

 <b>FLORIDA ATLANTIC UNIVERSITY</b>	<b>NEW COURSE PROPOSAL</b> <b>Graduate Programs</b>		UGPC Approval _____ UFS Approval _____ SCNS Submittal _____ Confirmed _____ Banner _____ Catalog _____	
	<b>Department</b> Music  <b>College</b> Arts and Letters <i>(To obtain a course number, contact <a href="mailto:erudolph@fau.edu">erudolph@fau.edu</a>)</i>			
<b>Prefix</b> MUS  <b>Number</b> 6298	<i>(L = Lab Course; C = Combined Lecture/Lab; add if appropriate)</i> <b>Lab Code</b>	<b>Type of Course</b> Lecture	<b>Course Title</b> Alexander Technique for the Musician	
<b>Credits</b> (See <a href="#">Definition of a Credit Hour</a> ) 1	<b>Grading</b> <i>(Select One Option)</i>  <b>Regular</b> <input checked="" type="radio"/> <b>Sat/UnSat</b> <input type="radio"/>	<b>Course Description</b> (Syllabus must be attached; see <a href="#">Template</a> and <a href="#">Guidelines</a> ) Students learn to recognize and change habitual patterns of thought and movement that interfere with optimal performance in daily activities and in their performance discipline.		
<b>Effective Date</b> <i>(TERM &amp; YEAR)</i> Fall 2024				
<b>Prerequisites</b>   <i>Prerequisites, Corequisites and Registration Controls are enforced for all sections of course.</i>		<b>Academic Service Learning (ASL) course</b> <input type="checkbox"/> Academic Service Learning statement must be indicated in syllabus and approval attached to this form.		
		<b>Corequisites</b>	<b>Registration Controls</b> (For example, Major, College, Level) Instructor Permission Required	
<b>Minimum qualifications needed to teach course:</b> Member of the FAU graduate faculty and has a terminal degree in the subject area (or a closely related field).		<b>List textbook information in syllabus or here</b> Body Learning, Henry Holt & Co., 2nd Edition		
<b>Faculty Contact/Email/Phone</b> Susan Dorchin, <a href="mailto:sdorchin@fau.edu">sdorchin@fau.edu</a>		<b>List/Attach comments from departments affected by new course</b>		

<b>Approved by</b> Department Chair _____ College Curriculum Chair _____ College Dean <u>Eric Berlatsky</u> UGPC Chair _____ UGC Chair _____ Graduate College Dean _____ UFS President _____ Provost _____	<b>Date</b> 3/14/24 3-14-24 <u>03/14/2024</u> _____ _____ _____ _____ _____
--	---

Email this form and syllabus to [UGPC@fau.edu](mailto:UGPC@fau.edu) 10 days before the UGPC meeting.



FLORIDA ATLANTIC UNIVERSITY

---

**MUS 6298-001 16064**

**Alexander Technique for the Musician**

**Date:** Wednesday 5:00 PM - 6:30 PM

**Building:** Arts and Letters Boca **Room:** 219

**1 Credit(s)**

**Spring 2024 - 1 Full Term**

## Instructor Information

---

Susan Dorchin

**Email:** sdorchin@fau.edu

**Office:** Room 231 (Arts & Letters)

**Office Hours:** M/T/TH/F - 9:00 - 5:00; W - 10:00 - 6:30 PM

Alexander Technique for the Musician

MUS 4802, 1804, 6298

Spring 2024

Wednesday 5:00 – 6:30

Room 219

ne: 561-297-1085

## Course Description

---

Alexander Technique for the Musician

Students learn to recognize and change habitual patterns of thought and movement that interfere with optimal performance in daily activities and in their performance discipline.

There are no prerequisites for this course.

**TA Name:** N/A

**Office:**

**Office Hours:**

**Telephone:**

Special Topics

The study of a special area of music. Topics will vary. May be repeated for credit.

## Instructional Method

---

### In-Person

Traditional concept of in person. Mandatory attendance is at the discretion of the instructor.

