

Beginning Voice and Movement (3 credits)  
 CRN: 60079  
 Class Meets: MTWR 1.45am – 3.20am  
 Email: [durranta@hawaii.edu](mailto:durranta@hawaii.edu)  
 Office Hours: M 12pm – 1pm  
                   W 12pm – 1pm

Lecturer: Alex Durrant  
 Location: Palanakila 224  
 Office: 138 Hala Palanakila

### **Windward Community College Mission Statement**

*Windward Community College offers innovative programs in the arts and sciences and opportunities to gain knowledge and understanding of Hawai'i and its unique heritage. With a special commitment to support the access and educational needs of Native Hawaiians, we provide O'ahu's Ko'olau region and beyond with liberal arts, career and lifelong learning in a supportive and challenging environment — inspiring students to excellence.*

### **Catalog Course Description**

Introduction to vocal and movement techniques to increase self-awareness and potential for self-expression. May be repeated up to 6 credits.

This course is designed to familiarize the student with their vocal instrument in order to improve breath management, articulation, projection, inflection, and quality; as well as develop a greater ability to reflect on their physicality in terms of flexibility, spatial awareness, expression and alignment.

By developing the skills and stamina necessary for effective communication through the use of relaxation and focus techniques, partnering work, group cooperation exercises, trust games, diction/articulation work, cold readings and solo performance, students should leave this course with a greater sense of confidence, freedom, and flexibility in their vocal and physical abilities.

### **Student Learning Outcomes**

Upon completion of the course, the student will be able to:

- Demonstrate awareness of personal habits, tensions and methods for releasing them, and physical and vocal preferences
- Execute a wide variety of warmup and performance tools
- Perform pieces with self-expression through vocal and physical choices

### **Attendance Policies**

Students are expected to arrive on time, ready to dance, and stay for the entire class session. Latecomers may not join in the class without permission from the instructor; instead, they will actively participate by watching the class, taking notes, and being responsible for class subject matter and assignments.

**DANCE PROGRAM ATTENDANCE POLICY:** *More than 3 absences will significantly lower the grade. After 4 absences, each absence will lower the grade by a full letter. Three "tardies" equal an absence. Medically excused absences will be dealt with on an individual basis.*

### **Active Participation Expectations**

Students must be eager to both think and sweat at the same time. An alert body and mind are expected. Students are expected to actively participate in each class unless medically unable.

Active participation is shaped by a particular mindset: motivated, open-minded, supportive, exploratory, and patient. This class will challenge your Learning Edge:

"Your Learning Edge is the balance between taking risks and taking care of yourself, the boundary of your discovery zone and your comfort zone. In your comfort zone, you don't learn anything. When you take risks and move beyond where you are comfortable, you enter a discovery zone where this opportunity to learn. Learning happens by creating new experiences and failures in your discovery zone, and then reflecting upon

and evaluating them in your comfort zone. You will not learn anything by spending all your time in either zone, and the dance back and forth is what I call your Learning Edge.” (Morgan Rich)

### **Health Statement**

Please notify the instructor if there are any particular physical concerns that affect your ability to dance. An *Acknowledgment of Risk/Medical Consent Form* must be completed and submitted to the instructor on the first day of class.

### **Disabilities Accommodation Statement**

*If you have a physical, sensory, health, cognitive, or mental health disability that could limit your ability to fully participate in this class, you are encouraged to contact the Disability Specialist Counselor to discuss reasonable accommodations that will help you succeed in this class. Ann Lemke can be reached at 235-7448, [lemke@hawaii.edu](mailto:lemke@hawaii.edu), or you may stop by Hale 'Akoakoa 213 for more information.* Please Note: This course takes a tactile teaching approach. Tactile teaching involves hands-on correction by the instructor, and is a valuable teaching aid in assisting the student in understanding aspects of proper alignment, placement and movement concepts during class. Physical contact may range from simple touch to correct alignment to relaxation massage. Students may also be asked to experiment with exercises that involve weight exchange. If this makes you uncomfortable, please notify the professor and appropriate modifications will be made.

