

## HUM 3523/IDH 3931 Music and Health Fall 2019, 3 credits

**Instructor:** Ferol Carytsas, M.M.  
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**Meeting Time:** Mondays, 10:40a- 12:35p  
**Meeting Location:** LIT 0117

### Course Description

Students will review music therapy and music in health research to assess, orally and in scholarly writing, how music can be utilized to enhance wellbeing, the intersections between music and psychology/cognition/human behavior, as well as health maintenance issues and medical challenges of performing artists.

**Note:** This course fulfills one of the curriculum requirements of the International Scholars Program. Learn more about how you can obtain a graduation medallion and diploma <https://internationalcenter.ufl.edu/global-learning/international-scholars-program>.

### Course Objectives

By the end of the course, students will:

1. Explain 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 familiarity with historical genres of classical music and its cross-disciplinary application.
4. Evaluate research on music in healthcare settings with sensitivity to varied cultural perspectives.
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	Music History and Theory	Music Theory and History Basics	
3	Origins of Music	Introduction to the Origins of Music	M3 Quiz
4	Music and Health Research	Research 101 at the Library	Essay #1; Research Paper Sign-Up
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	Music and Dementia; Music and Movement Disorders	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	Practice	Alive Inside	
12	Music and Other Abilities	Cross-Cultural Approaches	M12 Quiz Research Paper Peer Reviews
13	Performing Music	Performance Anxiety; Vocal Production and Health	M13 Quiz Essay #4
14	Composing Music	International Health Song Challenge	M14 Quiz; International Health Song Challenge
15	Review	Review	Research Paper
16	Finale	No class	Final Exam
<p><b>This schedule is subject to change at the discretion of the instructor. Please refer to the Canvas course page for updates.</b></p>			

## 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. Arriving 30 minutes late or leaving 30 minutes early will receive a 50% deduction in attendance points for that class. Every 2 late arrivals or early departures will result in an absence. 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:** Students will be given three days after the due date to make up any material missed for a grade deduction of 5% per day. In the case of extenuating circumstances, arrangements will be made on a case-by-case basis through written documentation between the student and 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 with disabilities requesting accommodations should first register with the Disability Resource Center (352.392.8565, [www.dso.ufl.edu/drc/](http://www.dso.ufl.edu/drc/)) by providing appropriate documentation. Once registered, students will receive an accommodation letter which must be presented to the instructor when requesting accommodation. Students with disabilities should follow this procedure as early as possible in the semester.

**Campus Resources:**

- *U Matter, We Care*
- 352-392-1575 or [umatter@ufl.edu](mailto:umatter@ufl.edu)
- *Counseling and Wellness Center*  
352-392-1575 or [www.counseling.ufl.edu/cwc/Default.aspx](http://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/](http://www.police.ufl.edu/)

**Academic Resources:**

- *E-learning Technical Support*  
352-392-4357 or [www.lss.at.ufl.edu/help.shtml](http://www.lss.at.ufl.edu/help.shtml)
- *Career Resource Center*, Reitz Union  
352-392-1601 or [www.crc.ufl.edu](http://www.crc.ufl.edu)
- *Library support*  
[www.cms.uflib.ufl.edu/ask](http://www.cms.uflib.ufl.edu/ask)
- *Writing Studio*  
352-846-1138 or <https://writing.ufl.edu/writing-studio/>
- Student Complaints On-Campus  
<https://sccr.dso.ufl.edu/policies/student-honorcode-student-conduct-code/>

**Course Evaluations:** Students are expected to provide professional and respectful feedback on the quality of instruction in this course by completing course evaluations online via GatorEvals. Guidance on how to give feedback in a professional and respectful manner is available at <https://gatorevals.aa.ufl.edu/students/>. Students will be notified when the evaluation period opens, and can complete evaluations through the email they receive from GatorEvals, in their Canvas course menu under GatorEvals, or via <https://ufl.bluera.com/ufl/>. Summaries of course evaluation results are available to students at <https://gatorevals.aa.ufl.edu/public-results/>.

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