



BENEFITS OF INCORPORATING HEALTH PROMOTION COURSES FOR COLLEGE MUSIC MAJORS

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Our Purpose:

Our purpose for this project was to explore correlations between music study and health and wellness. Music study involves auditory, mental, physical, and emotional health. It can also cause performance injury. In an effort to reduce performance injuries and encourage good auditory, physical and emotional health in their students, the Music Teacher National Association advocates for wellness, stating that, "music teachers need to become substantially involved in injury prevention by teaching health-conscious music-related practices to students."

Relevance:

Extreme practice schedules and overwhelming expectations of oneself can all affect a student's physical and mental health. The performance of music, especially the public performance of music, involves a multitude of social and emotional factors that are key to developing musicianship but can also be a potential source of stress in students.

What We Discovered:

The musician is a physical extension of the instrument. Music achieves its goal when the entire instrument is well. The more that you have to draw from, the more you can produce. Musicians that incorporated a healthy lifestyle saw an improved outlook and saw their work as purposeful. (Dr. Jeff Russell, Ohio University) The benefits of incorporating wellness into a music majors curriculum are numerous, and many universities are moving towards informing students of the importance of health and wellness in relation to their studies.

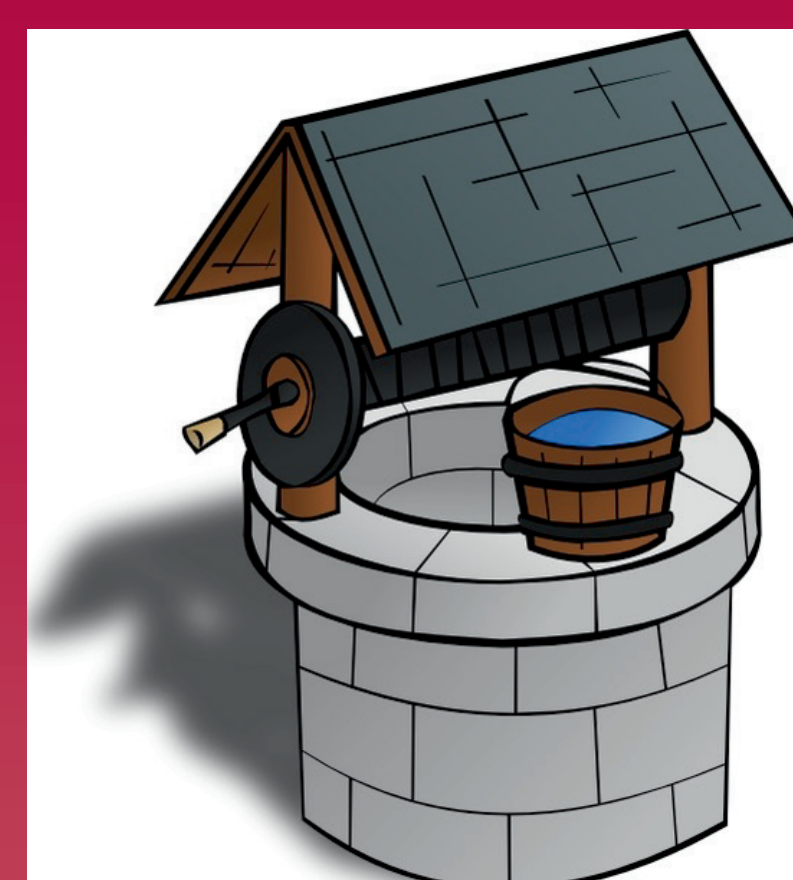
Could it be that a more physically fit musician will also be a more technically fit musician?

People love music. We enjoy listening to it, performing it, composing it. We believe in the power of music to unite and heal people- to bring people together. In general, music enhances your well-being. As music teachers, we show others how music can lead to an enhanced lifestyle. For a profession that promotes well-being, wouldn't it be important for musicians to have a greater understanding of wellness?

What is Wellness?

Wellness is multidimensional and holistic, encompassing lifestyle, mental and spiritual well-being, and the environment. Wellness is positive and affirming.