## Required Texts/Materials

---

### Body Learning

**ISBN:** 9780805042061

**Publisher:** Henry Holt and Co.

**Edition:** 2nd

## Course Objectives/Student Learning Outcomes

---

Course Objective: To experience and understand the basic principles and practices of thought and movement which Alexander discovered and to proceed, step by step, through his process for recognizing and relinquishing excess tension in daily activities.

To apply these principles and this process to the unique requirements for each art form (singing, playing an instrument, conducting).

To develop self-care skills for dealing with stress and performance anxiety.

To experience and observe individual coaching in the student's specific art form via the Alexander Technique with one-on-one guidance from the instructor.

To achieve optimal coordination, relieve tension and manage stress, relieve back and neck pain, improve posture, eliminate performance anxiety, prevent vocal strain in singers, improve tone quality in their instrument, enhance breathing capacity, and improve coordination in all movement oriented activities.

Length of Study: 15 weeks, 1-1/2 hours per week

## **Faculty Rights and Responsibilities**

---

Florida Atlantic University respects the rights of instructors to teach and students to learn. Maintenance of these rights requires classroom conditions that do not impede their exercise. To ensure these rights, faculty members have the prerogative to:

- Establish and implement academic standards.
- Establish and enforce reasonable behavior standards in each class.

- Recommend disciplinary action for students whose behavior may be judged as disruptive under the Student Code of Conduct [University Regulation 4.007](#).

## Disability Policy

---

In compliance with the Americans with Disabilities Act Amendments Act (ADAAA), students who require reasonable accommodations due to a disability to properly execute coursework must register with Student Accessibility Services (SAS) and follow all SAS procedures. SAS has offices across three of FAU's campuses – Boca Raton, Davie and Jupiter – however disability services are available for students on all campuses. For more information, please visit the SAS website at [www.fau.edu/sas/](http://www.fau.edu/sas/).

## Course Evaluation Method

---

Length of Study: 15 weeks, 2 hours per week

Course Evaluation: Class participation 50%

Journals: 25%

Written exam on terminology: 10%

Paper: 15%

Students will be continuously involved in a process of self-evaluation based on attendance, class participation, self-observation journals, and responses to required reading.

Class participation is mandatory. Students will be expected to participate in all classroom activities and share their observations and experiences.

Journals: Students will keep a journal throughout the entire semester. This work depends upon observation so journal entries should include personal (self) observations, reflections on topics covered in class and your own

experiences as you carry the work into your everyday activities and performance work. There should be a minimum of three journal entries per week although daily entries would be ideal. All journals are confidential but students who wish to share a journal entry during class discussions are welcome to do so. Journals will be collected every four weeks.

Reading Assignments: Students must complete reading

assignments as directed in their syllabus. Reading assignments will be discussed in class so they must be completed on time.

Final Paper: What have you learned in this class concerning your performance work in relation to the Alexander Technique?

Where do you want to go next in terms of your individual study?

Length: 3 pages. Format: papers typed, double-spaced, 12 pt.

font and one-inch margins. Formulate your ideas in a coherent and detailed fashion. Any work that does not meet these requirements will be returned for re-writing and a deduction will be made from your grade. The cover and title page are not to be considered part of the required three pages.

Every student in the class will receive one private Alexander Technique lesson during the semester.

Course Grading Scale: As per Florida Atlantic University policy final grades will be as follows:

93-100 = A

90-92 = A 87-89 =

B+ 83-86 = B

80-82 = B 77-79 =

C+

73-76 = C

70-72 = C 67-69 =

D+

63-66 = D

1. D-

2. - 59 = F

Make-up/Late Work: All examinations must be taken on the assigned date and at the assigned time.

Only in cases of extreme medical or family emergency will students be permitted to take make-up examinations at a later date.

An automatic grade of "F" will be given to any student who fails to take the written examination, complete the journal, write responses to required reading, or participate in class. All course work must be completed.

Incomplete Policy: A grade of Incomplete will be assigned only in cases of extreme emergency or illness.

