

HUM 3523/IDH 3931 Music and Health

Fall 2021, 3 credits

Instructor: Ferol Carytsas, M.M.

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Office Hours: Tuesdays 2-5 or by appointment

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

Meeting Location: LIT 117

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 250 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
- Group 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 | Origins of Music | Introduction to the Origins of Music | M2 Discussion M2 Quiz |
| 3 | Music History and Theory | Music Theory and History Basics | Music Theory Quiz Music History Quiz M3 Discussion Research Presentation Sign-Up |
| 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 |

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|---|---------------------------|--|--|
| 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 | International Health Song Challenge Performance | Research Paper Final Reflection Final Exam |
| <p>This schedule is subject to change at the discretion of the instructor. Please refer to the Canvas course page for details and updates.</p> | | | |

Evaluation

- Research Assignments: 50%
- Essays: 20%
- Quizzes and Test: 15%
- Discussions: 10%
- Participation: 5%

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>

Grading Feedback from Instructor: It is the instructor's intention to grade all assignments within 1 week of their submission. Assignments will have a rubric that the instructor will use to evaluate students' grades. Rubrics for assignments can be found directly under the assignment instructions. The instructor will potentially leave grading feedback in three places:

1. Assignment Rubrics
2. Submission Comments
3. In-text annotated feedback in the text of the document submitted

Students are responsible for checking all of these places to benefit from instructor feedback. Your grades may be dependent on reading this feedback and making appropriate adjustments to future assignments.

Additionally, the instructor will actively engage with students in class and online through weekly discussions, lectures, and in class demonstrations.

Policies

Attendance: 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/UGRD/academic-regulations/attendance-policies/>

- Attendance 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.
 - If you have personal issues that prohibit you from joining freely in class discussion, (e.g., shyness, language barriers, etc.) see the instructor as soon as possible to discuss alternative modes of participation.
- 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.

Student Expectations: This course is a sequential course (meaning we have a set meeting time each week). There are also set deadlines each week. All courses require personal time management and attention to deadlines.

- This course is 3 credits and is 15 weeks long. As a student, you should expect 2-3 hours of work outside of classroom time per 1 credit in a course. Since this is a three course, you should anticipate spending 6-9 hours a week on assignments outside of class. This time will be split between reading and watching course material, researching, working on group activities, and writing your course papers. The amount of time per week will vary. Some weeks you will have much less than 6 hours of work and other weeks you might have more depending on what is assigned, what is due and how you manage your time.
- 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: Students are allowed to record video or audio of class lectures. However, the purposes for which these recordings may be used are strictly controlled. The only allowable purposes are (1) for personal educational use, (2) in connection with a complaint to the university, or (3) as evidence in, or in preparation for, a criminal or civil proceeding. All other purposes are prohibited. Specifically, students may not publish recorded lectures without the written consent of the instructor.

A “class lecture” is an educational presentation intended to inform or teach enrolled students about a particular subject, including any instructor-led discussions that form part of the presentation, and delivered by any instructor hired or appointed by the University, or by a guest instructor, as part of a University of Florida course. A class lecture does not include lab sessions, student presentations, clinical presentations such as patient history, academic exercises involving solely student participation, assessments (quizzes, tests, exams), field trips, private conversations between students in the class or between a student and the faculty or lecturer during a class session. Publication without permission of the instructor is prohibited.

To “publish” means to share, transmit, circulate, distribute, or provide access to a recording, regardless of format or medium, to another person (or persons), including but not limited to another student within the same class section. Additionally, a recording, or transcript of a recording, is considered published if it is posted on or uploaded to, in whole or in part, any media platform, including but not limited to social media, book, magazine, newspaper, leaflet, or third party note/tutoring services. A student who publishes a recording without written consent may be subject to a civil cause of action instituted by a person injured by the publication and/or discipline under UF Regulation 4.040 Student Honor Code and Student Conduct Code.

Course Communication: It is the student’s responsibility to communicate with the instructor promptly concerning any circumstances that might affect participation in the course. Please do not let any questions or concerns go unattended. It is the instructor’s intention to respond to all e-mail communication within 24 hours during weekdays and 48 hours on the weekend. It is important to email the instructor through the Canvas feature as the instructor prioritizes these emails.

- Netiquette/Communication Courtesy: Written communication and electronic interaction are central to learning. All members of the class are expected to follow rules of common courtesy in all email messages, threaded discussions and other communication structures. Students are expected to understand the common principles of netiquette. Additionally, please check spelling, grammar and formatting as is consistent with college-level correspondence.
- Canvas Notifications: It is strongly recommended that students set their Canvas notifications to alert them by email to the following course communications from the Instructor:
 - Announcements
 - Submission Comments
 - Conversations (Canvas emails)
 - Grades
 - Due Dates

Students can do this by clicking on their Avatar on the left navigation bar > Click Notifications > and make sure that the checkmark icon is toggled green under the appropriate functions. Students will be responsible for timely responses (within 24 hours) to these Instructor communications even if they don't set their notifications.

- General Course Questions: Before asking general questions of the instructor, be sure to check the syllabus, the course Canvas website, Announcements, and the Student-to-Student Discussion, as your instructor will direct you to these sources. If your question is specific to your own work, progress, circumstances, grade, or is personal in nature, please email the instructor privately using the mail function in Canvas.
- Office Hours: Students are highly encouraged to attend office hours with the instructor at least once during the semester. Office hours are held weekly. Office hours can be useful to: Get to know your faculty member and ensure they are getting to know you as a student, talking through issues that are confusing or unclear from class, getting assistance with writing assignments in advance of the assignment deadline, following-up after an assignment has been graded to ask questions and learn how to improve for future assignments, to ask questions about course content that there wasn't time for in class, and talking to your faculty member about future goals that might relate to course content or their area of expertise. If you have class during the instructor's office hours, please email through Canvas and request an alternate meeting time.

Assignments: All assignments should be submitted through Canvas and are due by 11:59pm on their due date.

- Late assignments: A deduction of 5% of the total assignments will be deducted per 24-hour late period. After 7 days, late assignments will not be accepted without a University-approved reason. No late work will be accepted for unexcused absences.
- Formatting style for Documents: All work submitted must use APA formatting. Please do not turn in documents unless they include document formatting (name, title and page numbers). You also need to include in-text citations, and reference lists when appropriate for the assignment. Be sure to properly cite all sources that you quote or paraphrase.

See the APA Style Guide:

https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_formatting_and_style_guide/general_format.html or the *Publication manual of the American Psychological Association (6th ed.)*.

- Students should be mindful that formatting from other sources, especially automatic formatting software such as Google Scholar, may not be reliable and points will be deducted for improper formatting.

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/) 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
- *Counseling and Wellness Center*
352-392-1575 or 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/
- *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
- *Career Resource Center*, Reitz Union
352-392-1601 or www.crc.ufl.edu
- *Library support*
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.