

**NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY
CST 160 – IMPROVISATION I (3 CR.)**

Course Description

Explores the basic techniques of improvisation through short and long form exercises and the study of the history of improvisation and improvisation theory and practices. Lecture 3 hours per week.

General Course Purpose

This course is designed to foster an understanding of the discipline and skills needed for an actor to perform without a script or traditional rehearsals; also a helpful tool to be used in auditioning.

Course Prerequisites/Co-requisites

CST 131 Acting 1 or permission by Instructor. Fluency in Standard American English. Recommend proficiency in reading and writing at English 111 level.

Course Objective

Upon completing the course, the student will:

- Demonstrate an increased awareness of basic improvisation skills and processes.
- Practice voice, speech, trust and relaxation techniques.
- Demonstrate knowledge of both short and long form improvisation techniques by developing scenes within an ensemble or duet work
- Utilize basic tools for the evaluation and performance of improvisational performance.
- Demonstrate knowledge of the history of improvisation, including Commedia dell'Arte techniques
- Rehearse and perform improvisational materials, including audition techniques .
- Experience live improvised theater as both a performer and audience member.

Main Topics to be Covered

- History of Improvisation
- Commedia dell' Arte techniques
- Short Form Improv
- Long Form Improv
- Critical Response
- Scene Development
- Ensemble Development