



**M:** Course Objectives / Learning Outcomes

Upon completion of the course, the successful student should:

1. Develop an understanding of the principles of correct body alignment and apply those principles to adjust self alignment
2. Know the components of a complete physical warm-up
3. Start the development of a personal warm-up regime
4. Understand the technique of various movement methods for use in character development as related to acting
5. Acquire a personal movement vocabulary
6. Have a greater kinesthetic sense
7. Have a greater positive sense of physical and emotional self.

**N:** Course Content:

1. Body Awareness and Exploration  
Alignment; centering; breath; use of levels, shapes and designs; locomotor exploration; relationships

