

Alexander Technique 1 Syllabus  
TPP 6297  
Fall 2018  
T/TH 2-3 Periods  
Room Constans G-15

**Instructor:** Mariel Brewster  
Office Hours: Wednesday 9 a.m.-12.p.m. or by appointment  
Office Room: Changes weekly  
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**Required Text:** *The Alexander Technique: The Essential Writings of F. Matthias Alexander* Selected by Edward Maisel  
ISBN 978-0818405068

**Course Description:** This course is a graduate study of the Alexander Technique, a mind-body awareness technique that helps us to recognize, inhibit, and redirect the physical and mental habits that interfere with the body's natural coordination and to consciously restore ourselves to a better functioning of the body as a whole. This knowledge of the "use of the self" will be an invaluable tool as you hone your craft as actors and dancers, both on the stage in performance and when you meet yourself in the practice room. The emphasis of this course, as much as it is possible, will be hands-on work with the teacher, in individual, small group, and workshop setting, providing you the tools for an individualized understanding of your body and your particular habits. These experiences will be further supported by a theoretical study of the fundamental principles of the technique based in reading, discussion, self-observation, and peer feedback.

**Course Objectives:**

- To understand the fundamental principles of the Alexander Technique in both theory and practice
- To apply the principles of awareness, inhibition, and direction to activate your Primary Control through the use of constructive thinking as defined by F.M. Alexander
- To apply the Technique to everyday life activities, as well as to your craft as actors and dancers during both practice and performance
- To learn basic anatomy and physiology of the body in terms of a good use of the self and how the parts of the body work together to create a holistic use of the body

**Private Lessons:** I will have office hours scheduled for students to come for additional free 30 minute individual lessons with the teacher. These are reserved on a first-come, first served basis. I will send an email at the beginning of each week where you can sign up for slots, as well as the location.

**Course Evaluation and Grading Percentages:**

<b>Assignment Category</b>	<b>Percent of Grade</b>	<b>Total Points</b>
Anatomy Assignments	5%	50
Reading Assignments	10%	100
Participation	30%	300
Journals	25%	250
Midterm	10%	100
Final	20%	200
<b>Total</b>	<b>100%</b>	<b>1000</b>

**Grading Policy:**

<b>Grade</b>	<b>Percent</b>	<b>Grade Points</b>
A	92.6-100	4.00
A-	89.6-92.5	3.67
B+	86.6-89.5	3.33
B	82.6-86.5	3.00
B-	79.6-82.5	2.67
C+	76.6-79.5	2.33
C	72.6-76.5	2.00
C-	69.6-72.5	1.67
D+	66.6-69.5	1.33
D	62.6-66.5	1.00
D-	59.6-62.5	0.67
E	0-59.5	0.00

More information on grades and grading policies is here: <https://catalog.ufl.edu/UGRD/academic-regulations/grades-grading-policies/>

**Late/Make-Up Work:** Assignments are due on the date specified on the class schedule unless otherwise discussed. Assignments that are late will have 5 percentage points deducted per day late. Assignments over a week late will receive zero credit.

**Attendance Policy:** Attendance to this class is mandatory. This class requires that you have hands-on work with the teacher and explore concepts and experiences with your peers. This will only be possible if you are in class. You have 3 absences for this class during the semester, to be used with the utmost judiciousness, if at all. (Note: all absences with the exception of jury duty and military service are considered unexcused.) If there are emergencies or unexpected problems, please contact me ahead of time (cell 617.797.9142) or see me before or after class. If you have a medical absence due to sickness, please follow the University policy regarding documentation. <https://catalog.ufl.edu/UGRD/academic-regulations/attendance-policies/>  
\*\*\* After 3 absences I will deduct 5pts from your final grade per absence whether it is excused or unexcused.

**Work Clothes:** If wearing a dress or skirt, please make sure that it is long or that you are wearing leggings underneath. Be prepared to take your shoes off. If this means you would prefer to wear socks, then please bring socks.

