

## 740-345 Music and Health

<b>Credit Points:</b>	12.500
<b>Level:</b>	Undergraduate
<b>Dates &amp; Locations:</b>	2008, This subject commences in the following study period/s: Semester 2, - Taught on campus. On campus
<b>Time Commitment:</b>	Contact Hours: 1 two-hour lecture per week Total Time Commitment: 120 hours
<b>Prerequisites:</b>	Offered as breadth: nil
<b>Corequisites:</b>	None
<b>Recommended Background Knowledge:</b>	None
<b>Non Allowed Subjects:</b>	None
<b>Core Participation Requirements:</b>	It is University policy to take all reasonable steps to minimise the impact of disability upon academic study, and reasonable adjustments will be made to enhance a student's participation in the University's programs. Students who feel their disability will impact on meeting the requirements of this subject are encouraged to discuss this matter with a Faculty Student Adviser and the Disability Liaison Unit.
<b>Coordinator:</b>	Dr Katrina McFerran
<b>Subject Overview:</b>	<p>This subject will provide an overview of the ways that music can be used to promote physical health and healthy behaviours for a range of people, including musicians. Topics covered will include music for expression, relaxation, anxiety reduction and communication. Students will be involved in experiential activities underpinned by theoretical knowledge. They will also contribute to weekly web-based discussion that furthers understanding of topics covered in class.</p> <p>On completion of the subject students should be able to:</p> <ul style="list-style-type: none"> <li># Reflect on the relationship between music and health</li> <li># Identify areas for musical development outside the technique / competency spectrum</li> <li># Develop skills in using music to reduce anxiety and improve communication</li> </ul>
<b>Assessment:</b>	Two 1500 word essays due approximately mid-semester and end of semester (40% & 50% respectively); contribution to weekly web-based discussion (10%).
<b>Prescribed Texts:</b>	Katsch, S. & C. Merle-Fishman. The Music within you. Gilsum, NH: Barcelona Publishers, 1995.
<b>Breadth Options:</b>	<p>This subject potentially can be taken as a breadth subject component for the following courses:</p> <ul style="list-style-type: none"> <li># Bachelor of Arts</li> <li># Bachelor of Biomedicine</li> <li># Bachelor of Commerce</li> <li># Bachelor of Environments</li> <li># Bachelor of Science</li> <li># Bachelor of Engineering</li> </ul> <p>You should visit <b>learn more about breadth subjects</b> (<a href="http://breadth.unimelb.edu.au/breadth/info/index.html">http://breadth.unimelb.edu.au/breadth/info/index.html</a>) and read the breadth requirements for your degree, and should discuss your choice with your student adviser, before deciding on your subjects.</p>
<b>Fees Information:</b>	Subject EFTSL, Level, Discipline & Census Date, <a href="http://enrolment.unimelb.edu.au/fees">http://enrolment.unimelb.edu.au/fees</a>

<b>Generic Skills:</b>	<p>On completion of this subject students should have:</p> <ul style="list-style-type: none"><li># greater awareness of healthy behaviours for life</li><li># improved non-verbal communication skills</li><li># enhanced capacity to consider subjective and objective aspects of life experiences.</li></ul>
<b>Related Course(s):</b>	<p>Bachelor of Arts &amp; Bachelor of Music Bachelor of Music Bachelor of Music (Performance) Bachelor of Music and Bachelor of Commerce Bachelor of Music and Bachelor of Laws Bachelor of Music and Bachelor of Teaching Diploma in Music (Practical) Diploma in Music (Practical)</p>