



UNIVERSITY OF NORTHERN COLORADO

Extended Campus

College of Performing & Visual Arts
School of Music

MUS 423-949/523-950: Body Mapping (1 Credit)

Spring 2021

Professor: Dr. Melissa Malde
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Meeting Times and Location:

Synchronous: Saturday – Sunday January 16 – 17, 2021
Asynchronous through Sunday, January 24, 2021

Course Description:

Designed to help participants correct and refine their body map in order to sing and play music with healthy, efficient movement. This course will not provide information about technique but will give students the information they need to put their technique on a firm somatic foundation.

Course Purpose:

We all have ideas in our brains about how we are built and how we function. These ideas, called body maps, are learned over time. Our body maps govern our movement. If our maps are adequate and accurate, our movement is efficient and healthy. If our maps are inaccurate, our movement is awkward and can cause injury. This is especially true for musicians, who make repetitive movements for a living. In this class, we will cultivate beautifully expressive and efficient movement in music making through correcting and refining our body maps.

Course Objectives: Upon completing this course you will

- Evaluate the efficiency with which you move.
- Understand the musculo-skeletal processes that are the foundation for your technique.
- Apply this knowledge to your music making.

Prerequisites: One year of study in Music at the college level.

Technology Use: Students must be able to navigate Canvas, including taking tests online. Students must have a fast, stable internet connection for attending Zoom sessions.

Required Media: Move Well, Avoid Injury. Likar, Amy and Barbara Conable. GIA Publications, 2010. ASIN: B002MT3CHK. Download, stream, or buy DVD. One copy is available on reserve in Skinner Music Library. Buying options at <http://movewellavoidinjury.com/>

Classroom Procedures and Policies:

- This class will meet synchronously via Zoom on Saturday, January 16 and Sunday, January 17 from 9:00 am – 12:00 pm and 2:00 pm – 5:00 pm.
- The class will involve movement, so wear comfortable clothes and attend the class in a space that allows you to lie on the floor, stretch out your limbs, and use your instrument.
- Attendance is required at all sessions. Arriving late or leaving early will lower your final grade by 5%.
- No recording or photography is allowed.
- Differently abled students must let the instructor know in advance about necessary accommodations.

Evaluation Criteria and Weight:

- Participation (20%) Participants will be required to apply the information presented in class to their own movement through interactive exercises.
- Individual Application (15%) Participants will be required to work one time individually with the instructor on Zoom with the rest of the class observing. This can be related to music or any other any other issue where the participant experiences limitation.
- Quizzes (45%) There will be three quizzes administered through Canvas. Quiz topics are Awareness and Balance, Breathing, Arms and Legs. Participants may consult any non-human resource when taking the quizzes.
- Implementation Assignment (15%) Participants will be required to devise a plan for working on one Body Mapping issue as they go back to their daily lives. This will include identifying one body map that is either inadequate or inaccurate, defining what changes are necessary, and providing an implementation plan to embody the new map.
- Survey (5%) Participants will be required to fill out an anonymous survey about how the course went, what they learned, what could be improved.

Tentative Course Schedule:

January 16

- 9:00 am – 12:00 pm Introduction to Body Mapping, Awareness, and Balance
- 2:00 pm – 5:00 pm Breathing and Individual Sessions

January 17

- 9:00 am – 12:00 pm Arms and Legs
- 2:00 pm – 5:00 pm Implementation Assignment Due, Individual Sessions

January 24

- 5:00 pm Quizzes due online
- 11:59 pm Survey due online

Method of Evaluation:

Letter grades are based on points earned: 93-100% = A, 90-92% = A-, 87-89% = B+, 83-86% = B, 80-82% = B-, 77-79% = C+, 73-76% = C, 70-72% = C-, 67-69% = D+, 63-67% = D, 60-62% = D-, below 60% = F.

COVID-19

Due to the current global pandemic, the 2020 -2021 academic year will be unlike any other that the University has experienced. The safety and well-being of our Community of Bears requires each of us to be prepared to do our part to protect the health of our entire campus community, as well as our friends, families, and neighbors. The COVID-19 pandemic is a complex, challenging, and fluid situation, which continues to evolve. Therefore, students should review frequently the Return to Campus website: <https://www.unco.edu/return-to-campus/> for updated information. UNC will follow applicable legal requirements and federal, state, and county public health recommendations and mandates in all decisions related to university operations.

To mitigate the spread of COVID-19, students, faculty and staff are expected to follow university requirements about wearing face coverings when on campus, including in the classroom. Additionally, members of the

university community are expected to follow physical or social distancing requirements by keeping at least 6 feet from others, covering their coughs, and practicing good hand hygiene.

Persons who fail to adhere to these requirements will be reminded of them so that they can address and correct their noncompliance. Thereafter, persons who fail to correct their behavior will be asked to leave the classroom (until such time as they comply with UNC's requirements) and may be referred to the Dean of Students Office or Human Resources. It is important that all members of the university community work together to do all we can to keep our community safe.

Disability Resources

It is the policy and practice of the University of Northern Colorado to create inclusive learning environments. If there are aspects of the instruction or design of this course that present barriers to students' inclusion or to accurate assessments of students' achievements (e.g. time-limited exams, inaccessible web content, use of videos without captions), students should please communicate about these aspects with their instructor(s) professor and contact Disability Resource Center (DRC) to request accommodations. Office: (970) 351-2289, Michener Library L-80. Students can learn more here: www.unco.edu/disability-resource-center.