**Class Demeanor:** Students are expected to arrive to class on time and behave in a manner that is respectful to the instructor and to fellow students. Please avoid the use of cell phones. There is no eating in the classrooms. This is a space where we will need to step out of our comfort zone and try new things. It is very important that we are supportive of each other. Trust is a two way street. In order to be successful in this technique, you have to break yourself open and not be afraid to look at reality. This can be physically, emotionally, and psychologically difficult work. We need to have a protective spirit for each other. Please remember this every day we are in class together. We will celebrate each other's triumphs and pick each other up when we fall.

**Students Requiring Accommodation:** Students with disabilities requiring accommodations should first register with Disability Resource Center (352-392-8565, [www.dso.ufl.edu/drc](http://www.dso.ufl.edu/drc)) by providing appropriate documentation. Once registered, students will receive an accommodation letter which must be presented to the instructor when requesting accommodation. Students with disabilities should follow this procedure as early as possible in the semester.

**Course Evaluation:** Students are expected to provide feedback on the quality of instruction in this course by completing online evaluations at <https://evaluations.ufl.edu>. Evaluations are typically open during the last two or three weeks of the semester, but students will be given specific times when they are open. Summary results of these assessments are available to students at <https://evaluations.ufl.edu/results/>.

## Materials and Supplies

**Fees:** There are no additional fees for this course.

**University Honesty Policy:** UF students are bound by The Honor Pledge which states, “We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the University of Florida, the following pledge is either required or implied: “On my honor, I have neither given nor received unauthorized aid in doing this assignment.” The Honor Code (<https://www.dso.ufl.edu/sccr/process/student-conducthonor-code/>) specifies a number of behaviors that are in violation of this code and the possible sanctions. Furthermore, you are obligated to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult with the instructor.

**Counseling and Wellness:** Contact information for the Counseling and Wellness Center: <http://www.counseling.ufl.edu/cwc/Default.aspx>, 392-1575; and the University Police Department: 392-1111 or 9-1-1 for emergencies.

### Course Outline

*This is a basic outline of the course that is subject to change as the course progresses.  
If there are any changes, they will be communicated both in class and by email in a timely manner.*

#### Week 1

23 August 2018 Introductions. Review syllabus, course objectives, and assignments.

**Lecture: F.M. Alexander’s Discovery – The Primary Control**

Assignment: Reading “Australian Story” pg. 139-160 and questions due BOC 8/28

Assignment: One journal entry and 5 new vocabulary terms due BOC 8/28

#### Week 2

28 August 2018 **Lecture: The 5 Principles of the Technique**

30 August 2018 **Lecture: Inhibition & Non-Doing**

Assignment: Reading “About Golf” pg. 115-121 and questions due BOC 8/30

Assignment: Three journal entries and 5 new vocabulary terms due EOC 8/30

### Week 3

4 September 2018 **Lecture: Recognition of Faulty Sensory Awareness**

6 September 2018 **Lecture: Sending Directions**

Assignment: Reading the *Body Learning* handouts due EOC 9/6:

1. "Unreliable Sensory Appreciation"
2. "Directions"
3. Answer checkpoint questions for both chapters

Assignment: Three journal entries and 5 new vocabulary terms due EOC 9/6

### Week 4

11 September 2018 **Lecture: The Primary Control**

13 September 2018 **Lecture: The Means Whereby and Conscious Control**

Assignment: Reading the *Body Learning* handouts due EOC 9/6:

1. "Primary Control"
2. "Ends and Means"
3. Answer checkpoint questions for both chapters

