COURSE SYLLABUS

Fit To Play: Mind-Body Integration for the Musician

COURSE NUMBER: MUS 4930.001F13 & MUS 5905.011F13

CREDIT HOURS: 2 credit hours

MEETING TIME: Tuesday 4:00 PM – 6:00 PM

MEETING ROOM: MUS 208 & 207

MAJOR INSTRUCTOR: Sang-Hie Lee, PhD. EdD. Professor of Music
Office: MUS 364 Telephone: 974-2311 (o) 746-9209 (h)
E-mail address: slee@usf.edu

ACTIVITY INSTRUCTIONS: Yoga Breathing and Movement by Tina Tidwell, BFA
Musicians’ Strength and Flexibility by Matthew Lazinski, DPT, OT
Mental Fitness & Improvisation by Sang-Hie Lee
Motion capture by Stephanie Carey, PhD

OFFICE HOURS: Tuesday, 2:00 – 3:30 PM and by appointment


RECOMMENDED BOOKS: Musical Performance: A Guide to Understanding


SUPPLEMENTARY READING Will be provided electronically

ATTENDANCE POLICY: Attendance and participation count for 70% of your grade. Students who seek to be excused from work under the university policy on religious observances must give notice no later than the end of the first week of classes by providing the professor with a date and name of the observance.
ACADEMIC DISHONESTY AND DISRUPTION OF ACADEMIC PROCESS:
Refer to the online catalog: http://www.ugs.usf.edu/catalogs/0405/adadap.htm

LEARNING DISABILITIES: Students in need of academic accommodations for a disability may consult with the office of Students with Disabilities Services to arrange appropriate accommodations. Students are required to give reasonable notice prior to requesting an accommodation. Students are required to give reasonable notice prior to requesting an accommodation. Contact SDS at 974-4309 or www.sds.usf.edu.

COURSE DESCRIPTION:

Context:

Fifty percent of collegiate musicians in a test conducted at two prominent music colleges in UK were found to have scored average or below average of the general population in their cardiovascular fitness; and barely ten percent surpassed the target BMI (Body Mass Index) of the general population (William et al 2012). Lee et al study (2012) showed that while college instrumental musicians’ general health habits were adequate, their eating and exercise behaviors are found to be poor. The study also found that the collegiate instrumentalists are ineffectuous of their body movements and tension while keenly aware of their musical efficacy (awareness and comfort level). A combined set of breathing-strengthening-flexibility exercise program developed for the study was found to have helped improve both the physical and musical efficacy of these musicians (awareness and comfort of technique, tone and musical flow). These studies along with several other recent studies show that our collegiate musicians, whose musical activities demand high levels of physical, emotional, and mental fitness (Wynn Perry, 2004), are poorly equipped to handle the tasks on hand. These factors engender a compelling rationale for a need to include a musicians’ fitness course in our music curriculum. USF is fortunate to have an opportunity to create a course that satisfies the need of a comprehensive performance-training program that includes physical and mental components, without incurring a major budget.

Course Description:

This course is open to college instrumentalists who are currently enrolled instrumental performance majors at either the undergraduate or graduate level. The course helps students, through readings and exercise programs, to develop healthy, injury-free playing and effective lifestyle primed for the rigorous physical and mental regime required in music study. Students will read two major books during the course and practice the materials through class discussions. Students will take injury susceptibility tests and fitness tests at the beginning and end of class. The second half of the weekly classes will rotate among yoga, physical strengthening and flexibility exercises, and mental exercise and improvisation. Pre and post Efficacy Survey Data will be collected for a study that analyzes the effects of the program in musicians’ efficacy.
* Pre and post survey, physical examination and motion data analysis will be collected for a study that is being conducted simultaneously during the course. Students MUST sign an IRB Informed Consent form to participate in the study. Students are free to take this course and opt out from participating in the study. There will be neither coercion nor bias regarding participation or non-participation in the study.

The purposes of this course are:

1) to impart research-based physical ad mental fitness factors that are essential in preparing a life and career of a performing musician/teacher; and

2) to provide a program of exercises to improve physical and musical fitness for college musicians that are designed specifically for the performing musician.

3) to examine if the physical and mental program is effective in changing posture, muscle strength and flexibility, musical efficacy, mental preparation for rehearsal, improvisation, and performance.

