

## 课程详述

### COURSE SPECIFICATION

以下课程信息可能根据实际授课需要或在课程检讨之后产生变动。如对课程有任何疑问，请联系授课教师。

The course information as follows may be subject to change, either during the session because of unforeseen circumstances, or following review of the course at the end of the session. Queries about the course should be directed to the course instructor.

1.	<b>课程名称 Course Title</b>	朗诵实训 The Practice of Recitation Art
2.	<b>授课院系 Originating Department</b>	艺术中心 Arts Center
3.	<b>课程编号 Course Code</b>	GEM071
4.	<b>课程学分 Credit Value</b>	2
5.	<b>课程类别 Course Type</b>	通识选修课程 General Education (GE) Elective Courses
6.	<b>授课学期 Semester</b>	春季 Spring / 秋季 Fall
7.	<b>授课语言 Teaching Language</b>	中文 Chinese
8.	<b>授课教师、所属学系、联系方式 (如属团队授课, 请列明其他授课教师) Instructor(s), Affiliation &amp; Contact (For team teaching, please list all instructors)</b>	纪涛 Ji Tao: 13632652145
9.	<b>实验员/助教、所属学系、联系方式 Tutor/TA(s), Contact</b>	无 NA
10.	<b>选课人数限额(可不填) Maximum Enrolment (Optional)</b>	

11. 授课方式 Delivery Method	讲授 Lectures	习题/辅导/讨论 Tutorials	实验/实习 Lab/Practical	其它(请具体注明) Other (Please specify)	总学时 Total
学时数 Credit Hours	32		32		64
12. 先修课程、其它学习要求 Prerequisites or Other Academic Requirements	无 NA				
13. 后续课程、其它学习规划 Courses for which this course is a prerequisite	无 NA				
14. 其它要求修读本课程的学系 Crosslisting Dept.	无 NA				

### 教学大纲及教学日历 SYLLABUS

#### 15. 教学目标 Course Objectives

《朗诵实训》这门课程旨在通过实践训练，帮助学生掌握朗诵、主持和演讲的技巧，提升他们的表达能力，并培养他们对传统吟诵的认知和感受。在当今社会，良好的沟通与表达能力已成为一项基本而重要的技能。无论在学术研究、职场发展还是日常生活中，能够清晰、生动、有感染力地表达自己的思想和情感，都是取得成功的关键因素。课程将注重实践操作，让学生在真实的情境中独立完成朗诵、主持和演讲的实践操作。对于非艺术类学生，老师会通过实践指导，努力让学生做到解放天性，突破自我。课程将引导学生专注于表达内容，排除外界干扰，鼓励学生敢说敢练，在训练中提升表达能力。通过这门课程的学习，学生将不仅能够提升自己的表达能力，还能更好地理解 and 欣赏朗诵艺术。他们将学会如何运用声音、表情和身体语言来传达信息和情感，如何在不同的场合和环境中有效地表达自己。同时，学生还将通过实践训练，培养自己的自信心和公众演讲能力，为未来的学术和职业生涯打下坚实的基础。

This course aims to help students master the skills of reciting, conducting and speaking through practical training, enhance their expressive skills, and develop their awareness and feelings towards traditional chanting. In today's society, good communication and presentation skills have become a basic and important skill. Being able to express your thoughts and emotions clearly, vividly, and contagiously is a key ingredient to success, whether in academic research, career development, or everyday life. The course will focus on practical operation, allowing students to independently complete the practical operation of recitation, hosting and speech in a real situation. For nonart students, the teacher will try to liberate their nature and break through themselves through practical guidance. The course will guide students to focus on the content of expression, eliminate external interference, encourage students to dare to speak and practice, and improve their expression ability in training. Through the study of this course, students will not only be able to improve their expression skills, but also better understand and appreciate the art of reciting. They will learn how to use voice, expression and body language to convey information and emotions, and how to express themselves effectively in different situations and environments. At the same time, students will also develop their selfconfidence and public speaking skills through practical training, laying a solid foundation for their future academic and professional careers.

#### 16. 预达学习成果 Learning Outcomes

1. **朗诵技巧的掌握:** 学生能够掌握正确的呼吸控制、发声方法、语音语调的调整等基本朗诵技巧。

Mastering recitation skills: Students can master basic recitation skills such as correct breathing control, vocal methods, and adjustment of pronunciation and intonation.

