

IDH 3931: Music and Health **Fall 2017, 3 credits**

Instructor: Ferol Carytsas, M.M.

Meeting Time & Location: Mondays 5:10-7:05pm, HPNP G-112

Office: UF Health Shands Cancer Hospital, 1515 SW Archer Road Room 1302

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Office Hours: by appointment

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Course Description

This course will engage the student by exploring how music can support health and wellbeing while examining its use with various health conditions and in clinical and community healthcare environments. Students will actively listen to musical compositions of various genres, identify their historical contexts and stylistic characteristics, and consider their use and potential impact in healthcare. Students will acquire fundamental vocabulary for discussing history, theory and methodologies of music. In addition to reviewing music in health and music therapy research, students will explore the intersection between music, psychology, cognition, human behavior, maintenance of musicians' health, and medical challenges of performing artists and composers.

Course Objectives

By the end of the course, students will:

1. Demonstrate an understanding of how music is utilized to enhance healing as a complement to health, wellness and/or the healthcare experience.
2. Articulate the difference between music in medicine and music therapy.
3. Identify musical compositions based on their composer, stylistic characteristics and historical context.
4. Develop critical thinking and research skills through literature review.

Course Materials

- Thompson, W. F. (2014). *Music, thought, and feeling: Understanding the psychology of music* (2nd ed.). Oxford University Press. ISBN: 978-0199947317
- Forney, K., & Machlis, J. (2011). *The enjoyment of music: An introduction to perceptive listening* (11th ed.). New York, NY: W.W. Norton and Company. ISBN: 978-0393934151 (UF Library: *MT90 .M23 2011*)
- Norton, W.W. The Norton Recordings ISBN: 978-0-393-11836 (UF Library: CD-8079)

Course format and content

This course is designed to provide a hybrid experience, including in person class meetings and online activities. The class will meet in person two hours a week and one hour online utilizing Canvas. In class meetings will include lectures, guest presenters and student presentations. The online portion will be a blend of self-paced and group activities.

Students are expected to actively engage in person and online. This course meets the 6000 word Gordon Rule requirement. The general scope and content is as follows:

- Listening Exams: two listening exams based on assigned listening materials
- Concert Review: attend at least one concert and submit one 500 word report
- Essays: submit four 500 word essays on assigned topics
- Online discussion boards: weekly discussion board posts on varying assigned topics
- Quizzes: weekly online quizzes on assigned chapters and course related materials
- International Health Challenge Song: identify an international health challenge and write lyrics to educate others about the challenge through setting your text to existing music or creating your own composition
- Research Presentation: a 45 minute research presentation presented in class
- Research Paper: a 2500-3000 word research paper based on an approved research topic
- Final Exam: a cumulative exam based on readings and research presentations

Evaluation: 3150 points

- Attendance: 300 points (20 points per class)
- Online Discussions: 150 points (10 points per discussion)
- Online Quizzes: 100 points (10 points per quiz)
- Listening Exams: 400 points (200 points per exam)
- Concert Review: 100 points
- International Health Challenge Song: 100 points
- Essays: 800 points (200 points per essay)
- Research Presentation: 500 points
- Research Paper: 500 points
- Final Exam: 200 points

Grading Scale

Letter Grade	% Equivalency	GPA Equivalency
A	94-100	4.00
A-	91-93	3.67
B+	88-90	3.33
B	84-87	3.00
B-	81-83	2.67
C+	78-80	2.33
C	74-77	2.00
C-	71-73	1.67
D+	68-70	1.33
D	64-67	1.0
D-	61-63	.67
E	60 or below	0.00

Policies

Attendance: Attendance will be taken at the beginning of each class. Course objectives will be met by attending and actively participating in each class session. Students are expected to arrive to class on time, stay the entire class period and be prepared to participate in all class activities. Students are accountable for materials covered in lectures and discussions. If a student misses a class, it is their responsibility to contact other students to find out what was missed.

- **Courtesy Policy:** No use of computers or other electronic devices will be permitted. This means no talking on cell phones, ringing or beeping, texting, Facebooking, tweeting, or emailing during class. No noisy or smelly eating is allowed. Inappropriate behavior will result in a request to leave class.
- **Late Arrival/Early Departure Policy:** Students that arrive 30 minutes late or leave 30 minutes early will receive a 50% deduction in attendance points for that class.
- **Recording classroom sessions:** To ensure free and open discussion of ideas, students are not allowed to record classroom lectures, discussions or activities without advance written permission of the instructor.

Assignments: All written assignments should be submitted via Canvas unless other arrangements have been made with the instructor.

- **Late Assignment Policy:** Assignments will be accepted no later than one week after the due date. Points will be deducted from late assignments at a rate of 5% a day. The instructor will not accept work submitted later than one week following the deadline except in extenuating circumstances and with prior approval by the instructor.
- **Source Citations:** All assignments should be formatted in APA style, double spaced and 12 point font, such as Times New Roman or Cambria. Research must include a bibliography citing all sources used.

Communication: Each student is issued a University email address upon admittance. This email address may be used by the University for official communication with students. Students are expected to read email sent to this account on a regular basis. Failure to read and react to University communications in a timely manner does not absolve the student from knowing and complying with the content of the communication.

- **Email:** Email is the preferred communication method. The instructor will attempt to respond to all emails within 48 hours, excluding weekends where the time might be slightly longer.

Academic Honesty: The university's policies regarding academic honesty, the honor code, and student conduct related to the honor code will be strictly enforced. Full information regarding these policies is available at the following links:

- Academic Honesty: <https://catalog.ufl.edu/ugrad/current/advising/info/student-honor-code.aspx#honesty>
- Honor Code: <https://www.dso.ufl.edu/sccr/process/student-conduct-honor-code/>
- Student Conduct: <https://catalog.ufl.edu/ugrad/current/advising/info/student-honor-code.aspx#conduct>

Disabilities: Students requesting classroom accommodation must first register with the Dean of Students Office (352.392.8565, www.dso.ufl.edu/drc/). The Dean of Students Office will provide documentation to the instructor when requesting accommodation.

Campus Resources:

- *Counseling and Wellness Center*
352-392-1575
www.counseling.ufl.edu/cwc/Default.aspx
- *Sexual Assault Recovery Services (SARS), Student Health Care Center*
352-392-1161
- *University Police Department*
352-392-1111
www.police.ufl.edu/

Academic Resources:

- *E-learning Technical Support*
352-392-4357
www.lss.at.ufl.edu/help.shtml
- *Career Resource Center, Reitz Union*
352-392-1601
www.crc.ufl.edu
- *Library support*
www.cms.uflib.ufl.edu/ask

Course Evaluations: Students are expected to provide feedback on the quality of instruction in this course. These evaluations are conducted online at <https://evaluations.ufl.edu>. Evaluations typically open during the last two or three weeks of the semester.

This syllabus is subject to change at the discretion of the instructor.