

## **MUHC95, Ergonomics and Eurhythmics for Musicians , 7.5 credits**

*Ergonomi och rytmik för musiker, 7,5 högskolepoäng*  
**First Cycle / Grundnivå**

---

### **Details of approval**

The syllabus was approved by Education Committee of the Performane and Church Music Department on 2021-10-20 (STYR2021/2218). The syllabus comes into effect 2022-01-01 and is valid from the autumn semester 2022.

### **General information**

Freestanding course.

*Language of instruction:* Swedish

### **Learning outcomes**

On completion of the course, the students shall be able to

- Be able to examine and develop its body awareness through movement to music.
- Be able to make connections between functional ergonomics and own music-making.
- Be able to use principles of body awareness and musical expression (rhythmics)
- Be able to connect rhythmics educational principles with its own music-making and body awareness.
- To some extent be able to work injury preventively through movement to music.

### **Course content**

The course contains motion therapy to music where we explore, how this can prevent physical problems connected to exercise on the own instrument.

We examine the positioning of the body in relation to the perpendicular line and how we are influenced at music-making and at movement. We base the education on rhythmics principles and connect music and body. We work with interplay and feedforward as tool, where the students help each other to find a good functional

posture that prevents injuries at music-making. We experiment to find a good ergonomics in different musical environments. The students are trained in to use an ergonomic sitting and standing at exercise with the own instrument and the creativity in the interplay between the body and the instrument. The students also obtain introduction to log book exam.

## **Course design**

The course is carried out through workshops, seminar, group work, literature studies and reflection. The course takes place through physical meetings on the Music university college and online through Canvas.

## **Assessment**

In the examinations, the student's learning process is summarised and presented, partly through written reflection (own log book and in Canvas) partly through a practical presentation.

Intended course learning outcomes one, three and five be assessed through a practical presentation by leading a movement programme and participate in others' movement programmes to music that contains heating and positioning.

Intended course learning outcomes two and four be assessed partly through a log book and partly through a written and a practical summarising assignment.

In the log book, the student every week should write down reflections about the own training and the exercise types of heating and how it has influenced music-making and feeling in the body and be able to connect this to the course content.

During the course, there is a compulsory discussion forum on Canvas where the students write every week.

The examiner, in consultation with Disability Support Services, may deviate from the regular form of examination in order to provide a permanently disabled student with a form of examination equivalent to that of a student without a disability.

## **Grades**

Grading scale includes the grades: Fail, Pass

The grading scale includes the grades passed and failed.

## **Entry requirements**

Basic as well as specific entry requirements: studied or had studied at programme education at music university college (musicians- and/or music teacher programme) or an equivalent discipline at least 7.5 credits.