appointment:

<https://calendly.com/bennysfoodpantry/benny-s-food-pantry-appointment-system?month=2020-12>

**SERVICE DESK**

<https://www.ccnycunyc.edu/it/help>

If you need help with your computer, getting into City College email or resetting a password, click above for help at the Service Desk.