

MDRM103 Mind, Body and Voice Training in Drama Education

ECTS Value: 5 ECTS
Self-Study Hours: 60

Contact Hours: 25
Assessment Hours: 40

Overall Objectives and Outcomes

This practice-based module equips course participants with mind, body and voice-based actor training techniques that can be applied and adapted to classroom contexts. Following actor-based lineages of 20th century European theatre training, as well as influences from Asian theatre approaches, the module will explore the actor as a source of creativity through the mind (imagination, visualisation), the body (movement, physical action), and the voice (song, speech). Course participants will therefore be invited to perceive students as multi-dimensional sources of creativity when working alone (solo performance content) and with others (ensemble performance content). The module will then engage with techniques relating to space, time, pace, energy, and atmosphere. Along the module, course participants will also be guided in keeping a reflective journal of their work to complement and enhance the practice.

By the end of this module, the learner will be able to:

Competences

- a. Prepare lessons in the field of actor training;
- b. Deliver lessons in the field of actor training;
- c. Monitor student progress;
- d. Assess students in the subject content;
- e. Collaborate in a team of candidates training together.

Knowledge

- a. Identify actor training techniques from across a range of practitioners;
- b. Juxtapose and critique actor training techniques from across a range of practitioners;
- c. Critically reflect on all aspects of a performance process through a continuous reflective journal;
- d. Recall applicable health and safety measures.

Skills

- a. Optimally demonstrate actor training techniques;
- b. Design lesson plans that optimally utilise the actor training techniques (e.g. awareness of timing certain activities with students' energy levels);
- c. Apply actor training techniques to classroom teaching at the appropriate educational level.

Assessment Methods

This module will be assessed through: Presentation & Reflective Assignment

Suggested Readings

Core Reading List

1. Andrews, M. (2020) *Your Body Knows: A Movement Guide for Actors*, London and New York: Routledge.
2. Bloom, K., Casciero, T., Mizenk, J., Porter, C., and Adrian, B. (2017) *The Laban Workbook for Actors: A Practical Training Guide*. London: Bloomsbury Methuen Drama.
3. McAllister-Viel, T. (2018) *Training Actors' Voices: Towards an Intercultural/Interdisciplinary Approach*. London and New York: Routledge.
4. McConachie, B. (2012) *Theatre and Mind*. London: Bloomsbury.
5. Siyuan, L. (2016) *Routledge Handbook of Asian Theatre*. London and New York: Routledge).
6. Selioni, K. (2014) *Laban - Aristotle: Towards a methodology for movement training for the actor and in acting*. Athens: Hellinoekdotiki.

Supplementary Reading List

1. Dobosiewicz, T. (2019) *Teaching Acting with Practical Aesthetics*. London and New York: Routledge.
2. Fleming, M. (2017) (4th ed.) *Starting Drama Teaching*. London and New York: Routledge.
3. Fleming, M. (2018) *The Art of Drama Teaching*. London and New York: Routledge.
4. Fliotsos, A. and Medford, G. S. (eds.) (2018) *New Directions in Teaching Theatre Arts*, London: Palgrave Macmillan.
5. Nichols, M. (2021) *The Drama Teacher's Survival Guide*. London: Bloomsbury Methuen Drama.