OBJECTIVES:

- Students will learn about mind-body fitness issues necessary in music study and career.
- Students will participate in a musician-tailored fitness program.
- Students will participate in a study that is designed to examine the benefits of the program.
- Students will develop a lifelong habit of musical-physical-mental fitness.
- Students will develop skills to teach healthy and fit music practice to others.

FORMAT:

The course meets weekly for two hours. Each class will engage in reading a substantial body of materials in the field, class-discussion of the readings, and a hands-on exercise program in class (expected to be followed by daily practice). Class is structured with informal discussion and exercise sessions. Students will engage in all discussions based on assigned reading materials. Often students will be asked and encouraged to take a leading role in discussions.

PHILOSOPHY:

I believe learning takes place best (1) when the content is meaningful and relevant to the learner's experience and purpose; and (2) when the student takes an active role in the process. The course is student-centered and provides the student with a sense of ownership. The expert team of instructors will guide work with students to ingrain a life-time of musician’s fitness habits.
LEARNING OUTCOMES ASSESSMENT:

The sets of pre and post measurements of the following items 1-5 will be compared to see the effect of the course content:

1) Health, Pain, and Injury Inventory (HPI)
2) Physical and Musical Efficacy Test (PME)
3) Mental Fitness Test (MFI)
4) Physical Fitness Tests (Posture, BMI, CardioVascular Measurements)
5) Motion Analysis data at the CARRT
6) Student Projects

GRADING:

Class preparation & contribution 80%
Semester-end project 20%

SEMESTER-END PROJECT:

Semester-end project is a special topic presentation of student’s choice (not a formal paper). Students may opt to write a reflection paper upon readings, discussions and exercises that they have learned during the course.

CONTENT OUTLINE:

- The Art of Practicing
- Settling the Environment
- Yogic Breathing and Flexibility Exercises
- Musician-Tailored Strengthening and Flexibility Exercises
- Mental Exercises
- Deeply Practicing
- Basic Mechanics of Body and Mind
- Coordinating Body-Mind
- Musical Collaboration
- Performance Anxiety: Crafting Confidence
- Memorization Strategies
- Becoming an Artist
- Injury Prevention
- Lifelong Creativity
- Mental Skills Training

RESEARCH LITERATURE:


Krasnow D, Monasterio R, Chatfield SJ. Emerging concepts of posture and alignment. *Med Probl


FALL 2013 SEMESTER ACADEMIC CALENDAR

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<tr>
<th>2013</th>
<th>Tentative August 2013</th>
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<tr>
<td>August 26</td>
<td>Fall, first day of classes</td>
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<td>September 2</td>
<td>Labor Day</td>
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<td>November 11</td>
<td>Veteran’s Day</td>
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<td>November 28 &amp; 29</td>
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<td>December 6</td>
<td>Fall, last day of classes</td>
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<td>December 7 - 13</td>
<td>Final Exam Week</td>
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<td>December 8</td>
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<td>December 14</td>
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<td>December 25</td>
<td>Christmas Holiday</td>
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WEEKLY SCHEDULE

Week 1 (August 17)  
Introduction  
Introduce Musical American Special Report June 2012: Musicians and Their Health Care  
Take Injury Susceptibility Test  
Participating in The Study:
• IRB Consent Form
• Health, Pain, and Injury Inventory (HPI)
• Physical and Musical Efficacy Test (PMET)

5:00-6:00 Intervention Study Powerpoint (Lee)

Assigned Reading for next week: Bruser book, Chapters 4, 5, 6

Week 2 (September 3)

4:00-5:00 Discussion on Bruser Reading

Chapters 4: Settling In: Settling Down in Your Environment
Chapter 5: Turning into Your Heart
Chapter 6: Basic Mechanics

5:00-6:00 Physical Fitness Tests (Posture, BMI, CardioVascular Measurements) (Lazinski)

Assigned Reading for next week: Bruser book, Chapters 12 & 13

Week 3 (September 10)

4:00-5:00 Discussion on Bruser Reading

Chapter 12: The Dancing Body
Chapter 13: Playing by Heart

5:00-6:00 Yoga: Breathing & Stretching Exercises (Tidwell)

Assigned Reading for next week: Klickstein book Chapter 1

Week 4 (September 17)

