

IDH 3931/HUM 4930: Music and Health Fall 2018, 3 credits

Instructor: Ferol Carytsas, M.M.
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Meeting Time: Mondays, 5:10-7:05pm
Meeting Location: HPNP, G-109

Course Description

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. 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 acquire fundamental research and communication skills for scholarly discussion of music in health.

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 health and music therapy.
3. Develop deeper appreciation for classical music.
4. Develop critical thinking and research skills.
5. Illustrate effective communication in verbal and written form.

Course Materials

- Thompson, W. F. (2014). *Music, thought, and feeling: Understanding the psychology of music* (2nd ed.). Oxford University Press. ISBN: 978-0199947317
- Other readings, as assigned

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 eLearning 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. The general scope and content is as follows:

- Essays: submit five 500 word essays on assigned topics
- Online discussion boards: regularly scheduled discussion board posts on varying assigned topics
- Quizzes: 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 30 minute research presentation presented in class
- Research Paper: a 2000-2500 word research paper based on an approved research topic
- Final Exam: a cumulative exam based on readings and research presentations

Course Schedule

Week	Module	Content/Research Presentations	Major Assignments Due
1	Introduction to Music and Health	Music and Health Overview	Research Presentation Sign-Up
2	Origins of Music	Introduction to the Origins of Music	M2 Quiz
3	Music and Health Research	Research 101 at the Library	Essay #1; Research Paper Sign-Up
4	Music History and Theory	Music Theory and History Basics	
5	Musical Building Blocks	Physics of Sound; Music and Neonatology	M5 Quiz
6	Music Acquisition	Music and Language; Music Education Methods	M6 Quiz
7	Music and Wellbeing	Alive Inside	M7 Quiz Essay #2
8	Perceiving Musical Structure	Mozart Effect; Music and Autism	M8 Quiz Essay #3
9	Music and the Brain	Music and Neuroimaging; Music and PTSD and Substance Abuse	M9 Quiz; Cross-Cultural Approach Sign-up
10	Music and Emotion	Emotional Effects of Music; Effects of Background Music	Research Paper Draft
11	Performing Music	Performance Anxiety; Vocal Production and Health	M11 Quiz Essay #4
12	Music and Other Abilities	Cross-Cultural Approaches	M12 Quiz Research Paper Peer Reviews
13	Self Care	TBD	
14	Composing Music	International Health Song Challenge	M14 Quiz; International Health Song Challenge
15	Finale	Review	Final Exam Research Paper
This schedule is subject to change at the discretion of the instructor. Please refer to the Canvas course page for updates.			

Evaluation: 1000 points

- Research assignments: 350 points
- Essays (including Concert Review): 150 points (30 points per essay)
- Participation: 150 points (various assignments)
- Online Discussions: 100 points
- Online Quizzes: 100 points (10 points per quiz)
- Final Exam: 100 points
- International Health Challenge Song: 50 points

Grading Scale

<https://catalog.ufl.edu/ugrad/current/regulations/info/grades.aspx>

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 is mandatory and 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 discussions and 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. Requirements for class attendance and make-up exams, assignments, and other work in this course are consistent with university policies that can be found at:

<https://catalog.ufl.edu/ugrad/current/regulations/info/attendance.aspx>.

- **Courtesy Policy:** Students are expected to behave in a manner that is respectful to the instructor and fellow students. Opinions held by other students should be respected in discussion and conversations that do not contribute to the discussion should be minimal. Please avoid the use of cell phones and other electronic devices and restrict eating to outside of the classroom. Inappropriate behavior will result in a request to leave 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:** The instructor will not accept late work 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. 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 through Canvas is the preferred communication method. The instructor will attempt to respond to all emails within 48 hours, excluding weekends or holidays 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 or 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 or www.police.ufl.edu/

Academic Resources:

- *E-learning Technical Support*
352-392-4357 or www.lss.at.ufl.edu/help.shtml
- *Career Resource Center*, Reitz Union
352-392-1601 or 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.