

HUM 3523: Music and health

Fall 2025, 3 credit

Instructor: Maria Kuge, M.A.
Hours: Mondays, 4:05-4:55pm (virtual)
Email: mkuge@ufl.edu

Meeting Time: Mon., 5:10-7:05pm ET
Meeting Location: Online ([link here](#))

Course Description

Students will review music in health and music therapy 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 Music in Medicine Certificate. Learn more about the certificate:

<https://arts.ufl.edu/academics/center-for-arts-in-medicine/programs/music-in-medicine/> Links to an external site.

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

- All required course materials will be provided by the instructor

Recommended Course Materials

- Machi, L. A., & McEvoy, B. T. (2016). *The literature review: Six steps to success*. Thousand Oaks, Calif: Corwin Press. ISBN: 978-1506336244 (3rd edition)
- American Psychological Association. (2020). *Publication manual of the American Psychological Association 2020: the official guide to APA style* (7th ed.). American Psychological Association.

Course Format and Content

This course will meet 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.

Coursework and Graded Work

Assignment	Word Requirement	Percentage of Final Grade
Essays	500-700 words	250 points (25%) 50 points each
Presentation	30-minute presentation	200 points (20%)
Research Paper	1,500-2,000 words	350 points (35%)
Final Exam		100 points (10%)
Attendance and Participation		100 points (10%)

Course Schedule

WEEK	MODULE	CONTENT / RESEARCH PRESENTATIONS	ASSIGNMENTS (due Fri. each week unless indicated)
1 8/25	Introduction to Music and Health	Music and Health Overview Introductions and Syllabus	Presentation sign-up
No Class due to Labor Day			
2 9/8	Origins of Music	Introduction to the Origins of Music	
3 9/15	Music History and Theory	Music History Music Theory	Essay 1: CAT vs AIH
4 9/22	Music and Health Research	Research 101	Research Paper Topic
5 9/29	Musical Building Blocks	Physics of Sound Music and Neonatology	Discussion Post: Musical Potuck *Initial post due Wed, reply by Fri
6 10/6	Music Acquisition	Music and Language Music Education Models	Research Paper Annotated Bibliography Research Paper Outline
7 10/13	Music and Wellbeing	Music and Dementia Music and Movement Disorders	Essay 2: Concert Review *10/14 Jazz band, 10/16 Choir
8 10/20	Music Together	Benefits of Group Music Making Music and Emotional Skills/Empathy	Essay 3: Group Music Making (Prepare for Hearing Loss Simulation Essay)
9 10/27	Perceiving Musical Structure	Mozart Effect Music and Autism	Essay 4: Hearing Loss Simulation
10 11/3	Music and the Brain	Music and Neuroimaging Music and PTSD and Substance Abuse Music and Pain	Essay 5: Self Reflection
11 11/10	Music and Emotion	Emotional Effects of Music Effects of Background Music	Research Paper Draft
12 11/17	Performing Music	Performance Anxiety Singing and Health	Research Paper Peer Review
No class due to Thanksgiving break			
13 12/1	Music and Self Care and Review	Self-care Review	Research Paper - 12/3 Reflection Final Exam - 12/10
*Note: This schedule is subject to change at the discretion of the instructor. Please refer to the Canvas course page for more detailed information and updates.			

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. 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>.

- 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.

- 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.

- 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.
- 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:
 - Assignment Rubrics
 - Submission Comments
 - 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.

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.

UF students are bound by The Honor Pledge which states, "We, the members of the University of Florida community, pledge to hold ourselves and our peers to the highest standards of honor and integrity by abiding by the Honor Code. On all work submitted for credit by students at the

University of Florida, the following pledge is either required or implied: "On my honor, I have neither given nor received unauthorized aid in doing this assignment." The Honor Code specifies a number of behaviors that are in violation of this code and the possible sanctions. Furthermore, you are obligated to report any condition that facilitates academic misconduct to appropriate personnel. If you have any questions or concerns, please consult with the instructor or TAs in this class.

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.