### **Course Assignments**

- A. **Reflection:** Students will be required to complete a short personal reflection on their own physical and vocal habits, tensions and preferences. This will be used to guide the students when considering the creation of their personal warm up routine. The reflection will also be used as a reference in evaluative activities throughout the course to chart distance traveled. Evaluative activities will be guided by the teacher at intervals throughout the course.
- B. **Complete a variety of in-class activities** Students will be assessed on their participation in practical class activities. These activities will be designed with a view to exploring and developing physical and vocal skills. All students will be required to participate fully and openly in order to get the most out of the work.
- C. **Design a Personal Warm Up Routine** Students will create their own physical and vocal warm up routine. It must be constructed with their personal needs in mind based on the reflective work and teacher led exercises carried out in class. Students are encouraged to add exercises of their own creation or found through research of other sources. The students will then lead the class in their own warm up with an explanation of why they developed it in the manner they have done.
- D. **Performance/Demonstration of skills** Students will build up to a demonstration of learned skills through the performance of text. They will be expected to use practiced skills such as diction, projection, expression, clarity, tone, quality and intention. The text can be of your choosing but you will need to be able to demonstrate the above skills and should be appropriate for this purpose.
- E. **Class Observation Log:** If you must observe class due to injury or illness, please use a “Class Observation Form” to guide your written observations in your journal (collected at the regular times).

### **Grading**

Each student will be evaluated at the level in which they have enrolled. Grades will be based upon attendance, enthusiastic class participation, technical and performance improvement, written and oral assignments, and a growing sense of professional behavior appropriate to studio work and the level of the student. **No incomplete grades will be given in technique class.**

**Grading Criteria:**

A.	Progress in technique		40%
	technical skills	(20%)	
	performance skills	(20%)	
B.	Attitude and concentration		50%
C.	Written Assignments		10%

*The attendance policy will be adhered to, and will affect the result of the above grading procedure. If a student is injured and unable to participate, they may attentively watch class and submit notes taken on class materials to the instructor (using the "Class Observation Form" provided). If a student is unable to take more than 6 classes due to injury, they will be advised to drop the course.*

*The professor will amend the syllabus as may be appropriate. Students will be made aware of any changes to assignments or grading policies.*

**Dress Code Policy**

Students will dance in bare feet and wear dance clothing that fits close to the body. No baggy dance clothing, ankles must be visible. Large or potentially dangerous jewelry and watches are not permitted. Hair needs to be confined and out of the face. Students may consider purchasing kneepads to reduce the potential for irritation when performing movement combinations with floor work. Maintaining proper personal hygiene is a daily class expectation.

**METHOD OF INSTRUCTION**

Classes will be active in nature and as such students should come prepared to engage with a variety of physical activities. The activities will require an open and exploratory attitude from the learners in order to achieve their full potential. Whilst many activities will be teacher led, there will also be certain elements that call for self-discovery and development for the students in an independent manner.

**Course Timeline/Content**

*Week 1* - Introductions, Syllabus, Learning Styles, Safety, Understanding our physical and vocal nature, observation and replication

Self-evaluation, Finding true neutral, Tension and Relaxation, Vocal and Physical Preparation. Ridding our self of bad habits

*Week 2* – **Understanding the Warm Up** Projection, Articulation, Flexibility, Stamina, Strength, posture – how does that change confidence and satus. Working as a group, mirroring, radiate/receive

*Week 3* – Expression and qualities – physical and vocal. Articulation and projection work. Neutral mask work.

**Efforts and Time-** weight, time, flow, space

*Week 4* **Warm up development.** Continued practice of technique. Emotional engagement vocally and physically. Applying technique to text

*Week 5* – Student led warm ups, Practice with text, continued development of technique.

*Week 6* - Refining technique & sharing