

ITALIA CONTI

Programme Specification

MA/ MFA Teaching and Coaching: Physical Performance
Academic Year 2026/27

Programme approved by University of Chichester



Italia Conti is an Associate College of
University of Chichester

Programme descriptor

Programme summary information

1	Programme title	MA / MFA Teaching & Coaching: Physical Performance
2	Programme code	P2500
3	Awarding institution	University of Chichester
4	Teaching institution (if different)	Italia Conti (partner only)
5	PSRB accreditation	N/A

6 Programme description (text for website), including information on employability

Distinguishing between movement teaching, directing, and coaching, this course emphasises the developmental journey through the body and explores ways of guiding actors through physical challenges tailored to various mediums, including stage, screen, motion-capture and more. It also explores ways of supporting how the performer creatively responds to various ideational material, character building and specific skill use in training, rehearsal, and performance. This includes coaching on non-verbal communication, script demands, character creation, physical contact, proxemics, physical storytelling, intimacy co-ordination, and the specific physical presentation needs inherent in a diverse range of professional contexts.

The course integrates adaptability and flexibility in teaching methodologies to effectively address diverse learning environments and student needs. This approach ensures that graduates are well-prepared to respond to the unique requirements of each student/client and learning environment, fostering a dynamic and responsive teaching style.

The course is ideal for those with a background in acting and performance, seeking to become innovative actor movement teachers and coaches working to a professional standard within training, theatre, film, TV and motion-capture.

As a graduate you will be able to:

- evaluate and incorporate insights from observed actor training experiences to refine and enhance your teaching practice.
- creatively and critically engage with contemporary teaching methodologies and pedagogies, applying this knowledge in practical teaching scenarios.
- exhibit initiative and independence in designing, organising, and conducting movement skills classes and coaching sessions for Performing Arts trainees and professionals.
- identify and cater to diverse student needs, making informed decisions in complex situations to ensure effective teaching for all students.
- apply your teaching skills in various professional settings as a movement coach for film, TV, theatre, and motion-capture, and adapt your expertise to other contexts such as business, teacher coaching, non-verbal communication for corporate clients, intimacy coordination, and stage combat.

On graduation from the course, students will be able to demonstrate the following learning outcomes:

Knowledge

- Demonstrate safe and healthy movement practice.
- Demonstrate an informed understanding of movement exercises from established movement practitioners such as Rudolf Laban, Jacques Lecoq, Anne Bogart, Michael Chekov, Jerzy Grotowski and others.
- Understand the anatomy and physiology of the body.
- Understand how to research and breakdown a movement practice and how to transform this practice to tailor the needs of the actor.
- Understand intimacy practice and how to implement this in teaching movement.
- Understand the role of Laban effort work in creating a character.
- Understand the use of viewpoints and stimuli, e.g., height, depth, balance, suspense, repetition and jump.
- Understand the principles of Michael Chekov's four pillars of ease: beauty, form, entirety and ease.
- Understand a wide range of text from classical to modern, different genres and texts from diverse cultures.
- Understand the use of ensemble and requirements of different spaces.
- Understand levels of tension and the physical requirements for camera work and different size performing spaces, both indoor and outdoor.

Thinking Skills

- Plan individual lessons, and Schemes of Work (SOW) to fit module criteria from CertHE and BA level Acting and Musical Theatre courses.
- Learn how to identify and solve problems that acting students encounter when they are learning to understand and embody movement exercises, technical body work, working with different mediums such as camera and text work.
- Through qualitative research and reflection to make judgements as to how acting students learn to acquire and develop movement technique and practice.
- Reflect and draw conclusions on diverse ways that students learn different movement skills and some of the problems they might encounter.
- Troubleshoot whilst teaching, finding solutions to learning difficulties that students might have.
- Recognise the specific dramatic needs within different genres of text and the different embodied requirements of various genres of text.
- Understand how different acting pedagogies approach text and movement.
- Explore how to become an inclusive teacher and coach.
- Understand how intimacy, boundaries and consent may affect and influence work with movement and the actor.

Subject-Based Practical Skills

- Teach movement exercises effectively to your peers and on placement.
- Research, adapt, develop and teach movement exercises from established practitioners.
- Learn to steer vulnerable students through positive learning experiences.
- Use anatomy and physiology appropriately and with discernment within your teaching.
- Teach character development and exploration.
- Prepare lessons.
- Choose and teach movement from a wide range of eras, genres and cultures.

- Teach movement tools and in a way that is beneficial to the training actor and of value in the context of rehearsals and performance.
- Adapt your teaching knowledge to work with the different requirements of space, and camera work.
- Reflect on current industry practice.