Comparison between a well and musician:



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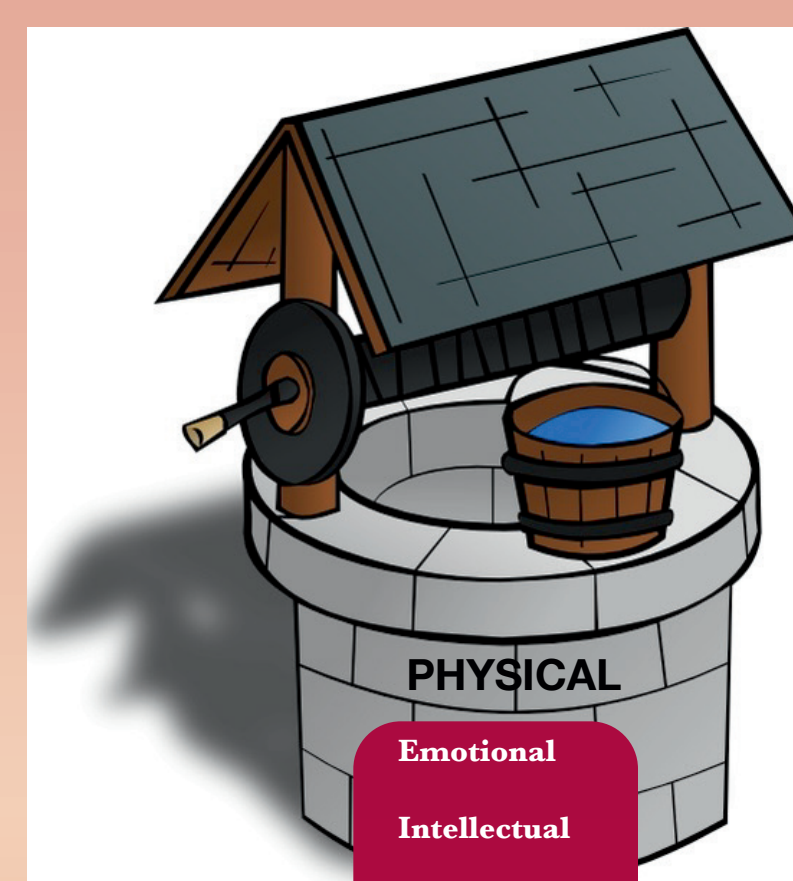
What we see on the outside of the well is only part of the story.

The obvious portion of this well leads to the rest. So, a Well = the obvious portion + what is underneath (the rest).



The performance we see on the outside is only part of the story. The obvious portion of this leads to the rest. A musician who is not physically well (the obvious portion) is not likely well in other dimensions.

The Deeper Your Well is, the More You Have to Draw From...



<http://all-free-download.com/>

THE MULTI-DIMENSIONAL CONCEPT OF WELLNESS



www.nationalwellness.org

Physical:

Regular physical activity, healthy eating habits, strength and vitality as well as personal responsibility, and self-care.

Body Awareness: Awareness of proper posture, playing position, and injury prevention. A lot of playing an instrument involves holding awkward positions for a long period of time. Musicians can learn more about the body by practicing Yoga, core strengthening, Alexander Technique.

Fitness: Playing a musical instrument is an extremely physically demanding activity. Like sports athletes, musicians train their bodies and their muscles to execute specific, refined actions. Unlike sports athletes, musicians do not train enough.

Intellectual:

Creative and stimulating mental activities, and sharing your gifts with others.

Occupational:

The enrichment of life through work, and its interconnectedness to living and playing.

Spiritual:

The development of belief systems, values, and creating a world-view.

Emotional:

Self-control, and determination as a sense of direction.

Social:

How a person contributes to their environment and community, and how to build better living spaces and network

STRESS RELIEF TECHNIQUES

Use your imagination

Each hall or auditorium has its own qualities and acoustic characteristics. It is useful to visit it before performance, and then to model in the mind exactly how the future performance will be, and then positively reinforce that you will present good performance.

Role training

This method is where a musician, pulling from their own personal qualities, imagine that they are a renowned musician, one who is particularly not afraid of public performances.

Identify potential errors

The performer needs to get out of comfort zone by covering the eyes and playing the piece in slow or medium tempo, trusting your hands, playing with noise and distraction.

Sleep helps your brain work properly. While you're sleeping, your brain is preparing for the next day. It's forming new pathways to help you learn and remember information. Sleep helps your brain work properly. It's forming new pathways to help you learn and remember information.

Conclusions

Can Wellness help musicians achieve their full potential?

Wellness is a conscious, self-directed and evolving process of achieving full potential. The activities of a musician encompass every aspect of wellness. Therefore, a musician striving for wellness is working towards their full potential.

How can this research be used in the everyday life of a music major?

Classes that teach how to achieve optimal performance, prevent injuries, and treatment for overuse and traumatic injuries.

Students can learn stress management
Music Majors can be taught how to establish quality practice strategies that can lead to improvement quickly and safely.
Warm-ups, stretches, rest breaks.