Absences: Attendance is expected at every class. The course work is sequential so attendance at every class is required. Two excused absences will be allowed before the final grade is affected. Every unexcused absence will result in a grade reduction. For each unexcused absence the final grade will be lowered by three points. Three tardies (less than 20 minutes each) will count as an absence. More than 20 minutes late will count as an absence. The instructor must be notified in writing of anticipated and unexpected absences for professional work or illness. Absence from class does not excuse any student from the assignment submission deadlines as posted in the syllabus. Please also review the Provost's policy on class Absences at the following link: <http://www.fau.edu/provost/files/studentabsences.pdf>

## Code of Academic Integrity

---

Students at Florida Atlantic University are expected to maintain the highest ethical standards. Academic dishonesty is considered a serious breach of these ethical standards, because it interferes with the university mission to provide a high quality education in which no student enjoys an unfair advantage over any other. Academic dishonesty is also destructive of the university community, which is grounded in a system of mutual trust and places high value on personal integrity and individual responsibility. Harsh penalties are associated with academic dishonesty. For more information, see [University Regulation 4.001](#).

## Attendance Policy Statement

---

Students are expected to attend all their scheduled University classes and to satisfy all academic objectives as outlined by the instructor. The effect of absences upon grades is determined by the instructor, and the University reserves the right to deal at any time with individual cases of nonattendance. Students are responsible for arranging to make up work missed because of legitimate class absence, such as illness, family emergencies, military obligation, court-imposed legal obligations, or participation in University-approved activities. Examples of University-approved reasons for absences include participating on an athletic or scholastic team, musical and theatrical performances, and debate activities. It is the student's responsibility to give the instructor notice prior to any anticipated absences and within a reasonable amount of time after an unanticipated absence, ordinarily by the next scheduled class meeting. Instructors must allow each student who is absent for a University-approved reason the opportunity to make up work missed without any reduction in the student's final course grade as a direct result of such absence.

## Religious Accommodation Policy Statement

---

In accordance with the rules of the Florida Board of Education and Florida law, students have the right to reasonable accommodations from the University in order to observe religious practices and beliefs regarding admissions, registration, class attendance, and the scheduling of examinations and work assignments. University Regulation 2.007, Religious Observances, sets forth this policy for FAU and may be accessed on the FAU website at [www.fau.edu/regulations](http://www.fau.edu/regulations).

Any student who feels aggrieved regarding religious accommodations may present a grievance to the executive director of The Office of Civil Rights and Title IX. Any such grievances will follow Florida Atlantic University's established grievance procedure regarding alleged discrimination.

## Time Commitment Per Credit Hour

---



For traditionally delivered courses, not less than one (1) hour of classroom or direct faculty instruction each week for fifteen (15) weeks per Fall or Spring semester, and a minimum of two (2) hours of outof-class student work for each credit hour. Equivalent time and effort are required for Summer Semesters, which usually have a shortened timeframe. Fully Online courses, hybrid, shortened, intensive format courses, and other non-traditional modes of delivery will demonstrate equivalent time and effort.

## Course Grading Scale

---

Letter Grade	Letter Grade
A	94 - 100%
A-	90 - 93%
B+	87 - 89%
B	83 - 86%
B-	80 - 82%
C+	77 - 79%
C	73 - 76%
C-	70 - 72%
D+	67 - 69%
D	63 - 66%
D-	60 - 62%
F	Below 60

## Grade Appeal Process

---

You may request a review of the final course grade when you believe that one of the following conditions apply:

- There was a computational or recording error in the grading.
- The grading process used non-academic criteria.
- There was a gross violation of the instructor's own grading system.

[University Regulation 4.002](#) of the University Regulations contains information on the grade appeals process

## **Policy on Make-up Tests, Late work, and Incompletes**

---

Journals are due every month. The final paper and exam should be completed by the expected date. Students will not be penalized for late work if they are on a recruiting tour.

## **Special Course Requirements**

---

Dress: Workout clothes required. Wear comfortable, casual, non-binding clothes that allow for ease of movement. Clothes should be loose fitting – no skirts, tights, tight pants, fragile clothing, bare midriffs, no low cut tops, no belts or restrictive waistbands, and no hats. If shoes are worn they should allow movement – no flip flops, boots, clogs, high heels or backless styles. Students can wear non-slip gripper socks.

Bring a gym mat, yoga mat or large beach towel to every class.