Skills for Life and Work

- Use advanced verbal and physical communication skills including the use and analysis of body language to communicate effectively with peers, directors, heads of department and students.
- Work effectively, collaboratively and creatively as part of a team.
- Show oneself able to adapt to changing given circumstances.
- Be able to make decisions and judgements for the benefit of others.
- Give detailed technical notes in a positive way.
- Be a positive presence in observed classes.
- Research and evaluate material from libraries, archives and the web.
- Organise, manage and hold oneself accountable for time management, planning and ability to meet deadlines.
- Adapt knowledge and teaching style to work as a movement coach for professional performers working within theatre, TV, film or motion-capture settings.

Take responsibility for, and develop, inclusive teaching practices.

7	Programme awards		
7a	Name of final award	Level	Credits awarded
	MA	7	180
	MFA	7	210
7b	Exit awards	Level	Credits awarded
	PGDip Teaching and Coaching: Physical Performance	7	120
	PGCert Teaching and Coaching: Physical Performance	7	90

8	Exemptions from the Academic Regulations
Students on this course are expected to maintain an 80% attendance rate in order to progress effectively through the levels of study and achieve the learning outcomes. Attendance of less than 80% may be considered a disciplinary matter (professional conduct) and may after due process lead to termination of studies on the course. The course runs according to specific academic regulations and policies which may diverge from standard frameworks in order to uphold the professional vocational standards expected and to ensure the principles of holism, integrated skills development and embodied learning are fully supported. This MFA course varies from usual practice in the credit rating of 210 credits. This is in line with the existing validation of the MFA Teaching and Coaching: The Speaking Voice, which was validated in 2023 by the University of Chichester. The two courses are modelled on the same structure.	

9	Mode of study
Part Time Full Time	

10	Entry requirements
Typical offer (individual offers may vary) • 2:2 or above BA (Hons) degree in related performing arts discipline (e.g. Acting, Musical Theatre, Dance), and/or significant relative performing arts industry experience • IELTS English Level 6.5, or equivalent recognised test (if applicable). For further information, please see: English Language Requirements - University of Chichester	
EU: settled status only	
International: N/A	
Access to HE: N/A	

11	Programme aims and outcomes MA
1	Evaluate and incorporate insights from observed actor training experiences to refine and enhance your teaching practice.
2	Creatively and critically engage with contemporary teaching methodologies and pedagogies, applying this knowledge in practical teaching scenarios.
3	Exhibit initiative and independence in designing, organising, and conducting movement skills classes and coaching sessions for Performing Arts trainees and professionals.
4	Identify and cater to diverse student needs, making informed decisions in complex situations to ensure effective teaching for all students.
5	Apply your teaching skills in various professional settings as a Movement Coach for film, TV, theatre, and motion-capture, and adapt your expertise to other contexts such as business, teacher coaching, non-verbal communication for corporate clients, intimacy coordination, and stage combat.
6	Teach movement effectively at Conservatoire level, demonstrating safe and healthy practice.
7	Plan and prepare suitable exercises and lesson plans for each stage of actor training
8	Use research to broaden knowledge of movement work
9	Use qualitative research to deepen understanding of student learning and the effectiveness of teaching pedagogy
10	Adapt teaching skills to in order to coach in other professional environments, for example working as a movement consultant or as a movement coach for theatre, TV, motion-capture and film.

11	Deploy previous/learnt specialisms, and research/develop additional specialisms, in their teaching and coaching (e.g., intimacy coordination, motion capture and stage combat)
12	Be able to adapt teaching to work with different acting practices and approaches
13	Be able to teach connection to text to an industry level standard
14	Be proactive in finding and creating work
15	Interrogate your own teaching to ensure that it continues to be effective and accessible to ensure continued professional development.
The MFA course will further support the student, ensuring that graduates will be able to	
1	Practice and apply coaching in professional settings: for example, a business, a professional theatre company and a 3 rd year Italia Conti or conservatoire show.
2	Reflect on pedagogy and their own development as a coach.
3	Justify the role of the movement coach in the industry and for corporate work.
4	Demonstrate self-direction and professionalism when reaching out to arrange placement opportunities
5	Engage creatively and critically with current teaching methodologies and pedagogies and be able to use this knowledge practically within teaching and coaching
6	Adapt movement exercises for clients, including being able to differentiate client needs, practicing decision making in complex and unpredictable situations, whilst continuing to teach effectively to the benefit of all clients in their work placements

12	Programme requirements (Please include optional modules / replace with L7 for postgraduate provision)	
12a	Level 7 (MA) : In order to complete this programme a student must successfully complete all the following modules, totalling 120 credits:	
Module code	Module name	Credit value
ICW751	Fundamentals of the Physical Body and Healthy Movement Practice	30
ICW752	Mutuality, Ensemble and Intimacy Coordination	30
ICW753	Physical Performance and Text	30
ICW754	Professional Physical Performance Coaching, Directing and Intimacy Coordination in the Industry	30

