



Faculty of Arts and Social Sciences  
Music

# Syllabus

## Ergonomics for Musicians V

<b>Course Code:</b>	MIGIE5
<b>Course Title:</b>	Ergonomics for Musicians V <i>Musikutövandets och lärandets ergonomi V</i>
<b>Credits:</b>	15
<b>Degree Level:</b>	Undergraduate level
<b>Progressive Specialisation:</b>	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 2019-09-10, and is valid from the Spring semester 2020 at Karlstad University.

### Prerequisites

MIGIE1, Ergonomics for Musicians I (7.5 ECTS credits) and MIGIE2, Ergonomics for Musicians II (7.5 ECTS credits), or MIGIE3, Ergonomics for Musicians III (7.5 ECTS credits), or equivalent

### Learning Outcomes

Module 1: Identification (7.5 ECTS cr)

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

- describe and reflect upon the influence of bodily and mental stimulus-response reactions on instrument play, speech, singing, and other performance-related activities,
- describe approaches aimed at preventing performance requirements from having a negative impact on performance situations, and
- describe and reflect upon approaches that can be used for improved skills training and stage performance.

Module 2: Analysis and application (7.5 ECTS cr)

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

- analyse and apply approaches for facilitating skills training and stage performance on the basis of mental and kinesthetic exercises,
- analyse their own performance in order to make progress in terms of handling stress and anxiety in performance-related situations,
- reflect upon different methods for improving performance, and
- apply, justify, and evaluate their chosen approach aimed at developing their own strategy for improved skills training and stage performance.

## **Content**

The course comprises two modules.

### **Module 1: Identification (7.5 ECTS cr)**

In this module, students develop their ability to identify and prevent unwanted mental and bodily reaction patterns and stereotypical responses to stressful situations through Alexander technique. Students improve their skills in identifying unwanted habitual patterns of movement and thought through Alexander technique, and practice mental training in relation to their chosen activity.

### **Module 2: Analysis and application (7.5 ECTS cr)**

In this module, students develop the ability to reflect critically upon cause and effect in relation to mental and bodily reactions to stressful situations, such as performance situations. Students practice their ability to analyse their own mental and bodily responses for instance through filming performances and analysing their own log. Students acquire skills in preventing unwanted habitual patterns of movement and thought through Alexander technique, practice mental training adapted to their chosen activity, and work to develop their own strategy for facilitating performance.

## **Reading List**

See separate document.

## **Examination**

Module 1: Assessment is individual and based on an oral presentation in a seminar and a written hand-in assignment.

Module 2: Assessment is individual and based on musical performance, an oral presentation in a seminar, and a written hand-in assignment.

If students have a decision from Karlstad University entitling them to Targeted Study Support due to a documented disability, the examiner has the right to give such students an adapted examination or to examine them in a different manner.

## **Grades**

One of the grades Distinction (VG), Pass (G), or Fail (U) is awarded in the examination of the course.

## **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.