

Course Title, Number and Credit: Body Mapping MUS 423/523 1 Credit

Professor Name and Contact: Dr. Melissa Malde, melissa.malde@unco.edu

Term Spring 2024

In-Person Meeting Times: Saturday–Sunday January 13 - 14, 9:00 am–12:00 pm and 1:00–4:00. The break between the morning and afternoon sessions is a time for you to rest, take a walk, get a bite to eat, and process the material presented in the morning. You will be more ready to absorb the material in the afternoon if you use the break in this way.

Asynchronous Quizzes and Assignments: Due by 11:59, Friday, January 26th.

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.

Required Text: [What Every Musician Needs to Know About the Body, Revised Edition](#). GIA Publishing, 2022 by Bridget Jankowski. Do not get the version from 1998/2000 by Barbara Conable. You may elect to purchase instrument-specific texts listed on the Association for Body Mapping website: bodymap.org > resources > recommended reading. (Flute, Oboe, Piano, Singer, Trombone, Violin, Music Ministers)

Classroom Procedures and Policies:

- This class will meet synchronously in person on Saturday and Sunday from 9:00 am – 12:00 pm and 1:00 pm – 4:00 pm. There is no option to join these sessions virtually.
- Bring a towel or yoga mat for floor work. Wear comfortable clothes.
- Bring your instrument on Sunday. There is a piano in the room.
- Prompt attendance is required at all sessions.
- Differently abled students must let the instructor know in advance about necessary accommodations.

Evaluation Criteria and Weight:

Assignments are not available after January 26 at 11:59pm.

- Participation (200 points possible) Participants will be required to apply the information presented in class to their own movement through interactive exercises. On-time attendance is included in the participation grade.
- Individual Application (Mini-Lessons) (150 points possible) Participants will be required to work individually with the instructor in front of the class once during the workshop. This can be related to music or any other any other issue where the participant experiences limitations.
- Quizzes (450 points possible) There will be three quizzes administered through Canvas. All quizzes are open book, open notes. You may consult any non-human resource. Though there are due dates listed in Canvas to keep you on track, the quizzes will be available until the last day of class. Quiz 1 and Quiz 2 are multiple choice and you may take them as many times as you like. Quiz 3 is a timed essay test and you may only take it once.
- Implementation Assignment (150 points possible) 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 (50 points possible) This is your chance to give me anonymous feedback on the course.

Grading Scale:

Letter grades will be assigned as follows: 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.

Course Schedule:

January 13

- 9:00 am – 12:00 pm Introduction to Body Mapping, Awareness, and Balance
- 1:00 pm – 4:00 pm Breathing

January 14

- 9:00 am – 12:00 pm Vocal Tract, Arms, and Legs
- 1:00 pm – 4:00 pm Mini Lessons in Class, Q & A

Assignments Due January 26th at 11:59pm on Canvas

- Implementation Assignment
- Awareness, Balance, Breathing Quiz
- Arms, Legs, Vocal Tract Quiz
- Final Quiz
- Survey

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 Loftin. 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, <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.