MUSI20150 Music and Health

Credit Points:	12.5
Level:	2 (Undergraduate)
Dates & Locations:	2015, Parkville This subject commences in the following study period/s: Semester 2, Parkville - Taught on campus.
Time Commitment:	Contact Hours: 1 two-hour lecture per week Total Time Commitment: 120 hours
Prerequisites:	None
Corequisites:	N/A
Recommended Background Knowledge:	N/A
Non Allowed Subjects:	N/A
Core Participation Requirements:	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.
Coordinator:	Prof Katrina Skewes Mcferran
Contact:	Coordinator: **k.mcferran@unimelb.edu.au (mailto:k.mcferran@unimelb.edu.au)** Contact Centre T: 13 MELB (6352) E: **13melb@unimelb.edu.au (mailto:13melb@unimelb.edu.au)** Melbourne Conservatorium of Music VCA and MCM Student Centre E: **mcm-ugrad@unimelb.edu.au (mailto:mcm-ugrad@unimelb.edu.au)** W: **www.conservatorium.unimelb.edu.au (http://www.conservatorium.unimelb.edu.au)**
Subject Overview:	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. 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.
Learning Outcomes:	On completion of the subject students should be able to: # Reflect on the relationship between music and health # Identify areas for musical development outside the technique / competency spectrum # Develop skills in using music to reduce anxiety and improve communication
Assessment:	Two 1500 word essays due approximately mid-semester and end of semester (40% & 50% respectively); contribution to weekly web-based discussion (10%).
Prescribed Texts:	Levitin, D.J. The world in six songs: How the musical brain created human nature. London: Dutton Publishers, 2008.
Breadth Options:	This subject potentially can be taken as a breadth subject component for the following courses: # **Bachelor of Arts (https://handbook.unimelb.edu.au/view/2015/B-ARTS)** # **Bachelor of Biomedicine (https://handbook.unimelb.edu.au/view/2015/B-BMED)**

	# **Bachelor of Commerce (https://handbook.unimelb.edu.au/view/2015/B-COM)** # **Bachelor of Environments (https://handbook.unimelb.edu.au/view/2015/B-ENVS)** # **Bachelor of Science (https://handbook.unimelb.edu.au/view/2015/B-SCI)** # **Bachelor of Engineering (https://handbook.unimelb.edu.au/view/2015/B-ENG)** You should visit **learn more about breadth subjects (http://breadth.unimelb.edu.au/breadth/info/index.html)** and read the breadth requirements for your degree, and should discuss your choice with your student adviser, before deciding on your subjects.
Fees Information:	Subject EFTSL, Level, Discipline & Census Date, http://enrolment.unimelb.edu.au/fees
Generic Skills:	On completion of this subject students should have: # greater awareness of healthy behaviours for life # improved non-verbal communication skills # enhanced capacity to consider subjective and objective aspects of life experiences.
Related Majors/Minors/ Specialisations:	Graduate Diploma and Certificate Elective subjects Music Studies Electives
Related Breadth Track(s):	Music, Mind and Wellbeing