

TPP 6298: THE ALEXANDER TECHNIQUE II  
CREDIT HOURS: 2  
SPRING 2018

*"You can't do something you don't know if you keep on doing what you do know."*  
F.M. Alexander

**TIME/LOCATION:** 8:30AM - 10:25AM / CON G012

**INSTRUCTOR:** Tory Matsos  
**CONTACT:** vmatsos@arts.ufl.edu  
**OFFICE HOURS:** by appointment

**REQUIRED TEXT:** assigned reading will be provided by the instructor.

**COURSE DESCRIPTION:** Investigating the fundamental principles of the Alexander Technique (AT) introduced in Alexander Technique I. The course includes basic anatomy, developmental movement, breathing and relaxation techniques, and presentations.

**COURSE PURPOSE:** Students will continue to investigate their Use of Self in activity, through Alexander principles and related modalities.

**COURSE GOALS AND/OR OBJECTIVES:** By the end of this course, students will:

- apply AT principles to performance and daily activities
- integrate AT principles into related coursework
- develop an individualized approach to the ongoing support and care of their performing instrument
- demonstrate the application of AT principles within a creative process by devising a collaborative ensemble-generated work

**TEACHING PHILOSOPHY:** As your instructor, I endeavor to activate a receptive space for your personal and creative development. I welcome your curiosity and inquiry. Please feel at liberty to question the material and to draw connections across disciplines and techniques. You are welcome to engage in constructive dialogue that investigates our processes and challenges our assumptions. I expect you to become intimately acquainted with uncertainty, for the purpose of fostering a Feeling of Ease in the space between stimulus and response. To that end, let Samuel Beckett be your guide: "Try again. Fail again. Fail better."

**COURSE POLICIES:**

**ATTENDANCE POLICY: Attendance is essential.** Students are allowed two unexcused absences without penalty. Subsequent absences each will result in a five-point deduction from the final grade.

**ASSIGNMENT POLICY:** Late assignments will not be accepted, unless cleared first with the instructor.

**ATTIRE:** Students should come to each class prepared to work in comfortable, non-restrictive clothing. Do not wear excessive jewelry, skirts, or tight-fitting jeans.

**PARTICIPATION:** Students are expected to participate in any and all activities with a spirit of generosity and non-judgment. Students must be willing to engage fully and take risks in order to grow.

**PHYSICAL CONTACT:** The Alexander Technique involves the use of non-invasive touch. If you have problems or concerns with this form of contact at any time, see the instructor as soon as possible. *Requesting the cessation of touch at any time will not have an adverse effect on your grade.*

## UF POLICIES:

**UNIVERSITY POLICY ON ACCOMMODATING STUDENTS WITH DISABILITIES:** Students requesting accommodation for disabilities must first register with the Dean of Students Office (<http://www.dso.ufl.edu/drc/>). The Dean of Students Office will provide documentation to the student who must then provide this documentation to the instructor when requesting accommodation. You must submit this documentation prior to submitting assignments or taking the quizzes or exams. Accommodations are not retroactive, therefore, students should contact the office as soon as possible in the term for which they are seeking accommodations.

**UNIVERSITY POLICY ON ACADEMIC MISCONDUCT:** Academic honesty and integrity are fundamental values of the University community. Students should be sure that they understand the UF Student Honor Code at <http://www.dso.ufl.edu/students.php>.

## GETTING HELP:

For issues with technical difficulties for E-learning in Sakai, please contact the UF Help Desk at:

- [Learning-support@ufl.edu](mailto:Learning-support@ufl.edu)
- (352) 392-HELP - select option 2
- <https://lss.at.ufl.edu/help.shtml>

Other resources are available at <http://www.distance.ufl.edu/getting-help> for:

- Counseling and Wellness resources
- Disability resources
- Resources for handling student concerns and complaints
- Library Help Desk support

Should you have any complaints with your experience in this course please visit <http://www.distance.ufl.edu/student-complaints> to submit a complaint.

## GRADING:

Participation (consistent contribution to and participation in in-class activities): 25%

Psychophysical creative history assignment: 10%

Journal: 15%

AT & Creative Process assignment: 30%

Warm-up creation & facilitation: 10%

Final spyback: 10%

*Additional guidelines for assignments will be made available in class.*

## GRADING SCALE:

Letter Grade	GPA Equivalency
A	4.0
A-	3.67
B+	3.33
B	3.00
B-	2.67
C+	2.33
C	2.00
C-	1.67
D+	1.33
D	1.00
D-	.67
E, I, NG, S-U, WF	0.00

## COURSE SCHEDULE:

A course calendar with pertinent dates will be distributed on the first day of class.