

## HUM 3523/IDH 3931 Music and Health

Fall 2020, 3 credits

**Instructor:** Ferol Carytsas, M.M.

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**Office Phone:** 727.275.0111

**Office Hours:** Tuesdays 1-4 or by appointment

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**Meeting Time:** Mondays, 10:40a- 12:35p

**Meeting Location:** Online, via Zoom

### 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>.

It also fulfills one of the curriculum requirements of the Music in Medicine Certificate. Learn more about the certificate: <https://arts.ufl.edu/academics/center-for-arts-in-medicine/programs/music-in-medicine/>.

### 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. Evaluate research on music in healthcare settings with sensitivity to varied cultural perspectives.
4. 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 will meet synchronously online for two hours, once a week and models a graduate seminar format. Classes will include lectures, guest presenters and student presentations. Students are expected to actively engage by arriving to class on time and behaving in a manner that is respectful to the instructor and fellow students. The general scope and content is as follows:

- Essays: submit three 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
- Final Paper: a 1500-2000 word paper based on an approved research topic
- Final Exam: a cumulative exam based on course content

## Course Schedule

Week	Module	Content/Research Presentations	Assignments
1	Introduction to Music and Health	Music and Health Overview	Syllabus Agreement M1 Introduction M1 Questionnaire
2	Music History and Theory	Music Theory and History Basics	Music Theory Quiz Music History Quiz M2 Discussion Research Presentation Sign-Up
3	Origins of Music	Introduction to the Origins of Music	M3 Discussion M3 Quiz
4	Music and Health Research	Research 101	Listening Room Research Paper Sign-Up Essay #1
5	Musical Building Blocks	Physics of Sound; Music and Neonatology	M5 Discussion M5 Quiz
6	Music Acquisition	Music and Language; Music Education Methods	M6 Discussion M6 Quiz
7	Music and Wellbeing	Music and Dementia; Music and Movement Disorders	Essay #2
8	Perceiving Musical Structure	Mozart Effect; Music and Autism	M8 Quiz Mid-semester Feedback
9	Music and the Brain	Music and Neuroimaging; Music and PTSD and Substance Abuse; Music and Pain	M9 Discussion Research Paper Draft Cross-Cultural Approach Sign-up
10	Music and Emotion	Emotional Effects of Music; Effects of Background Music	M10 Quiz Essay #3
11	Practice	Considerations of Practice	M11 Discussion Research Paper Peer Reviews
12	Music and Other Abilities	Cross-Cultural Approaches	M12 Quiz M12 Discussion International Health Song Interviews
13	Performing Music	Performance Anxiety; Vocal Production and Health	No assignments due
14	Composing Music	International Health Song Challenge Performances	International Health Song Challenge
15	Finale	Review	Research Paper Final Reflection Final Exam

**This schedule is subject to change at the discretion of the instructor.  
Please refer to the Canvas course page for details and updates.**

## Evaluation

- Research Assignments: 45%
- Essays: 20%
- Quizzes and Test: 15%
- Discussions: 10%
- Participation: 10%

## Grading Scale

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

Please note that a C- is no longer an acceptable grade for any course in which a 2.0 GPA is required, for example, any course in the major. UF grading policy website:

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

## Policies

**Attendance:** 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>.

- **COVID-19:** If you are experiencing COVID-19 symptoms, please use the UF Health screening system and follow the instructions on whether you are able to attend class.
  - Course materials will be provided to you with an excused absence, and you will be given a reasonable amount of time to make up work.
- **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. Inappropriate behavior will result in a request to leave class.
- **Recording classroom sessions:** Our class sessions may be audio visually recorded for students in the class to refer back and for enrolled students who are unable to attend live. Students who participate with their camera engaged or utilize a profile image are

agreeing to have their video or image recorded. If you are unwilling to consent to have your profile or video image recorded, be sure to keep your camera off and do not use a profile image. Likewise, students who un-mute during class and participate orally are agreeing to have their voices recorded. If you are not willing to consent to have your voice recorded during class, you will need to keep your mute button activated and communicate exclusively using the "chat" feature, which allows students to type questions and comments live. The chat will not be recorded or shared. As in all courses, unauthorized recording and unauthorized sharing of recorded materials is prohibited.

**Assignments:** All written assignments should be submitted via Canvas unless other arrangements have been made with the instructor. The instructor will attempt to grade all assignments within 1 week of submission.

- **Late Assignment Policy:** Students will be given three days after the due date to make up any missed material, but there will be a grade reduction 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.

**Health and Wellness 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/)
- *UF Health Shands Emergency Room / Trauma Center*  
352-733-0111 or <https://ufhealth.org/emergency-room-trauma-center>

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/>.

This syllabus is subject to change at the discretion of the instructor.