

**University of Florida — School of Theatre and Dance**

**ACTING – Voice 2**

**Voice, Speech, and Body Training for the Actor**

**LESSAC KINESENSICS**

TPP 4288

M/W/F Period 2 - 3 8:30 AM - 10:25 AM

*Location: G14*

*Academic Term: Spring 2023*

Professor: Michelle Bellaver

Email: [mbellaver@ufl.edu](mailto:mbellaver@ufl.edu)

OFFICE LOCATION: McCarty 360

OFFICE HOURS: Monday and Wednesday 12:50 – 1:50 pm; Friday 10:40 – 12:00pm

**COURSE DESCRIPTION**

Continuation of TPP 4287 with an emphasis on scene work, monologues, and vocal techniques for heightened and period styles.

**COURSE PRE-REQUISITES**

Prerequisite: TPP 4287 with a minimum grade of C and BFA in Theatre major.

**COURSE OBJECTIVES**

During this class you will develop a healthy voice and bring color, dimension & dynamic layers to your voice as well as to your characters. You will learn how to self-teach and re-discover your own personal vocal power. This focus of this course is to support your development of the ease of use of your vocal instrument as preparation for performance on stage. The ability to communicate story and characters through your dynamic vocal instrument will be found through the release of habitual tension and habits of misuse. We will embrace “unlearning” old habits and practicing exercises that allow for a more specific and precise use of self.

This course focuses on Lessac Kinesensics technique, which we will use to explore the voice and body through the Lessac Body and Voice NRG’s. We will explore Lessac Kinesensics through floor exercises, vocal tune ups, body and voice explorations, and visualization exercises to gain further mastery of the actor’s physical instrument that will lead to your ability to connect your voice to a whole-body experience of feeling.

This is a performance-based course, but there will be reading, journaling, and exams. Participation in class is paramount: it is integral to your training to physically participate in class as well as intellectually participate through the exchange of ideas during class discussions.

## **COURSE TOPICS**

1. Familiar Event, Breath, and Dynamic Alignment
2. Wheel Walking
3. Point-to-point body work
4. Body NRG's (Buoyancy, Potency, and Radiancy)
5. Forward Facial Orientation
6. Lessac Consonant NRG
7. Lessac Tonal NRG
8. The Yawn and Reverse Megaphone
9. Lessac Structural NRG
10. "Scoring" a script (Consonant NRG's, Voice NRG's, Body NRG's, punctuation, and breath).
11. Pre-performance Kinesensics "Tune-Up"

## **LEARNING OUTCOMES**

- Competency in Lessac Kinesensics:
  - Demonstrate Lessac Body NRG competency.
  - Demonstrate Lessac Consonant NRG
  - Demonstrate Lessac Tonal Vowel NRG competency
  - Demonstrate Lessac Structural Vowel NRG competency.
- Demonstrate a pre-performance vocal "tune up" and be able to discuss it's elements.
- Demonstrate control and variety of resonance, rhythm, projection, and texture of voice
- Demonstrate competency in marking a script for performance exploration and be able to demonstrate those choices in performance lab.

## **COURSE REQUIREMENTS:**

- Full participation in class exercises.
- You will do a close reading of all reading material.
- You will keep a journal. Please see description below.

- You will develop and present one monologue throughout the course, using the Lessac Kinesensics to develop the work. This monologue will be assessed over four Performance Experiment Labs during the semester.
- There will be one mid-term and a one final based on the class explorations and assigned reading. I will provide a review the week prior for both. I do not give early exams - *no exceptions*. Exam dates are provided on the Course Outline but are subject to change.

## REQUIRED TEXTBOOKS

*THE USE AND TRAINING OF THE HUMAN VOICE*, 3<sup>rd</sup> Edition. Lessac.  
ISBN# 978-1559346962

## JOURNAL

You will keep a journal wherein you will take notes on the following: class lectures and discussions.

In addition -- you will keep “Reflection Journal” pages. This is a separate, special page of writing in your course journal that is a reflection on what you’ve physically, intellectually, and emotionally experienced during the exploration of the concepts in class and the connection of those concepts during your performances and the work of your colleagues. The dates you are expected to “Reflection Journal” are listed in the marked in course outline as “\*”.

Please mark the top of these pages “Reflection Journal – date”.

**These reflection pages should be investigative in your use of self and reflect the intellectual depth of that investigation.**

Assignment	Total Points	Percentage of Final Grade
Monologue Check-in Midterm	50	20%
Monologue Check-in Final	50	20%
Final Assessment	50	12%
Personal Experience Paper	20	8%
Participation and Attendance	27	10%
Journal	23	10%
TOTAL	248	100%

## GRADING

Grading will be evaluated and will be based on methods and requirements listed above, as well as quality of work, approach, enthusiasm, development, completion of all assigned work, and the student’s ability to express written and oral knowledge concerning the course topics. Final grades will be based on above criteria, evaluation and assessment of each student’s attitude toward the work, and the individual development of each student throughout the semester.