Be prepared to perform at every class. Instrumentalists (other than pianists) should bring their instruments to class.

Classroom Etiquette: Respect the workspace. Before class everyone will prepare the space for work, removing unnecessary items and moving furniture out of the way. When class is over the space should be restored to order and made ready for the next class.

Students are expected to refrain from the use of handheld Internet or

texting devices during class and may only use computers to aid in note taking.

Should a student be found in violation of this etiquette, they will be asked to leave class and take the absence.

Cell phones should be turned off.

Out of courtesy to other students and to the professor, students are asked to arrive in a timely manner.

## **Policy on the Recording of Lectures**

---

Students enrolled in this course may record video or audio of class lectures for their own personal educational use. A class lecture is defined as a formal or methodical oral presentation as part of a university course intended to present information or teach students about a particular subject. Recording class activities other than class lectures, including but not limited to student presentations (whether individually or as part of a group), class discussion (except when incidental to and incorporated within a class lecture), labs, clinical presentations such as patient history, academic exercises involving student participation, test or examination administrations, field trips, and private conversations between students in the class or between a student and the lecturer, is prohibited. Recordings may not be used as a substitute for class participation or class attendance and may not be published or shared without the written consent of the faculty member. Failure to adhere to these requirements may constitute a violation of the University's Student Code of Conduct and/or the Code of Academic Integrity.

## **Counseling and Psychological Services (CAPS) Center**

---

Life as a university student can be challenging physically, mentally and emotionally. Students who find stress negatively affecting their ability to achieve academic or personal goals may wish to consider utilizing FAU's Counseling and Psychological Services (CAPS) Center. CAPS provides FAU students a range of services – individual counseling, support meetings, and psychiatric services, to name a few – offered to help improve and maintain emotional well-being. For more information, go to <http://www.fau.edu/counseling/>

## Student Support Services and Online Resources

---

- [Center for Learning and Student Success \(CLASS\)](#)
- [Counseling and Psychological Services \(CAPS\)](#)
- [FAU Libraries](#)
- [Math Learning Center](#)
- [Office of Information Technology Helpdesk](#)
- [Center for Global Engagement](#)
- [Office of Undergraduate Research and Inquiry \(OURI\)](#)
- [Science Learning Center](#)
- [Speaking Center](#)
- [Student Accessibility Services](#)
- [Student Athlete Success Center \(SASC\)](#)
- [Testing and Certification](#)
- [Test Preparation](#)
- [University Academic Advising Services](#)
- [University Center for Excellence in Writing \(UCEW\)](#)
- [Writing Across the Curriculum \(WAC\)](#)

## Course Topical Outline

---

1/10: What is the Alexander Technique?

Daily warm-up

Read chapter 1 of Body Learning

Kinesthetic Awareness

1/17: Progression Towards Presence

Laban Three-Dimensional Scale (Unified Field of Attention)

Head/Neck/Spine Relationship

Constructive rest

1/24: Mapping the ribs, shoulders, and arms

BRING INSTRUMENT TO CLASS

arm sequencing

Animal poses

BRING INSTRUMENT TO CLASS

1/31: Mapping the pelvis Centering

Mapping the legs

Walking

2/7: Legs/Pelvis continued

Mapping the knee and ankle

Mapping the feet

Read pages 25-34 of Body Learning (Use and functioning)

2/14: Weight Centers of the Body

Mapping the Ribs

Constructive Rest

Lunging

2/21: Observation and Awareness

Exploring kinesthetic awareness through outdoor activities

Recognition of Habit

Walking

2/28: Tensegrity

Suspension and Support

Read pages 35-41 of Body Learning (Use and Functioning)

March 2nd - March 8th - SPRING BREAK

3/13: Kinesthetic Experience

Primary Control

Read pages 42-51 of Body Learning (Primary Control)

3/20: Primary Control

Sensory Appreciation - Kinesphere

Read pages 52-58 of Body Learning (Unreliable Sensory Appreciation)

3/27: The Art of Inhibition

Read pages 59 – 67 of Body Learning (Inhibition)

Exploring the pause between stimulus and response

4/3: Direction

Exploring the art of walking

Read pages 68 – 78 of Body Learning (Direction)

Read pp. 139-142 of Body Learning (The Alexander work and organizational change)

4/10: Weight Centers of the Body

Mapping the Ribs

Constructive Rest

Means Whereby

Doing and non-doing

Recognizing Endgaining

Read pages 79 – 86 of Body Learning (Ends and Means)

4/17: The Art of Breathing

Activity Day – bring instrument

Final Exam: TBD

Weekly classes are subject to change depending upon the needs of the students in the class.

