



Theater and Dance Performing Techniques

MPAPT401

Develop theatre and dance performing techniques

COMPETENCE

RQF Level: 4

Learning Hours



120Hrs

Credits: 12

Sector: Arts and Crafts

Trade: Music and Performing Arts

Module Type: Elective

Curriculum: ARCPMA5001 - TVET Certificate IV in Music and Performing Arts

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| Purpose statement | <p>This module aims to develop well-rounded performers by integrating technical proficiency with artistic expression and control. Students will cultivate fundamental skills in movement, voice, and performance technique, while simultaneously exploring creative interpretation and developing the physical and vocal command necessary to effectively communicate artistic intentions. Through rigorous training and creative exploration, students will gain the tools to confidently and expressively engage with performance work.</p> | | | | | |
| Learning assumed to be in place | N/A | | | | | |
| Delivery modality | Training delivery | | 100% | Assessment | | |
| | Theoretical content | | 30% | Formative assessment | 30% | |
| | Practical work: | | 70% | | 50% | |
| | <ul style="list-style-type: none">• Group work and presentation | 30% | | | | |
| | <ul style="list-style-type: none">• Individual work | 40% | | | | |
| | | | Summative Assessment | | 50% | |

Elements of Competency and Performance Criteria

| Elements of competency | Performance criteria |
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| 1. Demonstrate Technical Proficiency | <p>1.1. Advanced Techniques are accurately developed by reviewing and refining foundational techniques, introducing advanced techniques in acting and dance, and applying these techniques.</p> <p>1.2. Complex choreography and movement sequences are properly refined by learning complex choreography, breaking down and analyzing choreography, and rehearsing to refine choreography.</p> <p>1.3. technical proficiency is adequately demonstrated in performance by rehearsing and refining performance pieces.</p> |
| 2. Establish Artistic Expression and Interpretation | <p>2.1. Rhythmic awareness is properly introduced to movement by exploring how rhythm informs and enhances physicality.</p> <p>2.1. Different artistic genres and styles are suitably explored to broaden their understanding of artistic expression.</p> <p>2.3. Artistic Expression and interpretation is properly applied to scene work, exploring character motivations and emotions.</p> <p>2.3. Artistic expression and interpretation skills is correctly demonstrated in class work and performance, receiving feedback from peers and instructors.</p> |
| 3. Exhibit Physical and Vocal Control | <p>3.1 Physical control is properly developed through advanced movement techniques flexibility and strength exercises, and practicing with precision.</p> <p>3.2. Vocal control by introducing exercises are correctly refined to improve vocal techniques, script analysis for vocal interpretation, and practicing with expression.</p> <p>3.3. Physical and vocal control are appropriately integrated through scene work with physical and vocal integration, choreography with vocal components, and demonstrating their understanding through class work and performance.</p> |

| Knowledge, Skills, and Attitude | | |
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| Knowledge | Skills | Attitudes |
| <ul style="list-style-type: none"> ✓ Dance genres and styles ✓ Cultural impact ✓ Contracts and agreements ✓ Basics of copyright law ✓ Licensing and royalties ✓ social media and online presence ✓ Career vision definition ✓ Royalty distribution explanation ✓ Talent development | <ul style="list-style-type: none"> ✓ Emotional Range ✓ Sense Memory ✓ Character Development ✓ Rhythmic Precision ✓ Musicality ✓ Spatial Awareness ✓ Locomotor Movement ✓ Brand identity crafting ✓ Promotional materials creation ✓ Social media promotion ✓ Industry trend monitoring and analysis ✓ Improvisation | <ul style="list-style-type: none"> ✓ Enthusiasm ✓ Passion ✓ Adaptability ✓ Team collaboration ✓ Clarity ✓ Creativity ✓ Active listening ✓ Resilience and perseverance ✓ Attention to detail ✓ Empathy and understanding ✓ Confidence and assertiveness ✓ Safety consciousness ✓ Continuous learning |

Course content

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| Learning Outcome 1: Demonstrate Technical Proficiency | Learning hours: 40 hrs |
| Indicative content | |
| <ul style="list-style-type: none">• Demonstrating a strong foundation in theater and dance techniques,<ul style="list-style-type: none">✓ Fundamental movement patterns,✓ Acting techniques,✓ Ability to execute choreography✓ Movement patterns.• Developing advanced techniques by reviewing<ul style="list-style-type: none">✓ Refining foundational techniques,✓ Introducing advanced techniques in acting and dance,✓ Applying dance and acting techniques.• Refining Complex choreography and movement sequences by<ul style="list-style-type: none">✓ Learning complex choreography,✓ Breaking down and analyzing choreography, and✓ Rehearsing to refine choreography.• Demonstrating technical proficiency in performance by<ul style="list-style-type: none">✓ Rehearsing✓ Refining performance pieces. | |
| Resources required for the learning outcome | |
| Equipment | <ul style="list-style-type: none">▪ TV screen and media player capabilities (55" and above)▪ Projector/TV▪ Mirror▪ Internet connection▪ Dance matt |
| Materials | <ul style="list-style-type: none">▪ Dance photographs▪ Dance video and documentaries▪ Video tutorials |

