

**HESM 330 Introduction to Laban Movement Analysis and Bartenieff Fundamentals**  
**Health and Exercise Studies**  
**Spring 2017**

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**Office hours:** MW 12:15-1:15pm, T TH 11:15-12:15pm, Fri. by appointment  
**Course Meeting:** WF 10am-12pm  
**Prerequisites:** None  
**Credit Hours:** Two (2)

**Text:** Hackney, P. (2002). *Making connections total body integration through Bartenieff fundamentals*. New York: Routledge. \$55.23. Additional handouts provided by instructor.

**Health Information Statement:** *Physical activities in this class are considered moderate to vigorous and are considered limited contact. The NC State Department of Health and Exercise Studies supports the development and improvement of physical health, while doing so safely. If you have a known medical condition that could be adversely affected by participating in the typical activities of this class, please contact your usual physician for recommendations about how to participate safely or whether it is more appropriate to choose a different Health and Exercise Studies course. If your physician has provided you with recommendations to modify participation in this class, please share those recommendations with the instructor within the first week of class, if possible. If you are not certain whether you have a medical condition that puts you at risk for participation in this class or have a medical condition and cannot access your usual physician in a timely manner for recommendations for safe participation, consider making an appointment at Student Health to discuss your concerns (appointment number is 919.515.7107 or book on-line at [healthweb.ncsu.edu](http://healthweb.ncsu.edu)).*

**Course Description:** An introduction to Laban Movement Analysis (LMA) and Bartenieff Fundamentals (BF) through movement integration, observation, notation, analysis, and application. LMA is a method and language for describing, visualizing, interpreting, and documenting all varieties of human movement. It consists of the study of four major components: Body, Effort, Shape and Space, the relationships between them, and ways of notating them. BF consists of a set of concepts, principles and exercises developed by Irmgard Bartenieff in applying Laban's movement theory to the physical/kinesiological functioning of the human body. LMA/BF is used by dancers, actors, musicians, and dance therapists among others.

**Course and Student Learning Outcomes:**

By the end of this course, students will be able to....

- 1) Physically demonstrate all Laban movement qualities singly and in combination.
- 2) Observe and identify Laban movement qualities used by others.
- 3) Speak specifically about movement using the Laban/Bartenieff terminology.
- 4) Identify the structural, functional and expressive aspects of movement.
- 5) Demonstrate the ability to observe and identify recurring movement patterns personal movement preferences and identify areas and methods for the facilitation of new movement possibilities for development.
- 6) Be able to practically apply the principles of Laban Movement Analysis and Bartenieff Fundamentals.

## Grading:

### Movement tests – 15%

Students will perform movement in 3 different tests covering concepts covered in class: Bartenieff Basic 6, Laban Effort Factors, and Laban States and Drives. They will be evaluated using a rubric covering those concepts. Each test is worth 5 points:

Areas of evaluation	Points (1 = not present, 2 = rarely present, 3= occasionally present, 4=mostly present, 5 = always present)				
Clarity of execution	1	2	3	4	5
Full body integration	1	2	3	4	5

### Video observation, evaluation, and discussion – 30%

1. Students will observe 10 videos of movement and submit written evaluation of them using concepts covered in class (15%).

2. In class discussion will follow the video observations where the student will demonstrate an understanding of the concepts covered and will be evaluated by a rubric covering those concepts (15%):

- Rubric:
- 0 = no participation or absent
  - 1 = contributing one opinion/concept to the discussion
  - 3 = contributing at least two opinions/concepts to the discussion
  - 5 = contributing at least three opinions/concepts to the discussion

### Journal - 15%

Students will make weekly entries into journal throughout the semester (minimum 1-page written per week). Each entry (15 total) is worth 1% of the final grade. Journals will be turned in for review once mid-semester and once at the end of the semester. It will provide a record of students' growing relationship to the material. The journal may include writing, drawing, and video. It should include information about their growing integration of and questions about the material covered thus far in class.

### Final application project – 40%

Each student will complete a final project, in which s/he demonstrates application of the material within a context of his/her own choosing, subject to the instructor's approval. This could take the form of a teaching project, expressive project, personal project, etc, but will include a 5-7 page written summary of the project. The project and paper are in place of the final exam for the course.

\*\*\*\*Moodle will be used for this class at <http://wolfware.ncsu.edu>. It is important that you log in for quizzes and assignments throughout the semester. Each quiz will be opened during the days posted on your syllabus. Once you log into the exam you will have a set amount of time to take the exam before the time shuts off. If you have any technical issues with your exam or with Moodle you must contact the Help desk for Moodle, *not your instructor*. You will find the contact phone number and email on your Moodle homepage. You will have ample time to take the exam so do not wait until the last minute.

**Late Assignments:** Written assignments are due *in class or on Moodle as described in the assignments*. Late assignments will be accepted for a maximum of ½ credit within one week of the due date. Assignments will not be accepted one week past the due date.