2. **即兴表达能力:** 学生能够在没有充分准备的情况下，快速理解和创造性地表达文本内容，提高应变能力。

Impromptu expression ability: Students can quickly understand and creatively express text content without adequate preparation, and improve their adaptability.

3. **角色扮演与情境模拟:** 学生能够在特定的情境中进行角色扮演, 提高情境适应能力和表演技巧。

Role-playing and situational simulation: Students can role-play in specific situations to improve situational adaptability and performance skills.

4. **个人与集体朗诵的实践:** 学生能够独立完成个人朗诵, 展示个人特色, 同时也能够在集体朗诵中与他人协作, 形成和谐的整体效果。

Practice of individual and group recitation: Students can complete individual recitation independently, show their personal characteristics, and cooperate with others in group recitation to form a harmonious overall effect.

5. **公众演讲能力的提升:** 通过公共表演和展示, 学生能够增强自信心, 提高在公众场合演讲的能力。

Improvement of public speaking ability: Through public performances and demonstrations, students can enhance their self-confidence and improve their ability to speak in public.

6. **个人表达风格的塑造:** 通过模仿和分析专业朗诵者的表演, 学生能够逐渐形成自己的表达风格, 增强个人特色。

Shaping of personal expression style: By imitating and analyzing the performance of professional reciters, students can gradually form their own expression style and enhance their personal characteristics.

17. **课程内容及教学日历** (如授课语言以英文为主, 则课程内容介绍可以用英文; 如团队教学或模块教学, 教学日历须注明主讲人)

**Course Contents (in Parts/Chapters/Sections/Weeks. Please notify name of instructor for course section(s), if this is a team teaching or module course.)**

第一周: 导论与基础 (4 学时)

- 朗诵艺术简介
- 声音热身与保护

第二周: 语音控制与发声基本功 (4 学时)

- 吐字归音训练
- 绕口令与快口训练
- 作品: 陋室铭

第三周: 语调与节奏 (4 学时)

- 语调把握与运用
- 节奏处理与感知
- 作品: 兵车行

第四周: 朗诵技巧入门 (4 学时)

- 情感表达技巧
- 角色塑造与带入
- 作品: 将进酒

第五周: 古代诗词朗诵 (4 学时)

- 经典古诗选读
- 故事朗诵技巧与实践
- 作品：长恨歌

第六周：现代诗歌朗诵（4学时）

- 现代诗歌选读
- 情感传达与表达
- 作品：祖国，我亲爱的祖国

第七周：散文与小说节选朗诵（4学时）

- 散文与小说特点分析
- 朗诵实践与技巧
- 作品：我爱这土地

第八周：舞台表现力培养（4学时）

- 舞台站位与动作
- 表情与肢体语言
- 作品：满江红

第九周：合作朗诵与表演（4学时）

- 小组合作朗诵技巧
- 角色分配与配合
- 作品：雨巷

第十周：朗诵中的情感表达（4学时）

- 情感表达的层次与深度
- 情感表达技巧训练
- 作品：致橡树

第十一周：台词表演技巧（4学时）

- 语言声音变化技巧
- 舞台上的哭与笑
- 作品：背影

第十二周：声音四要素与台词技巧（4学时）

- 声音四要素:音高、音量、音色、音质
- 台词技巧与实践
- 作品：报菜名

第十三周：朗诵与演讲的区别与联系（4学时）

- 朗诵与演讲的异同分析
- 演讲技巧在朗诵中的运用
- 作品：枫桥夜泊

第十四周：朗诵艺术的高级技巧与未来发展（4学时）

- 高级朗诵技巧分享
- 朗诵艺术的未来发展与趋势
- 作品：清明

第十五周：朗诵比赛与展示（4学时）

- 朗诵比赛规则与技巧
- 学生作品准备与彩排

第十六周：朗诵作品展示与评价（4学时）

- 学生作品展示
- 教师评价与反馈

Week 1: Introduction and Basics (4 hours)

- Brief Introduction to the Art of Recitation
- Vocal Warm-ups and Protection

Week 2: Voice Control and Basic Vocal Skills (4 hours)

- Pronunciation and Voice Training
- Tongue Twisters and Speed Speech Training
- Work: "The Simple Room"

