



Explore the artist in you.  
Learn. Create. Succeed.

## **ACTING FOR FILM & TELEVISION**

### **(Studio/Online Course)**

Ideal for budding and pro actors who want to level up their skills and master their craft!

#### **Course Description**

The 16-Week Acting Short Course offers students a comprehensive foundation in acting, with a special emphasis on film and television performance. Through classes centered on the core principles of Stanislavski's Method, participants will immerse themselves in the essential elements of the acting craft. This course is perfect for complete beginners or those returning to acting after a hiatus, aiming to refine their skills and boost their confidence.

#### **Duration**

4 months (17 sessions), with one class per week, each lasting over 2 hours.

#### **Location**

Studio classes will be held at **iO - The Space** (*The Riviera, St 41, Phase 4, Bahria Town, Islamabad*), while online classes will take place simultaneously on Microsoft Teams. Online students will have the opportunity to freely communicate and interact with those attending the studio sessions.

#### **Aims & Objectives**

The Acting Short Course at The Film Tuition is designed to provide each actor-student with a robust, internationally competitive education and training in the craft and discipline of acting. Our goal is to guide students towards achieving both creative brilliance and professional excellence in the field.

## Pre-Requisites

A minimum of 12 years of age is required. No prior experience or knowledge of filmmaking is necessary, but applicants must have a passion for learning the art.

## Final Outcome

By the end of this course, every student will create a dynamic acting reel, showcasing clips from course assignments and any prior acting experiences. Upon successful completion, you'll receive a Certificate of Completion and gain recommendations to top talent agencies and production houses.

## Materials & Equipment Needed

**Take Notes:** Have a notepad/notebook and basic stationery ready to capture key points, ideas, and class assignments.

**Stretch & Relax:** A Yoga Matt for Acting Exercise.

**Online Class Essentials:** For online learners, a laptop, tablet, or mobile device (laptop preferred) with Microsoft Teams installed and a reliable internet connection to join our virtual classroom.

## Codes of Conduct

Each student must maintain a minimum attendance of 75% to qualify for the certificate. Any misbehavior towards the teacher or classmates will result in disqualification from further lectures. Students are expected to adhere to general class etiquette.

## Course Outline – Acting

Session	Course Outcome
1	<b>Introduction / The Role of an Actor</b> Body Language / Physical Gesture / Vocal Clarity / Confidence <b>The History of Acting Styles and Techniques</b> <i>Activity: Individual Introductions on Stage</i>
2	<b>Vocal Warm-up</b> <i>Activity: Breathing / Resonance / Opening up the Voice / Articulation</i> <b>Facial Muscle Warm-up</b> <b>Introduction to Stanislavski's Method</b> <i>Activity: Observation Exercises / Relaxation Techniques / Basic Expressions</i>
3	<b>Building a Character</b> Character Analysis / Backstory Creation / Physical & Emotional Characteristics <b>Entering the Creative State</b> Focusing, Meditating, Tensing & Releasing, Centering, Shaking, Stretching <b>The Nine Emotions</b> <i>Activity: Character Biography Writing / Character Walks &amp; Improvisations</i>
4	<b>Storytelling in Acting / Understanding Text, Context, &amp; Subtext in Acting</b> <b>Importance of Voice in Acting</b> <i>Activity: Reading Exercises</i> <b>Assignment: Nine Emotions</b>
5	<b>Stanislavski &amp; The Method</b> Observation / Imagination / Concentration / Naturalism / Being Someone Else <i>Activity: 1 Hour Character</i>
6	<b>Body Language &amp; Movement</b> Non-verbal Communication / Use of Space / Movement with Purpose <i>Activity: Movement Exercises / Mime &amp; Gesture Practice</i>
7	<b>Improvisation Techniques</b> Basics of Improvisation / Importance of Listening & Reacting <i>Activity: Individual &amp; Group Improvisation</i>
8	<b>The Meisner Technique</b> <b>Assignment: Monologue Stage Performance</b>
9	<b>Scene Study Part 1</b> Character Research / Finding your Character / Creating Character Scene Analysis / Breaking Down a Script / Partner Work <i>Activity: Partner work / Initial Read-Throughs</i>
10	<b>Scene Study Part 2</b> Improvisation / Attacking it a Different Way / Blocking & Making Moves Exploring Motivations / Refining Performances <i>Activity: Rehearsing Scenes / Feedback Sessions</i>
11	<b>Acting For Film/ Difference between Film &amp; Stage Acting</b> Working on Set / Performing on Camera / Working with Directors and Actors <i>Activity: On-Camera Exercises / Filming Short Scenes</i>
12	<b>Acting for Television</b> Sitcom vs. Drama / Multicamera vs. Single Camera / Advanced Skills / Polishing for Performance <i>Activity: TV Scene Reading &amp; Rehearsal</i>

13	<b>Monologues</b> Choosing a Monologue / Working with Text / Preparation & Rehearsal <b>Emotional Truth</b> Emotional Memory / Emotional Intelligence / Techniques to Evoke Emotions <i>Activity: Monologue Rehearsals</i>
14	<b>Audition Techniques</b> Preparing for Auditions / Cold Reading Techniques / Headshots / Audition Reels <i>Activity: Mock Auditions</i> <b>Assignment: Original Monologue</b>
15	<b>Understanding the Film Production Process</b> <b>Video Editing Basics</b> <i>Activity: Adding &amp; Cropping Clip on Timeline of Video Editing Software</i> <b>Assignment: Dialogue</b>
16	<b>Understanding the Business of Acting/Auditioning/Casting Directors</b> <i>Activity: Final Performance Rehearsals</i> <b>Assignment: Acting Reel</b>
17	<b>Career Guidance</b> <i>*Monologue Performance in front of an Audience</i> <i>*Acting Reel Screening</i>