

## **TPP4930 BFA/ BA Beginning Somatic Acting; University of Florida**

**Time:** 10.30 am - noon

**Days:** Monday/ Wednesday/ Friday (Friday class is for rehearsals)

**Room:** online/ zoom/ canvas

**Professor:** Monika Gossmann

**Office Hour:** by appointment: 15 min after class (online/ zoom)

**Email:** monikagossmann@arts.ufl.edu

**Credits:** 3

**Hours:** 6

**Repeatable:** Once

### **Transcript Title:**

The class is a physical process that offers actors an alternative way of thinking about character embodiment, introducing basic physical awareness.

### **Course Description:**

The course begins with a specific physical Warm-Up and basic introduction of anatomy of the human body. The students are then taken through a variety of physical exercises designed to open awareness of their alignment and personal physical habits; followed by an introduction to the psychoanalysis based on Carl G. Jung, students analyze: self, then character. The students apply this new knowledge and language of expression toward creating deep, revealed characters. The class trains not just the physical body but also the mental and emotional body.

### **Course Objectives/ 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
- Creating, analyzing and embodying character

- 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

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

**Required Materials:** Water bottle, pen or pencil, notebook, yoga mat

**Please Note:** Our work is challenging; physically, intellectually, and emotionally. Please make sure you give your body enough rest, eat enough and drink enough water.

**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

**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 and practice with Chakra's
4. Charts and practice 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
4. Layering the three layers of psyche so it becomes a 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:*

Participation (30%)

Graded papers (30%)

Performance (40%)

***Evaluation of Grades***

<b>Assignment</b>	<b>Total Points</b>	<b>Percentage of Final Grade</b>
Participation	100	30%
Papers	100	30%
Performance	100	40%
		1000%

### **Grading Policy**

<b>Percent</b>	<b>Grade</b>	<b>Grade Points</b>
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

### **Hybrid Attendance and Make-Up Policy**

Students are expected to stay home and seek medical help for COVID-19 symptoms or exposure (persistent cough, fever 100.4+, new loss of taste or smell, muscle pain/headaches, shortness of breath, sore throat, chills, diarrhea, or feeling generally ill). The culture of hiding illness or the “show must go on” mentality must be avoided. Students who are medically required to quarantine will have documentation from a medical provider. Students who self-quarantine must communicate with the instructor and “attend” courses remotely synchronously, when available, or asynchronously if approved by the instructor.

Students who elect to enroll in a hybrid course are expected to participate in in-person instruction. If a student is uncomfortable attending in-person, the student should elect courses that are delivered online only and plan to take the hybrid or face-to-face course in a future semester. In the case that the student does not have the option to take the class at a later time (i.e. a graduating senior), the student must make arrangements with the instructor to “attend” all class meetings synchronously, when available, or asynchronously if approved by the instructor.

Barring the above circumstances, students are expected to be in attendance (either remotely or in-person, as assigned) daily and to be on time. Students are allowed 1 “unexcused” absence that does not require documentation and does not conform to the UF “acceptable reasons for absence.” Any other “unexcused” absence will result in a penalty of a full letter grade (10%) from the final grade per “unexcused” absence. To be considered “excused” an absence must be accompanied by appropriate official documentation. Religious observances do not require documentation.

Any absence from class for the following reasons must be supported by official acceptable documentation to avoid a grade penalty:

- Illness—doctor's note must be on official letterhead with address and phone number, noting the date and time of visit and diagnosis verifying that an absence from class is warranted, doctor name and signature
- Serious family emergencies
- special curricular requirements (e.g., judging trips, field trips, professional conferences)
- Military obligation
- Severe weather conditions
- Participation in official university activities such as music performances, athletic competition or debate
- Court-imposed legal obligations (e.g., jury duty or subpoena)

To help organize accommodations, students should inform the instructor by the end of the second week of classes of religious observances of their faith that will conflict with class attendance this semester.

Any student that acquires 3 absences (either excused or unexcused) will be required to meet with this course's instructor and/or area faculty to discuss the student's continued participation in the course.

For Majors: Failure to attend this meeting will result in Artistic Probation.

Due to the participatory nature of the course that includes in-class collaboration along with partner and ensemble work, if a student acquires more than 2 unexcused absences, the student may be prohibited from participation in partner/group exercises which will affect the student's final grade.

### **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](mailto: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>.