Week 3: Intonation and Rhythm (4 hours)

- Mastery and Application of Intonation
- Handling and Perception of Rhythm
- Work: "The Army Carts"

Week 4: Introduction to Recitation Techniques (4 hours)

- Emotional Expression Techniques
- Character Shaping and Immersion
- Work: "Drinking Alone Under the Moon"

Week 5: Ancient Poetry Recitation (4 hours)

- Classic Ancient Poetry Reading
- Story Recitation Techniques and Practice
- Work: "The Everlasting Regret"

Week 6: Modern Poetry Recitation (4 hours)

- Modern Poetry Reading
- Emotion Conveyance and Expression
- Work: "My Motherland, My Beloved Motherland"

Week 7: Prose and Novel Excerpt Recitation (4 hours)

- Analysis of Characteristics of Essays and Novels
- Recitation Practice and Techniques
- Work: "I Stand on This Land"

Week 8: Stage Presence Training (4 hours)

- Stage Positioning and Movement

- Facial Expressions and Body Language

- Work: "The River All Red"

Week 9: Collaborative Recitation and Performance (4 hours)

- Group Recitation Techniques

- Role Distribution and Coordination

- Work: "Alley in the Rain"

Week 10: Emotional Expression in Recitation (4 hours)

- Levels and Depth of Emotional Expression

- Emotional Expression Skills Training

- Work: "To the Oak"

Week 11: Dialogue Performance Techniques (4 hours)

- Language and Vocal Variation Techniques

- Crying and Laughing on Stage

- Work: "The Back View"

Week 12: Four Elements of Voice and Dialogue Techniques (4 hours)

- Four Elements of Voice: Pitch, Volume, Timbre, Quality

- Dialogue Techniques and Practice

- Work: "Calling the Roll at the Cauldron"

Week 13: The Differences and Connections between Recitation and Speaking (4 hours)

- Analysis of the Differences and Similarities between Recitation and Speaking

- Application of Speaking Techniques in Recitation

- Works: "Mooring by Maple Bridge at Night"

Week 14: Advanced Techniques and Future Development of Recitation Art (4 hours)

- Sharing Advanced Recitation Techniques
- Future Development and Trends of Recitation Art
- Works: "Qingming"

Week 15: Recitation Competition and Display (4 hours)

- Rules and Techniques of Recitation Competitions
- Preparation and Rehearsal of Student Works

Week 16: Display and Evaluation of Recitation Works (4 hours)

- Display of Student Works
- Teacher Evaluation and Feedback

#### 18. 教材及其它参考资料 Textbook and Supplementary Readings

参考资料:

1. 《沟通的艺术》卡耐基 内蒙古出版社 (2003-04 出版)
2. 《让阅读教学中的朗读指导扎实而灵动》何玉莲
3. 《朗诵艺术创造》赵兵 王群
4. 《谈朗诵艺术中表达的运用》史颖
5. 《朗诵艺术的技巧与欣赏》郭玉斌 文化艺术出版社, 2006 年

Supplementary readings:

1. The Art of Communication, Carnegie, Inner Mongolia Publishing House (published in 2003-04)
2. Make the Recitation Guidance in Reading Instruction Solid and Flexible, He Yulian
3. Recitation Art Creation, Zhao Bing, Wang Qun
4. Discuss on Application of Expression in Recitation Art, Shi Ying
5. Skills and Appreciation of Recitation Art, Guo Yubin, Culture and Art Publishing House, 2006

#### 课程评估 ASSESSMENT

19. 评估形式	评估时间	占考试总成绩百分比	违纪处罚	备注
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Type of Assessment	Time	% of final score	Penalty	Notes
出勤 Attendance		20%		
课堂表现 Class Performance		20%		
小测验 Quiz				
课程项目 Projects				
平时作业 Assignments				
期中考试 MidTerm Test				
期末考试 Final Exam		60%		
期末报告 Final Presentation				
其它（可根据需要 改写以上评估方式） Others (The above may be modified as necessary)				

20. 记分方式 GRADING SYSTEM

- A. 十三级等级制 Letter Grading  
 B. 二级记分制（通过/不通过） Pass/Fail Grading

课程审批 REVIEW AND APPROVAL

21. 本课程设置已经过以下责任人/委员会审议通过  
This Course has been approved by the following person or committee of authority