4:00-5:00 Discussion on Klickstein Reading

Chapter 1: Getting Organized

5:00-6:00 Motion Capture session

Assigned Reading for next week: Klickstein book Chapter 2

Week 5 (September 24)

4:00-5:00 Discussion on Klickstein Reading

Chapter 2: Practicing Deeply, I
Habits of Excellence
Essentials of Artistic Interpretation
Mental Imaging
Warming Up

5:00-6:00 Mental Fitness Exercise & Improvisation (Lee)

Assigned Reading for next week: Klickstein book Chapter 4
Week 6 (October 1)

4:00-5:00 Discussion on Klickstein Reading

Chapter 4: Practicing Deeply, III
- Ripening Your Repertoire
- Taking Breaks
- Memorization Concepts
- Memorization Strategies

5:00-6:00 Yoga: Breathing & Stretching Exercises (Tidwell)

Assigned Reading for next week: Klickstein book Chapter 6

Week 7 (October 8)

4:00-5:00 Discussion on Klickstein Reading

Chapter 6: Musical Collaboration
- Professionalism
- Interacting in Rehearsal
- Correlating Solitary and Group Practice
- Igniting Synergy
- Forming a Musical Group

5:00-6:00 Physical Fitness for Musicians Exercise (Lazinski)

Check posture with instruments

Assigned Reading for next week: Klickstein book Chapter 7

Week 8 (October 15)

4:00-5:00 Discussion on Klickstein Reading

Chapter 7: Unmasking Performance Anxiety
- Fearless Performance
- Unmasking Performance Anxiety
- The Basic Anxiety Equation
- Anxiety’s Effects
- The Roots of Performance Anxiety
- Portraits of Anxious Performer
- Crafting Confidence

5:00-6:00 Mental Fitness Exercise & Improvisation (Lee)

Assigned Reading for next week: Klickstein book Chapter 9

Week 9 (October 22)

4:00-5:00 Discussion on Klickstein Reading

Chapter 9: Becoming a Performing Artist, II
- Stage Deportment
- Shaping Your Stage Presence
Starting and Ending
Harnessing On-State Energy
Connecting with an Audience

5:00-6:00 Yoga: Breathing & Stretching Exercises (Tidwell)

Assigned Reading for next week: Klickstein book Chapter 11

Week 10 (October 29)

4:00-5:00 Discussion on Klickstein Reading

Chapter 11: Performing Like a Pro
The Peak-Performance Myth
Designing Concert Programs
Three Model Programs
Creating a Preparation Timeline
Auditions and Competitions
The Recording Studio

5:00-6:00 Physical Fitness for Musicians Exercise (Lazinski)

Strengthening
Flexibility

Assigned Reading for next week: Klickstein book Chapter 12

Week 11 (November 5)

4:00-5:00 Discussion on Klickstein Reading

Chapter 12: Injury Prevention, I
Lifelong Creativity
Musicians and Injuries
Causes of Injury
Warning Signs and Responses
Injury-Prevention Basics
Recovering from Injury

5:00-6:00 Mental Fitness Exercise & Improvisation (Lee)

Assigned Reading for next week: Klickstein book Chapter 14

Week 12 (November 12)

4:00-5:00 Discussion on Klickstein Reading

Chapter 14: Succeeding as a Student
Student-Teacher Dynamics
Appreciating Criticism
Embracing Career Challenges
Counteracting Substance Abuse
Boosting creativity
5:00-6:00 Yoga: Breathing & Stretching Exercises (Tidwell)

Assigned Reading for next week: Bruser book Chapters 8-11

Week 13 (November 19)  4:00-5:00 Discussion on Bruser Reading

Chapter 8: Three Styles of Struggle
Chapter 9: Simplicity
Chapter 10: Pure Perception
Chapter 11: Spontaneous Insight

5:00-6:00 Mental Fitness Exercise & Improvisation (Lee)

Assigned Reading for next week: Bruser book Chapter 11

Week 14 (November 26)  4:00-5:00 Student Projects

5:00-6:00 Motion Capture session

Week 15 (December 3)  Post Surveys of The Study:
• Health, Pain, and Injury Inventory (HPI)
• Physical and Musical Efficacy Test (PMET)
• Mental Fitness Test (MFT)

Physical Fitness Tests (Posture, BMI, CardioVascular Measurements) (Lazinski)