## Grading Scale:

*Each student has the option of taking the class for a letter grade (+/-), credit only, or audit.*

97 - 100 = A+	93 - 96.99 = A	90 - 92.99 = A-
87 - 89.99 = B+	83 - 86.99 = B	80 - 82.99 = B-
77 - 79.99 = C+	73 - 76.99 = C	70 - 72.99 = C-
67 - 69.99 = D+	63 - 66.99 = D	60 - 62.99 = D-
0 - 59.99 = F		

### Attendance:

Students are expected to attend all classes and to arrive and leave at the scheduled times. The instructor will adhere to the university attendance policy. In the case of an excused absence, the student will provide official documentation and then be allowed to make up any *written work* missed within one week of returning to class. Students are responsible for submitting such work and for scheduling make-up exams with the instructor. See [http://www.ncsu.edu/policies/academic\\_affairs/courses\\_undergrad/REG02.20.3.php](http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.3.php).

**Participation on movement days:** If you cannot participate in class for any reason, you will be considered absent.

**Make ups for missed movement tests** are at the discretion of the instructor. Make ups will be considered with a verifiable, documented issue, provided that the instructor is contacted prior to the next class meeting.

**Requirements for Credit Only:** In order to receive a grade of S, students are required to take all exams and quizzes, complete all assignments, and earn a grade of C- (70%) or better. Conversion from letter grading to credit only (S/U) grading is subject to university deadlines. Refer to the Registration and Records calendar for deadlines related to grading. For more details refer to:

[http://www.ncsu.edu/policies/academic\\_affairs/courses\\_undergrad/REG02.20.15.php](http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.15.php)

**Note: The student is responsible for requesting credit only grading on MyPack Portal by the University dead line. \*\* 3/4 is the last day to drop a class or change to credit only.**

**Requirements for Audit:** Students must attend all classes and will be allowed three absences before NR will be recorded as a final grade. [http://www.ncsu.edu/policies/academic\\_affairs/pols\\_regs/REG205.00.5.php](http://www.ncsu.edu/policies/academic_affairs/pols_regs/REG205.00.5.php)

**Incomplete Grades:** [http://www.ncsu.edu/policies/academic\\_affairs/grades\\_undergrad/REG02.50.3.php](http://www.ncsu.edu/policies/academic_affairs/grades_undergrad/REG02.50.3.php)

Incomplete grades will be assigned only if unavoidable and unforeseen events occur, such as a medical emergency, preventing the student from completing a course requirement before the final grades are submitted. Incompletes must be made up before the end of the next regular semester in which the student is

enrolled and in no case may be made up more than 12 months after the end of the semester in which the IN is awarded, unless the teacher or department offering the course is not able to provide the student with an opportunity to make up incomplete work, in which case the period can be extended. Make up work is to be limited to accomplishing the work not completed.

**Electronic Hosted Course Components:** Students may be required to disclose personally identifiable information to other students in the course, via electronic tools like email or web postings, where relevant to the course. Examples include online discussions of class topics, and posting of student coursework. All students are expected to respect the privacy of each other by not sharing or using such information outside the course.

**Emailing the Instructor:** In order to receive a response from your instructor, your email should be structured as follows:

- Properly address your instructor
- Identify who you are, the class (including section or day/class time) you are in, and the purpose of your email.
- Please be specific and use complete sentences.

**Online class evaluations** will be available for students to complete during the last 2 weeks of semester. Students will receive an email message directing them to a website where they can login using their Unity ID and complete evaluations. All evaluations are confidential; instructors will not know how any one student responded to any question, and students will not know the ratings for any instructors.

Evaluation website: <https://classeval.ncsu.edu/>

Student help desk: [classeval@ncsu.edu](mailto:classeval@ncsu.edu)

More information about ClassEval: <http://www.ncsu.edu/UPA/classeval/>

### **General Information:**

1. **Academic Integrity:** For all written assignments, students will be expected to adhere to the **University Honor Code**: “I have neither given nor received unauthorized aid on this test or assignment.” It is the understanding and expectation of the instructor that the student’s signature on any test or assignment means that the student neither gave nor received unauthorized aid. Consult the university website: [http://www.ncsu.edu/policies/student\\_services/student\\_discipline/POL11.35.1.php](http://www.ncsu.edu/policies/student_services/student_discipline/POL11.35.1.php)
2. **Students with Disabilities:** Reasonable accommodations will be made for students with verifiable disabilities. In order to take advantage of available accommodations, student must register with the Disability Services Office (<http://www.ncsu.edu/dso>) located at 1900 Student Health Center, Campus Box 7509, 515-7653. For more information on NC State's policy on working with students with disabilities, please see the Academic Accommodations for Students with Disabilities Regulation at [http://www.ncsu.edu/policies/academic\\_affairs/courses\\_undergrad/REG02.20.1.php](http://www.ncsu.edu/policies/academic_affairs/courses_undergrad/REG02.20.1.php).
3. **Anti-Discrimination Statement:** NC State University provides equality of opportunity in education and employment for all students and employees. Accordingly, NC State affirms its commitment to maintain a work environment for all employees and an academic environment for all students that is free from all forms of discrimination. Discrimination based on race, color, religion, sex, creed, national origin, age, disability, veteran status or sexual orientation is a violation of state and federal law and/or NC State