Title IX

The University of Northern Colorado is committed to providing a safe learning environment for all students that is free of all forms of discrimination and sexual harassment, including sexual assault, domestic violence, dating violence, and stalking. Students who have experienced (or who know someone who has experienced) any of these incidents should know that they are not alone. UNC has staff members trained to support students to navigate campus life, to access health and counseling services, to provide academic and housing accommodations, to help with legal protective orders, and more.

Please be aware all UNC instructors and most staff members are required to report their awareness of sexual violence to the Office of Institutional Equity and Compliance (OIEC). This means that if students tell an instructor about a situation involving sexual harassment, sexual assault, dating violence, domestic violence, or stalking, the instructor must share that information with the Title IX Coordinator, Larry Loften. Larry or a trained staff member in OIEC will contact the reporting students to let them know about accommodations and support services at UNC as well as their options to pursue a process to hold accountable the person who caused the harm to them. Students who have experienced these situations are not required to speak with OIEC staff regarding the incident. Students' participation in OIEC processes are entirely voluntary.

If students do not want the Title IX Coordinator notified, instead of disclosing this information to the instructor, students can speak confidentially with the following people on campus and in the community. They can connect you with support services and help explore options now, or in the future.

- UNC's Assault Survivors Advocacy Program (ASAP): 24 Hr. Hotline 970-351-4040 or <http://www.unco.edu/asap>
- UNC Counseling Center: 970-351-2496 or <http://www.unco.edu/counseling>
- UNC Psychological Services: 970-351-1645 or http://www.unco.edu/cebs/psych_clinic

Students who are survivors, who are concerned about someone who is a survivor, or who would like to learn more about sexual misconduct or report an incident, can visit www.unco.edu/sexual-misconduct. Students may also contact OIEC at 970-351-4899 or email titleix@unco.edu.

Academic Integrity

Students are expected to practice academic honesty in every aspect of this course. Students who engage in academic misconduct are subject to grading consequences with regard to this course and/or university disciplinary procedures through the Dean of Students Office. More information about the academic misconduct process can be found in UNC's Student Code of Conduct (BEAR Code).

Equity and Inclusion

The University of Northern Colorado (UNC) embraces the diversity of students, faculty, and staff. UNC honors the inherent dignity of each individual, and welcomes their unique perspectives, behaviors, and world views. People of all races, religions, national origins, sexual orientations, ethnicities, genders and gender identities, cognitive, physical, and behavioral abilities, socioeconomic backgrounds, regions, immigrant statuses, military or veteran statuses, sizes and/or shapes are strongly encouraged to share their rich array of perspectives and experiences. Course content and campus discussions will heighten your awareness of others' individual and intersecting identities. For information or resources, contact Chief Diversity Officer, Dr. Tobias Guzman, at 970-351-1944. If students want to report an incident related to identity-based discrimination/harassment, please visit www.unco.edu/institutional-equity-compliance.

Food Insecurity and Basic Needs

Research shows that college students experience food insecurity at higher rates than the American household rate, and that food insecurity can negatively impact academic performance and persistence. In recognition of this problem, UNC offers assistance to students facing food insecurity through an on-campus food pantry. The Bear Pantry is located in University Center 2166A and is open for regular hours throughout the semester. Please visit www.unco.edu/bear-pantry for more information.

Students who face challenges securing their food or housing and believe this may affect their performance in this course are also urged to contact Student Outreach and Support (SOS), which is part of the Dean of Students Office. SOS can assist students during difficult circumstances, which may include medical, mental health, personal or family crisis, illness or injury. The Dean of Students Office/SOS can be reached at dos@unco.edu or via phone at 970-351-2001.

Land Acknowledgment

The University of Northern Colorado occupies the lands in the territories of the Ute, Cheyenne, and Arapaho peoples. The University acknowledges the 48 tribes that are historically tied to the state of Colorado. Thus, the land on which UNC is situated is tied to the history and culture of our native and indigenous peoples. UNC appreciates this connection and has great respect for this land. Additionally, the University community pays its respect to Elders past, present, and future, and to those who have stewarded this land throughout the generations. As part of the learning and reflection process please visit <https://native-land.ca/> or call the Office of Equity & Inclusion at 970-351-1944.

Short Term Courses:

Special Term Courses do not meet during a typical semester (begin or end earlier or later). These courses have different add/drop/withdrawal dates. It is the responsibility of the student to be aware of these dates. Please refer to "special term/short course deadlines" from this link: <http://www.unco.edu/registrar/current-students/course-add-drop.aspx>, to learn the dates for this course. To drop or withdraw, you must contact the Registrar's Office at 970-352-2231.

Requesting Transcripts:

There are two options for requesting transcripts. For an unofficial transcript on your Student tab in URSA, choose "Unofficial transcript" located under the "Grades" heading. For an official transcript, go to <http://www.unco.edu/registrar/etranscripts.aspx>.

Billing:

You will be billed via UNC's Bear e-mail. You will have needed to activate your Bear e-mail to access the billing statement.