## **Bibliography**

---

Bibliography

Alexander, F.M. Constructive Conscious Control. London: Mouritz, 1923.

Alexander, F.M. Man's Supreme Inheritance. London: Methuen & Co. Ltd. , 1910.

Alexander, F.M. The Universal Constant in Living. London: Mouritz, 1941.

Alexander, F.M. The Use of The Self. London: Orion House, 1932.

Barlow, Marjory. An Examined Life: Majory Barlow and the Alexander Technique. Berkeley: Mornum Time Press, 2002.

Barlow, Wilfred. More Talk of Alexander: Aspects of the Alexander Principle. London: Victor Gollancz, Ltd. , 1978.

Caplan, Deborah. Back Trouble. Gainesville: Triad Publishing Company, 1987.

Calais-Germain, Blandine. Anatomy of Movement. Seattle: Eastland Press, 1985.

Carrington, Walter. The Act of Living. Berkeley: Mornum Time Press, 2004.

Carrington, Walter. Personally Speaking. London: Mouritz, 2001.

Carrington, Walter. Thinking Aloud. Berkeley: Mornum Time Press, 1994.

Conable, Barbara. How To Learn The Alexander Technique. Portland: Andover Press, 1991.

Conable, Barbara. What Every Musician Needs To Know About The Body. Chicago: GIA Publications, Inc., 1998.

Gelb, Michael J. Body Learning: An Introduction to the Alexander Technique.



Gilmore, Robin. What Every Dancer Needs To Know About The Body. Chicago: GIA Publications, Inc., 2005.

Hale, Robert Beverly and Coyle, Terence. Albinus on Anatomy. New York: Dover Publications, Inc., 1979.

Heirich, Jane Ruby. Voice and the Alexander Technique. Berkeley: Mornum Time Press, 2005.

Jones, Frank Pierce. Body Awareness in Action: A Study of the Alexander Technique. New York: Schocken Books, 1976.

Kapit, Wynn and Elson, Lawrence M. The Anatomy Coloring Book. New York: Harper & Row, 1977.

Langford, Elizabeth. Mind and Muscle. Exeter: Grant Vitgeuers NV, 2008.

Macdonald, Patrick. The Alexander Technique As I See It. Brighton: The Alpha Press. 1989.

Malde, Allen & Zeller. What Every Singer Needs To Know About The Body. San Diego: Plural Publishing, 2009.

Mark, Thomas. What Every Pianist Needs To Know About The Body. Chicago: GIA Publications, Inc. 2013.

Masterton, Ailsa. Alexander Technique: a Step-By-Step Guide. Shaftesbury: Element Books, 1998.

Myers, Thomas W. Anatomy Trains: Myofascial Meridians for Manual and Movement Therapists. Edinburgh: Chuchill Livingstone, 2001.

Nicholls, Cariolyn. *Body, Breath & Being: A New Guide to the Alexander Technique*. E. Sussex: D&B Publishing, 2009.

Nicholls, John and Carey, Sean. *The Alexander Technique*. Melksham: Redwood Press Limited, 1991.

Palmer, Parker J. *The Courage To Teach*. San Francisco: John Wiley & Sons, Inc., 1998

Park, Glen. *The Art of Changing: A New Approach to the Alexander Technique*. Bath: Ashgrove Press, 1989.

Shaw, Steven. *Master The Art of Swimming: Raising Your Performance With The Alexander Technique*. London: Collins & Brown, 2006.

Tasker, Irene. *Connecting Links*. London: The Sheildrake Press: 1978.

Zeder, Suzan. *Spaces of Creation: the creative process of playwriting*. New Hampshire: Heinemann: 2005.