University policy and will not be tolerated. Harassment of any person (either in the form of quid pro quo or creation of a hostile environment) based on color, religion, sex, creed, national origin, age, disability, veteran status or sexual orientation is also a violation of state and federal law and/or NC State University policy and will not be tolerated. Retaliation against any person who complains about discrimination is also prohibited. NC State's policies and regulations covering discrimination, harassment, and retaliation may be accessed at [http://www.ncsu.edu/policies/campus\\_environ](http://www.ncsu.edu/policies/campus_environ) or [http://www.ncsu.edu/equal\\_op](http://www.ncsu.edu/equal_op) . Any person who feels that he or she has been the subject of prohibited discrimination, harassment, or retaliation should contact the Office for Equal Opportunity (OEO) at 515-3148.

4. Due to the nature of the activities in this class, it may be necessary for the instructor and students to have some amount of physical contact to assist in acquiring the proper form/technique. The student should inform the instructor if they do not want any physical contact to assist in acquiring the proper form/technique.
5. Every fitness activity has certain inherent risks, and regardless of precautions taken it is impossible to ensure total safety. Adhere to all safety guidelines to reduce your risk of injury.
6. The use of illegal drugs, tobacco products, or alcoholic beverages are prohibited.
7. It may be appropriate to inform the instructor within the first week of class if you have any medical issues that would affect your participation throughout the semester in this course.
8. Pets and visitors are not allowed during class periods. Firearms, weapons, and/or fireworks are prohibited from class.
9. Please turn off cell phones during class time.

**Course Outline for HESM 330**  
**Introduction to Laban Movement**  
**Analysis and Bartenieff Fundamentals**  
**Spring 2017**

<b>Dates</b>	<b>Topic</b>	<b>Activity/ Reading</b>
1/7	Introduction	Orientation, Theoretical overview of LMA and BF, LMA grid BESS, reading (Appendix A)
1/9	Body	Anatomical Landmarks, Bartentieff Fundamentals, Discussion of reading (Ch. 1-2)
1/14	Body	Body Part Phrasing, Patterns of Total Body Connectivity
1/16	Body	Discussion of reading (Ch. 3-5), Fundamentals
1/21	Breath	Discussion of reading (Ch. 6), Fundamentals
1/23	Breath	Types of breathing- Function - Process Movement and breath initiations, BF Body Organization
1/28	Breath and Shape	Discuss videos 1-2 & evaluations due, Overview of Shape, shape flow and shaping
1/30	Shape	Discussion of reading (Ch. 7-8), directional movement, modes of shape change
2/4	Motif	Guest speaker Jackie Hand, CMA Intro to Motif, Reading (Motif handout)
2/6	Shape	Discuss videos 3-4 & evaluations due, Discuss body connectivity, finish shape discussions
2/11	Space	Points in space, dimensions & planes
2/13	Space	Kinesphere, level, direction, pathways, discuss readings (Ch.9-11 & Bartenieff handout)
2/18	Space	Geometric forms and scales, Movement test – Bartenieff Fundamentals

2/20	Space	Geometric forms and scales
2/25	Effort	Discuss handouts, Effort exploration
2/27	Effort	Seeing effort, sensing effort, Discuss videos 5-6 & evaluations due
3/4	Effort	Time, mid-semester journals due
3/6	Effort	Weight
3/11 & 3/13	Spring Break – no class	
3/18	Effort	Space
3/20	Effort	Space and Flow, Discuss videos 7-8 & evaluations due
3/25	Effort	Flow, States and Drives, Reading (Ch. 12)
3/27	Effort and Integration	States and Drives, application project proposals due
4/1	Effort and Integration	States and Drives, Movement test – Effort Factors, application project proposals discussion
4/3	No Class – Spring holiday	
4/8	Effort and Integration	Discuss videos 9-10 & evaluations due, Basic Actions and Effort Cube
4/10	Effort and Integration	Basic Actions and Effort Cube, Movement test – States and drives, draft presentation of application projects & feedback
4/15	Integration	Individual meetings for feedback on application project
4/17	Integration	BESS review, movement study integration
4/22	Application Project	Present projects in class & paper due
4/24	Application Project	Present projects in class & paper due

**\*\* 3/4 is the last day to drop a class or change to credit only.**