Science and Theory of Performance

Drama And Performance · Practice Test · 18 Questions

1. In Stanislavski's system of acting, what is the 'Magic If' intended to stimulate in the performer's psychological process?

A) Subconscious creative imagination
B) Auditory memory recall
C) Sympathetic nervous system response
D) Hormonal regulation of cortisol

2. Which physiological phenomenon explains the audience's ability to empathize with a performer's emotional state through neural observation?

A) Mirror neuron activity
B) Vestibular system synchronization
C) Proprioceptive feedback loops
D) Prefrontal cortex dampening

3. What is the primary function of the 'vocal registers' in human phonation during sustained operatic performance?

A) Variation in vocal fold vibration patterns
B) Regulation of laryngeal blood flow
C) Expansion of thoracic cavity volume
D) Modification of sinus resonance frequencies

4. The 'Brechtian Distancing Effect' (Verfremdungseffekt) relies on disrupting which psychological mechanism to prevent total emotional immersion?

A) Suspension of disbelief
B) Cognitive dissonance
C) Classical conditioning
D) Sensory adaptation

5. During a high-stakes live performance, which endocrine response is primarily responsible for the rapid increase in heart rate and heightened sensory alertness?

A) Sympathoadrenal activation
B) Parasympathetic rebound
C) Thyroid hormone suppression
D) Insulin sensitivity spike

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6. According to the Yerkes-Dodson Law, what is the relationship between physiological arousal and performance quality?

A) Inverted U-shaped curve
B) Direct linear correlation
C) Negative exponential decay
D) Logarithmic progression

7. Which brain structure is primarily responsible for the complex motor coordination required for 'stage combat' and precise physical choreography?

A) Cerebellum
B) Hippocampus
C) Amygdala
D) Thalamus

8. What is the scientific term for the involuntary physiological adjustment of the human voice to match the ambient noise level of a performance space?

A) Lombard effect
B) Doppler shift
C) Auditory masking
D) Frequency entrainment

9. In the study of proxemics, what distance measurement defines the 'social zone' often utilized in modern stage blocking?

A) 1.2 to 3.6 meters
B) 0.15 to 0.45 meters
C) 0.45 to 1.2 meters
D) 3.6 to 7.6 meters

10. Which aspect of human physiology is most taxed by the technical requirement of 'diaphragmatic breathing' in extended theatrical speech?

A) Intercostal muscle endurance
B) Alveolar gas exchange
C) Diaphragmatic fiber hypertrophy
D) Esophageal sphincter tension

11. The concept of 'emotional memory' in acting theory, as proposed by Lee Strasberg, is conceptually rooted in which branch of psychology?

A) Affective memory research
B) Behavioral economics
C) Cognitive linguistics
D) Gestalt psychology

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12. Which optical phenomenon explains why actors must maintain specific eye contact patterns to ensure visibility under high-intensity stage lighting?

A) Pupillary constriction
B) Chromatic aberration
C) Retinal persistence
D) Foveal fixation

13. In acoustics, which property of a performance space is defined by the time it takes for a sound to decay by 60 decibels?

A) Reverberation time
B) Diffusion coefficient
C) Absorption ratio
D) Refraction index

14. What physiological state must be achieved to effectively utilize the 'Alexander Technique' for postural alignment in acting?

A) Dynamic inhibition of tension
B) Complete muscular atrophy
C) Deep stage REM sleep
D) Maximum anaerobic exertion

15. The 'mask' in Commedia dell'arte serves to force the performer to rely on which type of non-verbal communication?

A) Kinetic physical expression
B) Phonetic modulation
C) Subvocalized dialogue
D) Visual micro-expressions

16. Which neurological pathway is prioritized when an actor memorizes lines through the 'rote learning' method?

A) Phonological loop
B) Visuospatial sketchpad
C) Central executive
D) Episodic buffer

17. What is the primary scientific purpose of 'warm-up' exercises for performers regarding muscle tissue?

A) Increasing muscle temperature and viscosity
B) Rapid calcium carbonate depletion
C) Reduction of nerve conduction speed
D) Permanent elongation of tendons

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18. In stage lighting design, which color temperature range (in Kelvins) most closely approximates standard daylight?

A) 5000K-6500K
B) 2000K-3000K
C) 8000K-10000K
D) 1000K-1500K

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