

TPP 4930 – Somatic Studies in Acting

Time: 10:40 to 12:35 **Days:** Tuesday and Thursday | **Room:** G013

University of Florida

Professor: Monika Gossmann

Office Hour: Office 223; by appointment: 15 min after class

Email: monikagossmann@arts.ufl.edu

Credits: 3

Hours: 4

Repeatable: Once

On campus class

Course Description:

The class is a physical process that offers actors an alternative way of thinking about character embodiment. The class drops in the basic physical language and awareness that will benefit actors in a training program, as well as a cast throughout the rehearsal period.

Based on the premise that each body holds the potential to experience every human condition, the class trains not just the physical body but also the mental and emotional body as well... without this self-dissection every character will look and feel the same. By first looking at the emotional and physical habits that limit the actor, this process ensures a healthier actor with a wider range of character choices.

The class begins with the yoga and modern based Lucid Body Warm-Up. The students are then taken through a variety of physical exercises designed to open awareness of their alignment and personality habits; exercising the areas that most challenge them - whether they be unknown, or over-used aspects of personality. This process is individually catered to the needs of each student. Lastly, the students apply their new-found avenues of expression toward creating deep, revealed characters, and connecting more fully and impulsively to their scene partners.

Course Goals:

- Learning about Self and the physical Body and connecting it to acting
- Develop internal and external awareness
- Discover the efficiency of alignment, body
- Releasing tension not connected to the character
- Understanding Carl Jung's Psycho Analysis

Textbook: The Lucid Body by Fay Simpson ISBN-13: 978-1581156515/ ISBN-10: 1581156510

Required Materials: Water bottle, pen or pencil, notebook

Please Note: Our work in the studios is designed to be challenging; physically, intellectually, and emotionally. Movement and Acting classes often involve touching. Physical contact may range from simple touch, to correcting alignment and/or relaxation massage. If you have a related medical consideration or touch makes you uncomfortable, it is your responsibility to notify the instructor at the start of the semester.

Student Responsibilities:

- Students are expected to participate daily in warm-ups, exercises, and performances
- Students must be dressed in appropriate movement clothing for every class and performance
- Students are expected to hold outside of class rehearsals for all projects
- Students must be supportive and respectful of their fellow classmates
- Students must complete all assignments and performances on their assigned due date
- Students must contribute focused and creative participation in all class exercises, assignments, and discussions

Attendance Policies:

Only a University sanctioned absence or medical absence will be excused (a note from your physician or school nurse). You, personally, MUST notify the teacher BEFORE class in order for the absence to be excused. No absences of any kind will excuse you from class responsibilities. You, the student, will be held accountable for keeping up with class assignments and projects.

3 unexcused absences = a single letter grade reduction/ 4 unexcused absences = a two letter grade reduction / 6 unexcused absences = a three letter grade reduction

Materials and Supply Fees

Course Calendar (Subject to Change)

Week 1-4: Warm Up and use of chakras

1. Intro, Awareness, Spine
2. Warm Up
3. Introduction to Chakra's
4. Walking Chakras

Week 5-8: C. G. Jung Psycho analysis of self

1. Intro to Persona/ Shadow/ Child need of self
2. Working with Persona/ Shadow/ Child need on self
3. Charts with Chakra's
4. Charts with Persona/ Shadow Child need on self

Week 9-12: Character Analysis

1. Intro to Visualization
2. Meeting the Character using Visualization
3. Finding Persona/ Shadow/ Child need for Character

Week 13-16: Partner work / Character work/ Improvisations

1. Push Pull partner exercise
2. Embodying the 3 layers
3. Shadow Project
4. Character with Monologue

Papers:

1. Chakra Analysis and breakdown (graded)
2. Character Analysis (graded)

Performance:

3. Shadow Project (graded)
4. Character with Text (little monologue) (graded)

Grades:

Grades are based on:

Attendance and participation (30%)

Graded papers (30%)

Performance (40%)

Evaluation of Grades

Assignment	Total Points	Percentage of Final Grade
Attendance and Participation	100	30%
Papers	100	30%
Performance	100	40%
		100%