ICW725	Understanding Qualitative Research in a Teaching Setting	30
ICW726	Application of Practice	30
12b	Level 7: MFA In order to complete this programme a student must successfully complete all the following modules, totalling 210 credits:	
Module code	Module name	Credit value
ICW751	Fundamentals of the Physical Body and Healthy Movement Practice	30
ICW752	Mutuality, Ensemble and Intimacy Coordination	30
ICW753	Physical Performance and Text	30
ICW754	Professional Physical Performance Coaching, Directing and Intimacy Coordination in the Industry	30
ICW725	Understanding Qualitative Research in a Teaching Setting	30
ICW726	Application of Practice	30
ICW727	Embodied & Extended Practice (MFA)	30

13a	Structure diagram (MA Part Time)		
Level 7 Part Time	Induction		
	S1	ICW751: Fundamentals of the Physical Body and Healthy Movement Practice	
	S2	ICW752: Mutuality, Ensemble and Intimacy Coordination	
	S3	ICW753: Physical Performance and Text	
	S4	ICW754: Professional Physical Performance Coaching, Directing and Intimacy Coordination in the Industry	ICW726: Application of Practice
	S5	ICW725: Understanding Qualitative Research in a Teaching Setting	ICW726: Application of Practice
	S6	ICW726: Application of Practice	

13 b	Structure diagram (MA Full Time)			
Level 7	Induction			
	S1	ICW751: Fundamentals of the Physical Body and Healthy Movement Practice	ICW752: Mutuality, Ensemble and Intimacy Coordination	
	S2	ICW753: Physical Performance and Text	ICW754: Professional Physical Performance Coaching, Directing and Intimacy Coordination in the Industry	ICW726: Application of Practice
	S3	ICW725: Understanding Qualitative Research in a Teaching Setting	ICW726: Application of Practice	

13 c	Structure diagram (MFA Part Time)
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Level 7	Induction			
Part Time	S1	ICW751: Fundamentals of the Physical Body and Healthy Movement Practice		
	S2	ICW752: Mutuality, Ensemble and Intimacy Coordination		
	S3	ICW753: Physical Performance and Text		
	S4	ICW754: Professional Physical Performance Coaching, Directing and Intimacy Coordination in the Industry	ICW726: Application of Practice	ICW727: Embodied & Extended Practice (MFA)
	S5	ICW725: Understanding Qualitative Research in a Teaching Setting	ICW726: Application of Practice	ICW727: Embodied & Extended Practice (MFA)
	S6	ICW726: Application of Practice	ICW727: Embodied & Extended Practice (MFA)	

13 b	Structure diagram (MA Full Time)			
Level 7	Induction			
	S1	ICW751: Fundamentals of the Physical Body and Healthy Movement Practice	ICW752: Mutuality, Ensemble and Intimacy Coordination	ICW725: Application of Practice
	S2	ICW753: Physical Performance and Text	ICW754: Professional Physical Performance Coaching, Directing and Intimacy Coordination in the Industry	ICW726: Application of Practice
	S3	ICW725: Understanding Qualitative Research in a Teaching Setting	ICW726: Application of Practice	MFA (ICW727) Embodied & Extended Practice (MFA)

14	Overall student workload
Overall student workload consists of directed and independent learning, with each credit equating to a total study time of around 10 hours. Whilst actual contact hours may depend upon the modules selected, the following information gives an indication of how much time students will need to allocate to different activities. Directed learning includes scheduled lectures, practical classes, workshops and laboratory time specified in their timetables. This also includes placements, work-based learning, visits, online activity and peer learning. Independent learning includes private study and preparation for assessments and examinations.	

Level 7 MA	
Activity	Hours

Directed learning	650
Independent learning	1150
Total hours	1800

Level 7 MFA	
Activity	Hours
Directed learning	671
Independent learning	1479
Total hours	2100

Level 7 MFA (bolt on to existing MFA of 180 credits via RPL)	
Activity	Hours
Directed learning	21
Independent learning	279
Total hours	300

15	Other information	
A1	Start date	September 2025
A2	Institute/Department	Italia Conti (partner)
A3	Programme leader	Chris Siverstsen
A4	UCAS code	N/A
A5	JACS/HECoS Code	
A6	Language of study	English
A7	Subject benchmark statement	Dance, Drama and Performance March 2024
A8	Date initial programme approval	This programme has been previously approved by the University of East London, March 2024
A9	Additional programme costs	• It is essential for students to have access to the internet and a PC / laptop. (£250 and upwards) • Texts, course equipment, and appropriate studio/rehearsal wear (including correct shoes are compulsory). • Kit list costs vary considerably (according to student preference, approximately £75) • Purchasing of relevant books/play-texts (approximately £50 per term) • Teaching aids and equipment (according to student preference, variable) • Stationery and printing (approximately £20 per term) • Travel between sites for sessions and performances (variable) • Additional/extra-curricular specialist skill classes/exams (according to student preference) • Theatre visits (variable)

		• DBS check (£49; Italia Conti will process this on the student's behalf) • Travel costs to the placement(s) (MFA)
A10	Accreditation	Italia Conti is accredited by CDMT (Council for Dance, Drama and Musical Theatre).