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| Tools | <ul style="list-style-type: none"> ▪ Presentation ▪ Educational videos ▪ Music charts and analytics platforms ▪ Case study analysis tools |
| Facilitation techniques | <ul style="list-style-type: none"> ▪ Demonstration ▪ Group discussion ▪ Observation ▪ Practical exercise |
| Formative assessment methods /(CAT) | <ul style="list-style-type: none"> ▪ Performance evidence |

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| Learning Outcome 2: Establish Artistic Expression and Interpretation | Learning hours: 40hrs |
| Indicative content | |
| <ul style="list-style-type: none"> ○ Showing an ability to interpret and express artistic ideas through: <ul style="list-style-type: none"> ✓ Theater and dance including, ✓ Developing and conveying nuanced emotions and characters, ✓ Demonstrating a sense of musicality and timing. ○ Developing interpretation skills by <ul style="list-style-type: none"> ✓ Analyzing scripts and ✓ Analyzing choreography and ✓ Developing character analysis skills ○ Exploring different artistic genres and styles to broaden their understanding of artistic expression. ○ Applying Artistic Expression and interpretation to scene work, <ul style="list-style-type: none"> ✓ Exploring character motivations and ✓ Exploring emotions. ○ Demonstrating artistic expression and interpretation skills in class work and performance, ○ Receiving feedback from peers and instructors. | |
| Resources required for the learning outcome | |
| Equipment | <ul style="list-style-type: none"> ▪ TV screen and media player capabilities (55" and above) ▪ Projector/TV ▪ Mirror ▪ Internet connection ▪ Dance matt |
| Materials | <ul style="list-style-type: none"> ▪ Dance photographs ▪ Dance video and documentaries ▪ Video tutorials |
| Tools | <ul style="list-style-type: none"> ▪ Presentation ▪ Educational videos ▪ Music charts and analytics platforms ▪ Case study analysis tools |

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| Facilitation techniques | <ul style="list-style-type: none"> ▪ Demonstration ▪ Group discussion ▪ Observation ▪ Practical exercise |
| Formative assessment methods /(CAT) | <ul style="list-style-type: none"> ▪ Performance evidence |

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| Learning Outcome 3: Exhibit Physical and Vocal Control | Learning hours: 40hrs |
| Indicative content | |
| <ul style="list-style-type: none"> ○ Exhibiting control and precision in physical and vocal execution including, <ul style="list-style-type: none"> ✓ Demonstrating flexibility, ✓ Demonstrating strength, ✓ Coordination. ○ Develop physical control through advanced movement techniques <ul style="list-style-type: none"> ✓ Contemporary and street styles, ✓ Flexibility and strength exercises, ✓ Practicing with precision. ○ Refine vocal control <ul style="list-style-type: none"> ✓ Introducing exercises to improve vocal techniques, ✓ Script analysis for vocal interpretation, ✓ Practicing with expression. ○ Integrate physical and vocal control through <ul style="list-style-type: none"> ✓ Scene work with physical and vocal integration, ✓ Choreography with vocal components, ✓ Demonstrating their understanding through performance. | |
| Resources required for the learning outcome | |
| Equipment | <ul style="list-style-type: none"> ▪ TV screen and media player capabilities (55" and above) ▪ Projector/TV ▪ Mirror ▪ Internet connection ▪ Dance matt |
| Materials | <ul style="list-style-type: none"> ▪ Dance photographs ▪ Dance video and documentaries ▪ Video tutorials |
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| Facilitation techniques | <ul style="list-style-type: none"> ▪ Demonstration ▪ Group discussion ▪ Observation ▪ Practical exercise |
| Formative assessment methods /(CAT) | <ul style="list-style-type: none"> ▪ Performance evidence |

References

1. Bogart, A. (2001). *A director prepares: Stanley method for the theatre*. Routledge. (Publisher: Routledge, Taylor & Francis Group)
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4. Goldfarb, A. (2002). *Actor's choice: Creating character through voice and movement*. Backstage Books. (Publisher: Backstage Books (an imprint of Watson-Guptill Publications))
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9. Stanislavski, C. (2008). *An actor prepares*. Bloomsbury Methuen Drama. (Publisher: Bloomsbury Methuen Drama (an imprint of Bloomsbury Publishing))
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