Acting/Performance Arts
Instructor: Nicole Phaneuf
NLPJDRF@gmail.com

This class will teach the student the basic elements of the art of performing arts.

Class each day will consist of: 1) Content
2) Meditation/Relaxation
3) Physical/Voice Warm-up
4) Exercises

Content:
weeks

<u>SECTION I: SPIRIT</u>

1	MEDITATION: history, different Practices, commitment
2	CHAKRAS: history, anatomy, energy centers
3	RELAXATION TECHNIQUES: breathing techniques, strategies on the spot

Small Monologue

<u>SECTION II: MIND</u>

4	WHO: name, age, race, sex, body type, class
5	WHAT: profession, relations, hobbies, passions, schooling, others feelings about you
6	WHERE: grow up, early childhood, teens, young adult, mid adult, old adult
7	HOW: do you feel, one word
8	WHY: do you make your decisions, why do you feel this way

Large Monologue

<u>SECTION III: BODY (PYSICAL/VOICE)</u>

9	TORSO: posture, organs, problems, strengths
10	HEAD/NECK: posture, problems, strengths
11	ARMS: build, problems, strengths
12	LEGS: walk, gaits, problems, strengths
13	VOLUME OF VOICE: inflection, pitch, tone
14	SPEED: why do you talk with this speed
15	ARTICULATION: education, class, history, where

Scenes

Goals/outcomes: The student should have a basic knowledge of acting including the

preparation, the approach, the tasks, the technique and their instrument.

All students are required to maintain an online learning portfolio in Digication that uses the college template.

Grades: Grading will be based on attendance, class participation, evaluations and papers.

As a student, you will maintain an online learning portfolio using a TRCC designed template. Through this electronic tool, you can see your own growth in college-wide learning. It may even help you to find the major that is a match to you. You can keep this Digication account after graduation, too. A Three Rivers General Education Assessment Team will select random works and review them so that we can improve the college experience for all. Your name will not be attached to any of the assessment work; it is private. This tool will also be a "place" where you can connect your learning from the classroom, school, and life. Sometimes when you look at all of the work you have done and think about it, you learn something else. In Digication, you will be able to make other portfolios, too. It's like a file cabinet with the ability to have multiple but separate files. What is exciting about the electronic tool is when you look inside you will see you are developing in new ways! Look at your class outline to see what assignments to post into the TRCC Template; you may post your own choices, too. Have fun in learning!