Assignment: Three journal entries and 5 new vocabulary terms due EOC 9/13

### Week 5

18 September 2018 **Lecture: Tensegrity & Oppositional Forces**

20 September 2018 **Lecture: Multi-Dimensional vs. One Dimensional Directions**

Assignment: Reading handout *The Up Within the Curve* pg. 49-50 due EOC 9/18

Assignment: Three journal entries and 5 new vocabulary terms due EOC 9/20

### Week 6

25 September 2018 **Lecture: Working with The Breath**

27 September 2018 **Lecture: Walking, Standing, and Staying Grounded**

Assignment: Reading in book "About Breathing" pg. 41-48 and answer questions due EOC 9/25

Assignment: Read *Up Within the Curve* handout "Various Subjects" pg. 60-62 due EOC 9/27

Assignment: Three journal entries and 5 new vocabulary terms due EOC 9/27

### **Week 7**

2 October 2018

***Lecture: Freeing the Voice***

4 October 2018

***Lecture: The Mechanisms of Vocal Production & Respiration***

Assignment: Reading handout *Anatomy of the Moving Body*

1. The Larynx pg. 61-66
2. The Thorax and Muscles of Respiration pg. 113-123

Assignment: Three journal entries and 5 new vocabulary terms due EOC 10/4

### **Week 8**

9 October 2018

***Lecture: Allowing Expression & Getting Out of the Way***

11 October 2018

***Lecture: The Life Force***

Assignment: Reading excerpt *Zen in the Art of Archery* pg. 47-61 and questions due EOC 10/11

Assignment: Three journal entries and 5 new vocabulary terms due EOC 10/11

### **Week 9**

16 October 2018

***Lecture: The Psycho-Physical Connection***

18 October 2018

***Lecture: Thinking In Activity***

Assignment: Reading "Fear, Prejudice, and Other Emotional States" pg. 123-135 due EOC 10/18

Assignment: Three journal entries and 5 new vocabulary terms due EOC 10/18

### **Week 10**

23 October 2018

***Lecture: A Holistic Use of the Self***

25 October 2018

***Lecture: Responding to Challenging Stimuli in Acting and Dancing***

Assignment: Reading excerpt "The Whole Person" pg. 35-41 due EOC 10/4

Assignment: Three journal entries and 5 new vocabulary terms due EOC 10/25

### **Week 11**

30 October 2018

***Lecture: The Alexander Technique & Preparing for a Performance Part 1***

1 November 2018

***Lecture: The Alexander Technique & Preparing for a Performance Part 2***

Assignment: Reading Nelly Ben-Or "A Pianist's Adventure with the Alexander Technique" due EOC 11/1

Assignment: Three journal entries and 5 new vocabulary terms due EOC 11/1

### **Week 12**

6 November 2018 ***Lecture: Drawing Connections: The Jaw & Hip***

8 November 2018 ***Lecture: Drawing Connections: The Neck, Wrist, and Ankle***

Assignment: Reading book "Notes of Instruction" pg. 3-12 due EOC 11/8

Assignment: Three journal entries and 5 new vocabulary terms due EOC 11/8

### **Week 13**

13 November 2018 Discuss final projects.

***Lecture: Mind Wandering and Thought Grooves***

15 November 2018 ***Lecture: The Journey of the Artist***

Assignment: Reading book "Mind Wandering and Thought Grooves" pg. 75-83

Assignment: Three journal entries and 5 new vocabulary terms due EOC 11/15

### **Week 14**

20 November 2018 Work on final projects. Analyze famous examples of good & bad use.

***Lecture: Mindfulness Practices & Alexander Technique***

22 November 2018 ***Thanksgiving Holiday - No Class***

Assignment: Three journal entries and 5 new vocabulary terms due EOC 11/27

### **Week 15**

27 November 2018 ***Lecture: Alexander Technique & Performance Part 1***

29 November 2018 ***Lecture: Alexander Technique & Performance Part 2***

Assignment: Reading excerpt "The Alexander Technique and the Performing Artist"

Assignment: Three journal entries and 5 new vocabulary terms due EOC 12/4

### **Week 16**

4 December 2018 ***Lecture: Alexander Technique & Performance Part 3***

Assignment: Work on final projects

### **Final Projects Due**

TBD