

## **Musicians' Wellness**

### MUCE 395 | Spring 2022

**Instructor:** Dr. Brianne Borden | (she/her)  
**Office/Phone:** A108  
**Contact:** bordenbl@potdam.edu | (315) 267-2439  
**Office Hours:** by appointment, please email to schedule  
**Day/Time:** MWF | 12:00-12:50p  
**Location:** C323

### **Course Description**

The Musicians' Wellness course is designed to provide students with the skills and knowledge to model and teach wellness practices specific to being musicians. Students will approach the topics as performers themselves, as well as through the lens of an educator.

### **Learning Outcomes**

After successful completion of this course the student will have an understanding of multiple wellness practices and related topics including but not limited to:

- Yoga
- Meditation
- Mindfulness
- Journaling
- Body Mapping
- Anatomy
- Music Performance Anxiety
- Breath work
- Hearing Health
- Repetitive motion injuries

### **Required Materials**

- *Playing (Less) Hurt* by Janet Horvath, Hal Leonard Corp,
- *Teaching Healthy Musicianship* by Nancy Taylor, Oxford University Press
- A physical journal
- Other materials provided
- A yoga mat

### **Attendance & Participation**

Attendance is imperative. Your class participation grade is contingent upon your attendance. Two unexcused absences are permitted. The final grade will then be reduced by one grade point (for example, a 3.0 becomes a 2.7) after the third unexcused absence. Any absences beyond a fourth unexcused absence will result in a maximum grade of 1.5. Examples of excused absences include illness (requiring medical confirmation), family emergency, or a school function. A student will be marked tardy if the class has already begun. Two tardies equal one absence for grading purposes.

### **Final Project**

Each student will present a final project on a topic of their choice. The format is flexible and open, but must address implementing one of the topics on the course schedule in the student's playing or teaching moving forward.

### **Single Seat Honors Course Expectations**

Students taking this class as a single seat honors course will be expected to present a final project specific to their field of study and future profession. Rather than using the materials provided for the instructor for this final project, they will seek out additional articles, books, and resources to inform their presentation with additional guidance from the instructor.

### **Grading**

Course performance will be assessed as follows:

- *Participation/Attendance* [25%]
- *Weekly Assignments and/or Reading* [25%]
- *Journal* [30%]
- *Final Project* [20%]

### **Grading Scale**

4.0 = 97-100

3.7 = 94-96

3.3 = 90-93

3.0 = 87-89

2.7 = 84-86

2.3 = 80-83

2.0 = 77-79

1.7 = 74-76

1.3 = 70-73

1.0 = 64-69

0.0 = <64 (Failure)

### **Class Structure**

The class meets three times a week. Exact breakdown is TBD, but will likely involve one day of active participation in a wellness practice, the others will be a combination of lecture and class discussion.

### **Academic Honor Code**

<https://www.potsdam.edu/current/student-conduct-community-standards/academic-honor-code>

### **Accommodations**

If you have any condition that might affect your performance in this course, please notify the instructor as soon as possible and provide the appropriate documentation so accommodations can be made. Members who desire special accommodation in the learning environment should make their needs known to the instructor.

### **Caring Community**

I recognize that this is an incredibly stressful time for you, your peers, and our community. Please know that there are resources available to you, both on and off campus, to support you during these very uncertain times. Our excellent Counseling Center staff are available to meet with you; more information can be found on their FAQ page accessed at: <https://www.potsdam.edu/studentlife/wellness/counseling-center/coping-covid-19-pandemic/counseling-center-faqs>. In addition, information on a variety of on- and off-campus resources can be found our Bear Care site:

<https://www.potsdam.edu/studentlife/wellness/bear-care>. You are an incredibly important member of our Potsdam community; please take care of yourself, and each other.

## **Content Warning**

This class may approach challenging conversations and topics. If at any point in time you feel uncomfortable with the conversation or unable to participate, you are welcome to remove yourself and communicate this to the instructor. If you show up for class where you are not in the emotional space to participate, but can be present, please just communicate to the instructor.

## **Course Schedule**

**Week 1 – Vulnerability, Journaling, and Your “Why”**

**Week 2 – Limiting Beliefs, & Affirmations**

**Week 3 – Meditation & Mental Health**

**Week 4 – Yoga**

**Week 5 – Injury Prevention**

**Week 6 – SPRING BREAK**

**Week 7 – Music Performance Anxiety**

**Week 8 – Breath Work**

**Week 9 – Vocal & Hearing Health**

**Week 10 - Substance Abuse & Nutrition**

**Week 11 - Recharge Week!**

**Week 12 - Anatomy & Body Mapping**

**Week 13– Integrating Wellness in the Music Curriculum**

**Week 14 – Final project presentations**

**Week 15 – Final project presentations**

**FINAL WEEK – Wellness Gathering**

*Note: this schedule is approximate and may be modified throughout the course of the semester.*