## UF GRADING SCALE

Percent	Grade
94.0 - 100.0	A
90.0 – 93.0	A-
87.0 – 89.0	B+
83.0 – 86.0	B
80.0 – 82.0	B-
77.0 - 79.0	C+
73.0 – 76.0	C
70.0 – 72.0	C-
67.0 – 69.0	D+
63.0 – 66.0	D
60.0 - 62.0	D-
0 - 59.9	E

More information on UF grading policy may be found at:

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

### ATTENDANCE POLICY and CLASS EXPECTATIONS

This is an experiential class. You are expected to attend class daily and be on time. “The University recognizes the right of the individual professor has to make attendance mandatory. After due warning, professors may prohibit further attendance and then assign a failing grade for excessive absences.”

### MAKE UP WORK

Assignments must be workshopped and presented on time for the sake of the ensemble. You will not be able to receive a “make up” grade except under extenuating circumstances at the judgment of the instructor. Because the course depends on the co-operation of the ensemble, it is imperative that work be presented ON TIME. In the event that an absence is known in advance, you must make arrangements with the professor to present the work early.

### DECORUM

Your work in class is a major part of your grade. This includes your classroom and out of class decorum, because it strongly impacts the quality of instruction for you and your partners. You are expected to show respect for yourself, your partners, and the art and craft of theatre. You are also expected to respect the spaces in which we work by preparing the space for work and clearing it after you finish working.

**\*\* Food is not permitted in class.** Eat before or after class, not in class. Bottled water and a flip-top thermal travel mug with warm tea with honey (for vocal care) are allowed.

## **QUIET TIME**

Maintain quiet from the moment you enter the studio for class. Take any personal conversation out of the studio. Turn off cell phones. Part of your class discipline is finding time to “come home to yourself” by quietly releasing outside distractions and preparing for class before it starts. When entering or exiting the room, please enter and exit quietly so as not to disturb the atmosphere of the studio.

## **WORKS CLOTHES REQUIRED**

This class requires students to be able to move easily and dynamically, often on the floor. Loose fitting, easy to move in clothes are required (sweats, leotards, t-shirts, footless tights, yoga pants; nothing revealing or uncomfortable if you are rolling around on the floor). No jeans and no jewelry.

Changing for class can be an important part of your preparation ritual. Please be dressed and ready before class starts.

We will work barefoot (no socks).

Please bring with you a yoga mat.

## **CELL PHONES AND OTHER ELECTRONIC DEVICES**

These must be turned off before the beginning of each class. It is strongly recommended that they be turned off before entering the classroom.

## **TEACHING METHOD**

There will be assigned readings and discussions of text materials, practical exercises, character studies, and research relevant to the investigation of your use of voice and body. There will also be the traditional coaching/working of performance. Your responsibility is to be willing to try the notes, suggestions, and directions in a collaborative fashion.

## **STUDENTS REQUIRING ACCOMMODATIONS**

Students with disabilities who experience learning barriers and would like to request academic accommodations should connect with the disability Resource Center by visiting <https://disability.ufl.edu/students/get-started/>. It is important for students to share their accommodation letter with their instructor and discuss their access needs, 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://gatorevals.aa.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://gatorevals.aa.ufl.edu/>.

### **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-conduct-honor-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 or TAs in this class.

Student Code of Conduct is available at:

<http://www.dso.ufl.edu/sccr/honorcodes/conductcode.php>

### **SOFTWARE USE**

All faculty, staff, and students of the University are required and expected to obey the laws and legal agreements governing software use. Failure to do so can lead to monetary damages and/or criminal penalties for the individual violator. Because such violations are also against University policies and rules, disciplinary action will be taken as appropriate. We, the members of the University of Florida community, pledge to uphold ourselves and our peers to the highest standards of honesty and integrity.

### **STUDENT PRIVACY**

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 someone you know is in distress, please contact [umatter@ufl.edu](mailto:umatter@ufl.edu), 352-392-1575, or visit U Matter, We Care website to refer or report a concern and a team member will reach out to the student in distress.

Counseling and Wellness Center: Visit the Counseling and Wellness Center website or call 352-392-1575 for information on crisis services as well as non-crisis services.

Student Health Care Center: Call 352-392-1161 for 24/7 information to help you find the care you need, or visit the Student Health Care Center website.

University Police Department: Visit UF Police Department website or call 352-392-1111 (or 9-1-1 for emergencies).

UF Health Shands Emergency Room / Trauma Center: For immediate medical care call 352-733-0111 or go to the emergency room at 1515 SW Archer Road, Gainesville, FL 32608; Visit the UF Health Emergency Room and Trauma Center website.

## Academic Resources

E-learning technical support: Contact the UF Computing Help Desk at 352-392-4357 or via e-mail at [helpdesk@ufl.edu](mailto:helpdesk@ufl.edu).

Career Connections Center: Reitz Union Suite 1300, 352-392-1601. Career assistance and counseling services.

Library Support: Various ways to receive assistance with respect to using the libraries or finding resources.

Teaching Center: Broward Hall, 352-392-2010 or to make an appointment 352-392-6420. General study skills and tutoring.

Writing Studio: 2215 Turlington Hall, 352-846-1138. Help brainstorming, formatting, and writing papers.

Student Complaints On-Campus: Visit the Student Honor Code and Student Conduct Code webpage for more information.

On-Line Students Complaints: View the Distance Learning Student Complaint Process.