



Faculty of Fine & Performing Arts

KOND78, Power Trip Course: Practical Guide to Thinking Outside the Brain, 6 credits

Power Trip: praktisk vägledning till att tänka utanför hjärnan, 6 högskolepoäng
First Cycle / Grundnivå

Details of approval

The syllabus was approved by Department Board of Malmö Art Academy on 2021-12-02 to be valid from 2021-12-02, autumn semester 2021.

General Information

Artistic creation course, Lund University, Faculty of Fine and Performing Arts, Malmö Art Academy.

Optional course for the BFA programme (KGFKO).

Language of instruction: English

Main field of studies

Fine Arts

Depth of study relative to the degree requirements

GXX, First cycle, in-depth level of the course cannot be classified

Learning outcomes

Artistic creation course.

The aim is to enhance the students' ability to formulate and show an artistic wholeness.

The aim is the students' comprehensive development for artistic work.

Special importance is attributed to the object that analytical insight should be shown in the artistic creation.

Course content

The course offers a new approach to creative work based on Extended Mind Theory. In the past decade there are more and more studies pointing that creative work happens on multiple planes of cognition.

However, it is not about “turning off the brain” or “thinking with the body” — nor is it a straight forward process of “desk-pen-and paper” — it is a more complex mechanism, which I call Vertical Research.

In most educational institutions we do not pay attention to the anatomy of creative process. Even less so there are courses dedicated to learning the individual mental architecture.

The past 9 years, working with students I was developing a methodology that helps to navigate better the apparatus of their idea making process. Methodology that (jokingly) I call Power Trip.

The course is a practical adaptation of Extended Mind Theory — an ability to engage a broader pallet of cognitive function — written extensively by such authors as:

Annie Paul The Extended Mind: The Power of Thinking Outside the Brain; Barbara

Tversky Mind in Motion: How Action Shapes Thought;

Andy Clark Supersizing the Mind: embodiment, action and cognitive extensions; Mark Epstein Thoughts Without a Thinker

The course is built on a synthesis of techniques used in Japanese Butoh training, Eastern Bioenergetics, therapeutic modalities, improvisation and physical comedy

Course design

The course consists of six parts:

Video classes

Lecture-practicums

Individual zoom sessions

Expeditions of heightened senses

Daily collective journaling

Morning routine

VIDEO CLASSES

Videos classes were created by me and 5 other visual and sound artists. We composed original music, mixed soundtracks to the movement and added 3D sound. We created 3D surrealist video backgrounds and used cinema cameras to film the classes.

As much as possible, our aim was to create an immersive visual-audio experience.

The exercises in the videos are arranged as an ongoing flow, bringing the person into a light state of trance. In this state, it is much easier for a student to internalize physical training techniques. Class duration 30 min

MORNING ROUTINE

A set of exercises that increase alertness, focus, levels of energy and physical mobility (students receive a follow along video guide plus techniques are explained at the introductory lecture) Duration 15 min

INDIVIDUAL ZOOM SESSIONS

I meet with each student to respond to their personal needs and to attune the physical practices individually.

Duration 1 hr - 1.5 hr

EXPEDITIONS OF HEIGHTENED SENSES

During the course there are three collective journeys done in a classroom and outdoors. There will be a set of detailed instructions and audio guides for conducting these journeys.

DISCUSSION CLUB — EVENING JOURNALING

Daily reports where students reflect on their mental, physical and sensorial experiences; share with each other; where needed I provide support and feedback.

LECTURE-PRACTICUM

There are three lectures on extended mind theory; The first two lectures are more theoretical with examples of practices; the last lecture-practicum — has an emphasis on a collective practice.

The first two lectures can be attended from home via zoom; while the last one is done in a group at a classroom.

NOTE ON ONLINE FORMAT

Although I am aware that the past year has exhausted our patience to online activities. However, precisely with these techniques—online format works to our advantage. Since a lot of skills need to be internalized individually, online classes done privately help the students dive deeper to the individual architecture of their senses.

Assessment

For the grade pass the student needs to be at least 80% present at lectures and seminars and receive the grade pass on tasks, if any.

The examiner, in consultation with Disability Support Services, may deviate from the regular form of examination in order to provide a permanently disabled student with a form of examination equivalent to that of a student without a disability.

Subcourses that are part of this course can be found in an appendix at the end of this document.

Grades

Marking scale: Fail, Pass.

Entry requirements

General requirements for university studies in Sweden

Subcourses in KON78, Power Trip Course: Practical Guide to Thinking Outside the Brain

Applies from H21

2101 Power Trip Course: Practical Guide to Thinking Outside the B, 6,0 hp
Grading scale: Fail, Pass