



Faculty of Arts and Social Sciences  
Music

## Course Reading

### Ergonomics for Musicians V

Valid from 08/26/2019

**Course Code:** MIGIE5

**Course Title:** Ergonomics for Musicians V

**Credits:** 15.0 ETCS cr

**Degree Level:** Undergraduate level

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#### Books

Alexander, F. M. (1998). *The use of the self: Bedre brug af sig selv*. Novis , utdrag ur

Barlow, Wilfred (1990). *The Alexander technique: How to Use Your Body Without Stress*. Rochester: Healing Arts Press kap 1-2

Fagéus, K. (2013). *Musikaliskt flöde: artistisk mental träning för scen och undervisning*. Stockholm: Gehrman's musikförlag , utdrag ur

Green, B. & Gallwey, W.T. (1986). *The inner game of music*. New York: Doubleday , utdrag ur

Jones, F.P. (1997). *Freedom to change: the development and science of the Alexander technique*. London: Mouritz 10 sidor

Kleinman, J. & Buckoke, P (2013). *The Alexander technique for musicians*. London: Bloomsbury Methuen Drama

#### Articles

Jones, Frank Pierce (1967). A technique for musicians

#### Reference material

Alexander, F. M. (1997). *Constructive Conscious Control of the Individual*. STAT Books

Jackson, S.A. & Csíkszentmihályi, M. (2000). *Flow och idrott*. Jönköping: Brain Books

Lehmann, A.C., Sloboda, J.A. & Woody, R.H. (2006). *Psychology for musicians: understanding and acquiring the skills*. New York: Oxford University Press

Werner, K. (2015). *Effortless mastery: liberating the master musician within*. New Albany: Jamey Aebersold Jazz

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Approved by the Faculty Board of Arts and Social Sciences 09/11/2019