

MUSIC198: Music in Healthcare & Wellness

TBD | 1.5 hours per week

Lecture, Discussion, Rehearsal

COURSE OUTLINE

Welcome to our course! We hope to offer a community focused on healing and wellness through music. Half of the course will be spent learning these basics. The other half of the semester will be spent creating musical performances via either live performance or through virtual music compilations. A music background is not necessary to take this course! For performances, we can assign you an administrative task if you cannot play an instrument.

LEARNING OBJECTIVES

- Understand what methods of using music in healthcare exist
- Understand the neurological and physical effects of music
- Understand the importance of ethnomusicology in music therapy

REQUIREMENTS

- Be on time and communicate with instructors
- Be present and willing to contribute to the discussion and performances
- Complete weekly readings and be prepared to take an exam halfway through the course
- Perform a piece at the end of the semester (chamber groups, solos, etc)
 - Bring your instrument and music and necessary equipment for the allotted practice time in class
- Present on a topic of choice related to music in healthcare and wellness

You are allowed no more than one unexcused absence from the class. All absences must be cleared at least 24 hours prior to class unless the absence is a last-minute emergency in which case you should notify the instructors as soon as possible. All absences should be made up with a makeup assignment.

ASSIGNMENTS

There will be regular readings assigned throughout the semester, and they will be discussed on bCourses and assessed in a brief midterm quiz and final assignment.

Performances: There will be periodic performance opportunities via Zoom in collaboration with C.A.R.E. We will send out the performance schedule soon, and one performance is required. If you have little musical background, or you are unable to perform, you must still attend the

performance and write a ~300 word analysis. What type of music was played? Analyze the impact of the music performed on the audience.

Midterm Quiz: There will be a bCourses quiz during the semester.

Final Reflection Paper: This paper will be a 750 word reflection, where you will discuss your reaction to any of the reading(s) you found to be particularly impactful/interesting. Or, you can discuss your experiences performing and why they were unique to you.

Grading Rubric: Students will receive a pass upon perfect* attendance, attendance of one community performance, and completion of the in-class quiz and final reflection paper.

*Perfect: may have one excused absence!

Grade Component	Percentage
Class Attendance	15%
Participation (discussions, etc)	15%
Presentation	15%
Midterm Quiz	15%
Community Performance	20%
Final Paper	20%

SYLLABUS

Week 1 9/13/2021	Course Overview	Videos: ICU Doctor Brings Music, and Hope, to Coronavirus Patients Icebreaker, Logistics
MODULE 1	Methods of Music in Healthcare	Anne Wong
Week 2 9/20/2021	Methods of Music in Healthcare Reading/Video: <ul style="list-style-type: none"> • Harvard Article • TedX Video “When Meds Fail” 	Methods of Music in Healthcare
Week 3 9/27/2021	Music Therapy Reading:	Music Therapy Guest Lecture

	<ul style="list-style-type: none"> ● Scope of Music Therapy Practice <p>Abstract ONLY:</p> <ul style="list-style-type: none"> ● Music to Reduce Pain and Distress in the Pediatric Emergency Department A Randomized Clinical Trial ● The effectiveness of music as an intervention for hospital patients: a systematic review ● Effects of a Music Therapy Group Intervention on Enhancing Social Skills in Children with Autism 	
Week 4 10/4/2021	<p>History of Music in Wellness</p> <p>Reading:</p> <ul style="list-style-type: none"> ● Music Therapy: An art beyond words(5-15) ● Music, Medicine, Healing, and the Genome Project (first three sections only) 	History of Music in Wellness Presentations Part 1
MODULE 2	Neurological/Physical Effects of Music	Austine Peng
Week 5 10/11/2021	<p>The Science Behind Music & Applications</p> <p>Reading/Video:</p> <ul style="list-style-type: none"> ● Coronavirus + Music (Podcast - NPR) https://www.npr.org/2020/05/11/853872774/making-music-out-of-the-coronavirus ● Your Brain on Music (Interactive) https://www.ucf.edu/pegasus/your-brain-on-music/ ● Reading/Video about Guest Lecturer 	Presentations Part 2 Neurological Effects of Music Guest Lecture
Week 6	Hormonal Effects of Music on the	

