

MUS 480 (580)
The Healthy Musician
2 credits

Course Description

Auditory, vocal, mental and neuromusculoskeletal health will be studied, focusing on health preservation and injury prevention among musicians, including performance anxiety issues. Students will learn relevant anatomy and physiology, as well as the ergonomics of music. Somatic disciplines such as Body Mapping, Yoga, or Alexander Technique may also be explored.

Warning: In some cases, the information in this course may be at odds with information you have received from other instructors. If you find this to be true for you, please let the class and the professor know, ask questions, keep an open mind, and be willing to experiment!

Required Texts

ONE of the following (based on instructor's recommendation):

What Every Musician Needs to Know About the Body by Barbara Conable

What Every Pianist Needs to Know About the Body by Thomas Mark

Body Mapping for Flutists by Lea Pearson

What Every Singer Needs to Know About the Body by Malde, Allen, Zeller

Oboemotions by Stephen Caplan

What Every Trombone Player Needs to Know about the Body by David Vining

What Every Violinist Needs to Know about the Body by Jennifer Johnson

(All may be purchased online at www.bodymap.org)

Recommended Text

Fit as a Fiddle by Dr. William Dawson

Learning Outcomes

- 1) Students will increase their understanding of current research related to health preservation and injury prevention among musicians.
- 2) Students will document their personal integration of healthy musical practices into their practice and performance, through journaling.
- 3) Students will apply and model principles of a healthy musical technique in both their performance and teaching

Grading/Participation

40% of the student's grade is based on participation, including journal.

Attendance is mandatory. **More than 2 absences will affect the grade as follows:** for each absence beyond 2, the student's grade will be lowered one letter grade.

60% of the student's grade is based on exams.

Journal Entries

Each student is required to submit six journal entries describing their personal discoveries based on course activities, and how they are incorporating new concepts into their own practice and performance. Each journal entry will be a minimum of one page. You may describe an important Body Mapping discovery in relation to your instrument, or summarize an interesting point or challenging idea found in your reading, or just discuss problems you've encountered in

your practice sessions. I am looking for evidence of curiosity and active engagement with the material; avoid bland generalizations. Make sure to include your name, and please use your best college writing style!

COURSE SCHEDULE

For all class sessions denoted as "Practicum" please wear loose, comfortable clothing (pants) and bring a yoga mat or blanket.

Week 1

Introductions

Week 2

Hearing the Music

Overuse

Week 3

Treatment Alternatives

Body Mapping

Week 4

Places of Balance

Review

Week 5

Quiz 1

Practicum

Week 6

President's Day Recess

Journal 1 due, Arms

Week 7

Quiz 2, Practicum

Breathing

Week 8

Journal 2 due, More Breathing

Quiz 3, Practicum

Week 9

Journal 3 due, Practicum

MIDTERM

Week 10

Legs

Quiz 4, Practicum

Week 11

How to Practice

Performance Anxiety

Week 12
F.E. A. R.
Journal 4 due, practicum

Week 13
The Brain and Music
The Brain and Music, part 2

Week 14
The Alexander Technique
Journal 5 due, Practicum

Week 15
Practicum
Journal 6 due, practicum

FINAL EXAM

Academic Misconduct—Academic integrity is a legitimate concern for every member of the campus community; all share in upholding the fundamental values of honesty, trust, respect, fairness, responsibility and professionalism. By choosing to join the UNLV community, students accept the expectations of the Student Academic Misconduct Policy and are encouraged when faced with choices to always take the ethical path. Students enrolling in UNLV assume the obligation to conduct themselves in a manner compatible with UNLV's function as an educational institution. An example of academic misconduct is plagiarism. Plagiarism is using the words or ideas of another, from the Internet or any source, without proper citation of the sources. See the *Student Academic Misconduct Policy* (approved December 9, 2005) located at: <https://www.unlv.edu/studentconduct/student-conduct>.

Copyright—The University requires all members of the University Community to familiarize themselves with and to follow copyright and fair use requirements. **You are individually and solely responsible for violations of copyright and fair use laws. The university will neither protect nor defend you nor assume any responsibility for employee or student violations of fair use laws.** Violations of copyright laws could subject you to federal and state civil penalties and criminal liability, as well as disciplinary action under University policies. Additional information can be found at: <http://www.unlv.edu/provost/copyright>.

