

HUM 4930: Music and Health **Spring 2018, 3 credits**

Instructor: Ferol Carytsas, M.M.

Meeting Time & Location: Mondays 5:10-7:05pm, HPNP G-108

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

Office Phone: 352.733.0880

Office Hours: by appointment

Email: carytf@shands.ufl.edu

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

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: 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 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

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 (10 points per discussion)
- 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 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:** 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.
- **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 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.