<p>10/18/2021</p>	<p>Brain and Body</p> <p>Reading/Video:</p> <ul style="list-style-type: none"> • How does Music Affect Your Brain? (Infographic) https://www.ashford.edu/online-degrees/student-lifestyle/how-does-music-affect-your-brain • The Powerful Effect of Music on the Brain https://www.thetabernaclechurch.org/articles/the-powerful-effect-of-music-on-the-brain.html 	<p>Presentations Part 3 Interactive Activity Outside, Or Virtual</p> <p>Collaborative Activity</p>
<p>Week 7 10/25/2021</p>	<p>Music and Neurodegenerative Disease & Relevance</p> <p>Reading/Video:</p> <ul style="list-style-type: none"> • Musicophilia - Oliver Sacks - Parkinson's Disease https://www.youtube.com/watch?v=9nnLTPPDRXI • Alive Inside: A Story of Music and Memory https://www.youtube.com/watch?v=8HLEr-zP3fc • How Music Can Heal People with Alzheimers and Dementia https://www.artsandmindlab.org/how-music-can-help-people-with-alzheimers-and-dementia/ 	<p>Midterm</p>
<p>(BREAK) 11/1/2021</p>	<p>No Readings</p>	<p>MIDTERM BREAK</p>
<p>MODULE 3</p>	<p>Ethnomusicology</p>	<p>Andrew Ramirez</p>
<p>Week 8 11/8/2021</p>	<p>Reading:</p> <ul style="list-style-type: none"> • Music as a Social Life: The 	<p>Ethnomusicology Guest Lecture</p>

	Politics of Participation Introduction: Why Music Matters (Turino)	
Week 9 11/15/2021	Importance of Worldly Perspective Reading: <ul style="list-style-type: none"> • Multicultural Music Therapy: The World Music Connection (Moreno) 	Drawing Game
Week 10 11/22/2021	Reading: <ul style="list-style-type: none"> • Tuvan Throat Singing 	Kahoot
Week 11 11/29/2021	No Readings	Final Paper Due

Safety in Morrison Hall: Your evacuation assembly area is **the lawn just south of Hertz Hall**. In the event of an emergency please follow instructions from your instructor and Music Department staff. Take note of emergency procedures posted in your classroom. If the fire alarm is sounding, exit the building immediately. In the event of an earthquake, duck when possible and hold in place, covering your head with your arms, a binder or your laptop. Then exit the building when the shaking stops. If you are in a wheelchair and on the second floor of Morrison, proceed to the Designated Waiting Area for evacuation. A Disabled Evacuation Chair is located in the first floor classroom hallway. If you are in a wheelchair and in the basement area, exit through the long locker hallway and through the service area out the door to your right at the end of the hall. You may need assistance to open the outside door.

EMERGENCY SERVICES:

- Note from Decal instructors: please consider other alternatives before calling the police: <https://theresponsibleconsumer.wordpress.com/alternatives-to-calling-the-police/#Alternatives%20to%20Calling%20the%20Police>
- UC Police and all emergencies number from campus phones: **911**
- UC Police and all emergencies number from cell phones: **(510) 642-3333**
- UC Police non-emergency number: **(510) 642-6760**

Awareness of Copyright Law: Federal copyright laws protect all original works of authorship fixed in a tangible medium. When using material that has been written, recorded, or designed by someone else, it is important to make sure that you are not violating copyright law by improperly

using someone else's intellectual property. The Department of Music is committed to upholding copyright law. As a student enrolled in this music class, you are being provided with access to copyrighted music which is directly related to the content of this course. It is our expectation that you will utilize these digital recordings during the course of the semester that you are enrolled in this class, and will delete these recordings after the close of the course. The purpose and character under which these recordings are being provided to you is for nonprofit educational purposes only. To read more about UC's Policy and Guidelines on the Reproduction of Copyrighted Materials for Teaching and Research, visit <http://www.universityofcalifornia.edu/copyright/systemwide/pgrcmtrgiii.html>

Harassment and Discrimination: The University of California strives to prevent and respond to harassment and discrimination. Engaging in such behavior may result in removal from class or the University. If you are the subject of harassment or discrimination there are resources available to support you. Please contact the Confidential Care Advocate (sa.berkeley.edu/dean/confidential-care-advocate) for non-judgmental, caring assistance with options, rights and guidance through any process you may choose. Survivors of sexual violence may also want to view the following website: survivorsupport.berkeley.edu.

For more information about how the University responds to harassment and discrimination, please visit the Office for the Prevention of Harassment and Discrimination website: ophd.berkeley.edu.