



UNIVERSITI TEKNOLOGI MARA

CTT532: BIO MECHANICS FOR ACTOR

Course Name (English)	BIO MECHANICS FOR ACTOR APPROVED
Course Code	CTT532
MQF Credit	2
Course Description	This course aims to expose students to identify the basic figural movements through physical action processes, characterizations and stage compositions. Physical theatre focuses on expressions of movements, skeletal and muscular systems, and body strengths to enable students to perform creatively.
Transferable Skills	Demonstrate professional skills, knowledge and competencies.
Teaching Methodologies	Lectures, Blended Learning, Studio, Demonstrations, Practical Classes
CLO	CLO1 Express an energetic stage movement with an effective knowledge of the skeletal and muscular system. CLO2 Construct and organize body movement creatively CLO3 Present a captivating performance
Pre-Requisite Courses	No course recommendations
Topics	
1. Introduction to body function 1.1) Relaxation 1.2) Posture and Alignment	
2. Posture and Alignment 2.1) Body tones	
3. Spine study 3.1) Sequential Relaxation 3.2) Breathing 3.3) Swing and Up	
4. Psychology and Emotionally Preparation focusing 4.1) Physical Center 4.2) Mental center 4.3) Emotional center 4.4) Motivation 4.5) Unifying Force	
5. Body movement Discipline 5.1) Standing Exercises 5.2) Floor Exercises 5.3) Ending the warm up	
6. Movement exploration 6.1) Isolation of the parts 6.2) Self-Contact and sensations 6.3) Journey through the body 6.4) Movement Initiation	
7. Movement exploration 7.1) Motion Exploration 7.2) Mirror Study 7.3) Blossoming and Withering 7.4) Facial Masks	

8. Observation and Imitation Body movement 8.1) Body Works
9. Movement improvisation through music 9.1) Space
10. Movement elements 10.1) space 10.2) energy 10.3) time
11. Energy 11.1) Energy quality 11.2) Transformation of time
12. Time 12.1) Principle of time
13. Movement and acting 13.1) stageworks
14. Physicalization in character 14.1) physicality

Assessment Breakdown	%
Continuous Assessment	60.00%
Final Assessment	40.00%

Details of Continuous Assessment	Assessment Type	Assessment Description	% of Total Mark	CLO
	Assignment	n/a	20%	CLO1 , CLO3
	Group Project	n/a	20%	CLO1 , CLO2
	Individual Project	n/a	20%	CLO1

Reading List	This Course does not have any book resources
Article/Paper List	This Course does not have any article/paper resources
Other References	This Course does not have any other resources