Disability Resource Center (DRC)—The UNLV Disability Resource Center (SSC-A 143, <http://drc.unlv.edu/>, 702-895-0866) provides resources for students with disabilities. If you feel that you have a disability, please make an appointment with a Disabilities Specialist at the DRC to discuss what options may be available to you. If you are registered with the UNLV Disability Resource Center, bring your Academic Accommodation Plan from the DRC to the instructor during office hours so that you may work together to develop strategies for implementing the accommodations to meet both your needs and the requirements of the course. Any information you provide is private and will be treated as such. To maintain the confidentiality of your request, please do not approach the instructor in front of others to discuss your accommodation needs.

Religious Holidays Policy—Any student missing class quizzes, examinations, or any other class or lab work because of observance of religious holidays shall be given an opportunity during that semester to make up missed work. The make-up will apply to the religious holiday absence only. It shall be the responsibility of the student to notify the instructor **within** the first 14 calendar days of the course for fall and spring courses (excepting modular courses), or **within** the first 7 calendar days of the course for summer and modular courses, of his or her intention to participate in religious holidays which do not fall on state holidays or periods of class recess. For additional information, please visit: <http://catalog.unlv.edu/content.php?catoid=6&navoid=531>.

Transparency in Learning and Teaching—The University encourages application of the transparency method of constructing assignments for student success. Please see these two links for further information:

<https://www.unlv.edu/provost/teachingandlearning>

<https://www.unlv.edu/provost/transparency>

Incomplete Grades—The grade of I—Incomplete—can be granted when a student has satisfactorily completed three-fourths of course work for that semester/session but for reason(s) beyond the student's control, and acceptable to the instructor, cannot complete the last part of the course, and the instructor believes that the student can finish the course without repeating it. The incomplete work must be made up before the end of the following regular semester for undergraduate courses. Graduate students receiving "I" grades in 500-, 600-, or 700-level courses have up to one calendar year to complete the work, at the discretion of the instructor. If course requirements are not completed within the time indicated, a grade of F will be recorded and the GPA will be adjusted accordingly. Students who are fulfilling an Incomplete do not register for the course but make individual arrangements with the instructor who assigned the I grade.

Library Resources

Students may consult with a librarian on research needs. For this class, the subject librarian is https://www.library.unlv.edu/contact/librarians_by_subject. UNLV Libraries provides resources to support students' access to information. Discovery, access, and use of information are vital skills for academic work and for successful post-college life. Access library resources and ask questions at <https://www.library.unlv.edu/>.

Tutoring and Coaching—The Academic Success Center (ASC) provides tutoring, academic success coaching and other academic assistance for all UNLV undergraduate students. For information regarding tutoring subjects, tutoring times, and other ASC programs and services, visit <http://www.unlv.edu/asc> or call 702-895-3177. The ASC building is located across from the Student Services Complex (SSC). Academic success coaching is located on the second floor of the SSC (ASC Coaching Spot). Drop-in tutoring is located on the second floor of the Lied Library and College of Engineering TEB second floor.

UNLV Writing Center—One-on-one or small group assistance with writing is available free of charge to UNLV students at the Writing Center, located in CDC-3-301. Although walk-in consultations are sometimes available, students with appointments will receive priority assistance. Appointments may be made in person or by calling 702-895-3908. The student's Rebel ID Card, a copy of the assignment (if possible), and two copies of any writing to be reviewed are requested for the consultation. More information can be found at: <http://writingcenter.unlv.edu/>.

Rebelmail—By policy, faculty and staff should e-mail students' Rebelmail accounts only. Rebelmail is UNLV's official e-mail system for students. It is one of the primary ways students receive official university communication such as information about deadlines, major campus events, and announcements. All UNLV students receive a Rebelmail account after they have been admitted to the university. Students' e-mail prefixes are listed on class rosters. The suffix is always @unlv.nevada.edu. **Emailing within WebCampus is acceptable.**

Final Examinations—The University requires that final exams given at the end of a course occur at the time and on the day specified in the final exam schedule. See the schedule at: <http://www.unlv.edu/registrar/calendars>.

Any other class specific information—(e.g., absences, make-up exams, status reporting, extra credit policies, plagiarism/cheating consequences, policy on electronic devices, specialized department or college tutoring programs, bringing children to class, policy on recording classroom lectures, etc.)