



Faculty of Arts and Social Sciences
Music

Syllabus

Ergonomics for musicians

Course Code:	MIGIE4
Course Title:	Ergonomics for musicians <i>Musikutövandets och lärandets ergonomi IV</i>
Credits:	15
Degree Level:	Undergraduate level
Progressive Specialisation:	First cycle, has less than 60 credits in first-cycle course/s as entry requirements (G1F)

Major Field of Study:

Course Approval

The syllabus was approved by the Faculty of Arts and Social Sciences 2016-03-14, and is valid from the Autumn semester 2016 at Karlstad University.

Prerequisites

MIGIE1 Ergonomics for Musicians I 7.5 ECTS cr and MIGIE2 Ergonomics for Musicians II 7.5 ECTS cr

Learning Outcomes

Module 1 Body, Psyche and Instrument, 7.5 ECTS cr

Upon completion of the module, students should be able to:

- give an account of methods to strengthen awareness of bodily and mental functions and reactions and relate these purposefully to instrument play, speech, singing and other activities,
- reflect on how stimulus response patterns can affect the performance of a certain activity,
- demonstrate and describe methods designed to prevent undesired stimulus response patterns and instead provide purposeful habits and response behaviour in relation to the chosen activity, and
- critically reflect on and discuss how behaviour and bad habits in relation to the functions of instrument play, speech, singing or other activities can be described and explained.

Module 2 Analysis and Function, 7.5 ECTS cr

Upon completion of the module, students should be able to:

- identify another person's stimulus-response pattern, bad habits and automatised response behaviour which can affect a performance negatively,
- analyse teaching situations and critically discuss how applied methods can strengthen purposefulness and prevent the undesired stimulus-response patterns which can affect a performance negatively,
- use methods that can strengthen awareness of bodily/mental functions and reactions ,
- describe how applied methods can strengthen the purposefulness of instrument play, speech, singing or other activities, and
- critically reflect on the conditions for learning and knowledge development in different teaching traditions based on the knowledge of mental/physical automatised response behaviour, stress and how

function is affected by the way a performance is done.

Content

Module 1 Body, Psyche and Instrument, 7.5 ECTS cr

Students develop their ability to identify their own mental/physical functions and habitual reactions, through the Alexander method. Together with the teacher, the students analyse how these functions and reactions are purposefully related to instrument play, speech, singing or other chosen activity. The module also includes insights into functional anatomy, physiology and neurology and relevant music psychology and sports psychology. Through the Alexander method students develop kinesthetic reliability in movements and reactions as well as the ability to use methods to prevent negative bodily stimulus-response patterns from affecting functions.

Module 2 Analysis and Function, 7.5 ECTS cr

Students develop their ability to use methods aiming to prevent negative stimulus-response patterns independently and instead provide positive habits and response behaviour through primarily the Alexander method. Teaching situations are analysed with the purpose of demonstrating negative and positive stimulus-response patterns in relation to function.

The individual structure of sessions designed to promote purposefulness are discussed. Students learn to use and construct aids to promote an ergonomically correct posture. Supervision is provided for conducting teaching aimed to apply teaching methods enabling awareness of mental/physical reactions to strengthen the purposefulness of instrument play, speech, singing or other activities.

Instruction is in the form of individual and group sessions in both modules.

Reading List

See separate document.

Examination

Module 1 is assessed on the basis of tasks presented and discussed in seminars and through practical performance and oral presentation.

Module 2 is assessed on the basis of tasks presented and discussed in seminars and individually in writing.

Grades

One of the grades Distinction (VG), Pass (G), or Fail (U) is awarded in the examination of the course. The grade of Distinction is awarded to students who have earned this grade for at least 10 of the 15 course credits.

Quality Assurance

Follow-up relating to learning conditions and goal-fulfilment takes place both during and upon completion of the course in order to ensure continuous improvement. Course evaluation is partly based on student views and experiences obtained in accordance with current regulations and partly on other data and documentation. Students will be informed of the result of the evaluation and of any measures to be taken.

Course Certificate

A course certificate will be provided upon request.

Additional information

The local regulations for studies at the Bachelor and Master levels at Karlstad University stipulate the obligations and rights of students and staff.