Grading Policy

Percent	Grade	Grade Points
90.0 - 100.0	A	4.00
87.0 - 89.9	A-	3.67
84.0 - 86.9	B+	3.33
81.0 - 83.9	B	3.00
78.0 - 80.9	B-	2.67
75.0 - 79.9	C+	2.33
72.0 - 74.9	C	2.00
69.0 - 71.9	C-	1.67
66.0 - 68.9	D+	1.33
63.0 - 65.9	D	1.00
60.0 - 62.9	D-	0.67
0 - 59.9	E	0.00

General Grade Guidelines

A+ Exceptional Work (Mastery of Work)

A Exceptional Work (Outstanding Work)

Inspired Work

Imaginative and through solutions to problems

Shows continuous and exceptional (above average) growth

Shows understanding of basic ideas and methods taught through exceptional application in projects

Timely preparation and submission of class work

Regular and constructive classroom participation in critiques and/or discussion as appropriate to class and subject

Perfect attendance

A - Exceptional Work (Noteworthy Work)

B+ Above Average (Well Above Average Work)

B Above Average (Above Average Work)

Good workable solutions to problems

Shows some insight into problem solving

Shows continuous and above average growth

Shows understanding of basic ideas and methods taught through skillful application in projects

Regular attendance

B- Above Average (Narrowly Above Average Work)

C+ Average (Average in all respects)

C Average (Marginally Average in all respects)

Appropriate solutions to problems

Shows understanding of basic and methods taught through application in projects

Most class work is prepared and submitted in a timely manner

Participates in classroom critiques and/or discussions

Regular attendance

C - Average (Narrowly Average in all respects)

D+ Below Average Work (Marginally Acceptable)

D Below Average Work (Narrowly Acceptable)

Inconsistent solutions to problems

Shows little growth

Shows inconsistent understanding of basic idea and methods taught and applied to projects

Class work is often not prepared and submitted in a timely manner

Rarely participates in classroom critiques and/or discussions

Inconsistent and poor attendance

D- Below Average Work (Barely Acceptable)

F Unacceptable Work (Failed to meet requirements of the course)

Incomplete or no solutions to problems

Shows little or no growth

Shows little or no understanding of basic ideas and methods taught and the applications of these ideas are often missing or inconsistently presented in class work

Class work is not prepared and/or presented on time or at all

Participates rarely or not at all in classroom critiques and/or discussions

Poor attendance

More information on UF grading policy may be found at:

<http://gradcatalog.ufl.edu/content.php?catoid=10&navoid=2020#grades>

<https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>

Class Attendance and Make-Up Policy

Class attendance is expected. Each unexcused absence will result in a 10 point reduction in the final grade. Excused absences are consistent with university policies in the undergraduate catalog (<https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>) and require appropriate documentation. Late essay response papers will not be accepted. A makeup midterm and makeup final exam will be provided for students who miss either exam due to extreme, documented circumstances. A cumulative make-up quiz will be provided at the end of the semester for any and all quizzes missed. This score will replace all missing quiz grades. Students should arrange with the instructor for makeup material, and the student will receive one week to prepare for any makeup assignment, if circumstances allow it.

Students Requiring Accommodations

Students with disabilities requesting accommodations should first register with the Disability Resource Center (352-392-8565, <https://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/evals>. 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/>.

There are federal laws protecting your privacy with regards to grades earned in courses and on individual assignments. For more information, please see: <http://registrar.ufl.edu/catalog0910/policies/regulationferpa.html>

Campus Resources:

Health and Wellness

U Matter, We Care:

If you or a friend is in distress, please contact umatter@ufl.edu or 352 392-1575 so that a team member can reach out to the student.

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

Sexual Assault Recovery Services (SARS)

Student Health Care Center, 392-1161.

University Police Department at 392-1111 (or 9-1-1 for emergencies), or <http://www.police.ufl.edu/>.

Academic Resources

E-learning technical support, 352-392-4357 (select option 2) or e-mail to Learning-support@ufl.edu. <https://lss.at.ufl.edu/help.shtml>.