



## UNIVERSITI TEKNOLOGI MARA

### CTT432: CREATIVE MOVEMENT

<b>Course Name (English)</b>	CREATIVE MOVEMENT <b>APPROVED</b>
<b>Course Code</b>	CTT432
<b>MQF Credit</b>	2
<b>Course Description</b>	This course introduces students to the fundamentals of contemporary body movements, melody and creativity as a means of expression. This course also describes briefly the effectiveness of contemporary movements in developing the mind, stimulating a person's thinking abilities as well as encouraging physical and spiritual growths.
<b>Transferable Skills</b>	Demonstrate the ability to dream, imagine and visualize
<b>Teaching Methodologies</b>	Lectures, Blended Learning, Studio, Demonstrations, Practical Classes, Presentation
<b>CLO</b>	CLO1 Integrate physical skills and apply into future performance work. CLO2 Stimulate the actors imagination to demonstrate and produce a variety of physical movement. CLO3 Organize, explore and create creative improvisation such as short scenes, creative expressions and character situations.
<b>Pre-Requisite Courses</b>	No course recommendations
<b>Topics</b>	
<b>1. Inner Looking and Listening</b> 1.1) Emptying 1.2) Basic Positions 1.3) Letting Go	
<b>2. The Inner Volume</b> 2.1) Moving with Awareness 2.2) Standing Meditation 2.3) Meditative walking in circle	
<b>3. Getting in Touch</b> 3.1) Self Massage 3.2) Rolling 3.3) Combining Movement	
<b>4. Connecting to your Energy</b> 4.1) Shaking 4.2) Swinging Twisting 4.3) Bouncing 4.4) Analysis of a yawn	
<b>5. Lengthening and Loosening</b> 5.1) Breathing stretches 5.2) Tension Release 5.3) Wake up stretches 5.4) Inner intention	
<b>6. Making Contact</b> 6.1) Back to back 6.2) Counter balance 6.3) My weight Your weight 6.4) Give and Take	

<b>7. Making Contact</b> 7.1) Molding your partner 7.2) Wheelbarrow style 7.3) Reflection on partner work
<b>8. Moods Memories and Dreams</b> 8.1) Movement as mirror 8.2) The emotional Breath 8.3) Move your mood 8.4) An Alternative way
<b>9. What moves you?</b> 9.1) SHADOWING MOVEMENT 9.2) MOVEMENT METAPHORS
<b>10. What moves you?</b> 10.1) PHYSICAL MEMORIES 10.2) MOVING YOUR DREAMS
<b>11. Learning from nature</b> 11.1) Stillness in a landscape 11.2) Contacting the landscape 11.3) Earth and Sky breaths
<b>12. Learning from nature</b> 12.1) Walking through 12.2) Changing View 12.3) Body map
<b>13. The Everyday Life Dance</b> 13.1) Everyday rhythm 13.2) Making Space in the day 13.3) Personal Power and Energy
<b>14. Body Image</b> 14.1) Improvisation

<b>Assessment Breakdown</b>		<b>%</b>		
Continuous Assessment		100.00%		
<b>Details of Continuous Assessment</b>	<b>Assessment Type</b>	<b>Assessment Description</b>	<b>% of Total Mark</b>	<b>CLO</b>
	Assignment	Studio Performance and Report	30%	CLO1
	Assignment	Stage performance (Group), report and reflective journal	40%	CLO3
	Practical	Duet Performance and Report	30%	CLO2
<b>Reading List</b>	<b>Recommended Text</b>	<ul style="list-style-type: none"> <li>Friedman, Lise Alvin Ailey 2003, <i>Dance Moves : A New Way to Exercise(PAP)</i> -, Stewart Tabori &amp; Chang USA</li> </ul>		
	<b>Reference Book Resources</b>	<ul style="list-style-type: none"> <li>Kaltenbrunner, Thomas 2003, <i>Contact Improvisation : Moving, Dancing, Inte</i>, Meyer &amp; Meyer Verlag Published</li> <li>Katya Bloom and Rosa 1988, <i>Moves A source book of ideas for body</i> , Harwood Academic</li> </ul>		
<b>Article/Paper List</b>	This Course does not have any article/paper resources			
<b>Other References</b>	This Course does not have any other resources			