

COURSE SYLLABUS



COURSE TITLE: MUSC-145 Intro to Performance Awareness

CLASS SECTION: 001

TERM: 2023F

COURSE CREDITS: 3

DELIVERY METHOD(S): In-class

INSTRUCTOR DETAILS

NAME: Alison Haynes
EMAIL: Alison.haynes@icloud.com
OFFICE: By Appointment
HOURS: By Appointment

As your course instructor, I endeavour to provide an inclusive learning environment. However, if you experience barriers to learning in this course, do not hesitate to discuss them with me. Camosun College is committed to identifying and removing institutional and social barriers that prevent access and impede success.

CALENDAR DESCRIPTION

Students will be introduced to the intersection between spiritual, emotional, physical and mental health and successful music performance achievement. Students will explore a broad range of approaches to health and their relation to diverse realms of performance in music and other performing arts, as well as reference performance training modalities in sports, school and other professional disciplines. Guest lectures from an array of music professions, including health experts as well as multi-disciplinary performers, will discuss divergent ways of thinking about the nature of optimal performance. Students will be exposed to a variety of support resources and services available to them in the community. Course work will focus on the practical application of healthy strategies that will optimize the students' music-related performance work.

PREREQUISITE(S):

One of:

C in English 11

C in Camosun Alternative

C in ENGL 050 (if taken prior to September 2020)

CO-REQUISITE(S):

Not applicable

EXCLUSION(S):

Not applicable

COURSE LEARNING OUTCOMES / OBJECTIVES

Upon successful Completion of this course, a student will be able to:

- 1) Demonstrate an understanding of the importance of cultivating healthy habits that support the achievement of high levels of music performance.
- 2) Identify the different dimensions of health and how they interact with and influence various performance realms.
- 3) Construct an appropriate and individualized training plan that both optimizes music performance success and reduces health risks.
- 4) Recognize common physical indicators of various spiritual, emotional, physical and mental performance domains and describe basic risk reduction strategies.
- 5) Demonstrate a basic understanding of different types of injuries and health conditions that, as well as their common causes and consequences, can affect performers.
- 6) Identify resources available within the community for the management of various health concerns related to performance.

REQUIRED MATERIALS & RECOMMENDED PREPARATION / INFORMATION

Your instrument(s)

Device that accesses the internet and Zoom or other meeting platform

COURSE SCHEDULE, TOPICS, AND ASSOCIATED PREPARATION / ACTIVITY / EVALUATION

The following schedule and course components are subject to change with reasonable advance notice, as deemed appropriate by the instructor.

Week	Lecture Topics	
1	Introduction	
	SMART Goal Setting	
2	SMART Goal Setting	
3	SMART Goal Setting + Effective practice + Training Chart	
4	Mental Health	September 25th Goals Assignment Due 20%
5	Independent study	
6	Mental Health + Emotional Health	
7	Emotional Health + Performance anxiety	October 17th Mental Health Assign. Due 20%
8	Performance Anxiety	
9	Physical Health - Warm-up vs Cool-down	

	<ul style="list-style-type: none"> - Posture and ergonomics - Types of injuries - Hearing health - Voice health 	
10	Independent study	
11	Physical Health <ul style="list-style-type: none"> - Warm-up vs Cool-down - Posture and ergonomics - Types of injuries - Hearing health - Voice health 	October 30th Performance Anxiety Assignment Due 20%
12	Physical Health <ul style="list-style-type: none"> - Warm-up vs Cool-down - Posture and ergonomics - Types of injuries - Hearing health - Voice health 	
13	Spiritual Health	November 28th Emotional/Spiritual Assign Due 20%
14	Independent study	

Students registered with the Centre for Accessible Learning (CAL) who complete quizzes, tests, and exams with academic accommodations have booking procedures and deadlines with CAL where advanced noticed is required. Deadlines can be reviewed on the CAL exams page. <http://camosun.ca/services/accessible-learning/exams.html>

EVALUATION OF LEARNING

Type	Title	Weighting %	Due date
Assignment #1	Personal Goals Assignment	20.00%	Week 3/Sept. 20th
Assignment #2	Mental health in the arts Assignment	20.00%	Week 4/Sept. 27th
Assignment #3	Performance Anxiety Profile Analysis and Plan	20.00%	Week 5/Oct. 4th
Assignment #4	Personal Emotional and Spiritual Health analysis	20.00%	Week 10/Nov 8th
Class Attendance and Participation	N/A	20.00%	All weeks

If you have a concern about a grade you have received for an evaluation, please come and see me as soon as possible. Refer to the Grade Review and Appeals policy for more information.

<http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf>

COURSE GUIDELINES & EXPECTATIONS

SCHOOL OR DEPARTMENTAL INFORMATION

SCHOOL: Camosun Arts and Science

DEPARTMENT: Music (Victoria Conservatory of Music)

Through its partnership with the Victoria Conservatory of Music, Camosun offers three music programs in classical and contemporary disciplines, with courses at the foundational level, in music technologies, and in music performance.

All Music Program students are registered Camosun College students entitled to receive all services – including but not limited to academic and personal support – as provided by both Camosun College and the Victoria Conservatory of Music. Music Program students are bound by all policies – including but not limited to academic, administrative, and personal conduct policies – of both Camosun College and the Victoria Conservatory of Music.

STUDENT RESPONSIBILITY

Enrolment at Camosun assumes that the student will become a responsible member of the College community. As such, each student will display a positive work ethic, assist in the preservation of College property, and assume responsibility for their education by researching academic requirements and policies; demonstrating courtesy and respect toward others; and respecting expectations concerning attendance, assignments, deadlines, and appointments.

SUPPORTS AND SERVICES FOR STUDENTS

Camosun College offers a number of services to help you succeed in and out of the classroom. For a detailed overview of the supports and services visit <http://camosun.ca/students/>.

Academic Advising	http://camosun.ca/advising
Accessible Learning	http://camosun.ca/accessible-learning
Counselling	http://camosun.ca/counselling
Career Services	http://camosun.ca/coop
Financial Aid and Awards	http://camosun.ca/financialaid
Help Centres (Math/English/Science)	http://camosun.ca/help-centres
Indigenous Student Support	http://camosun.ca/indigenous
International Student Support	http://camosun.ca/international/
Learning Skills	http://camosun.ca/learningskills
Library	http://camosun.ca/services/library/
Office of Student Support	http://camosun.ca/oss

Ombudsperson	http://camosun.ca/ombuds
Registration	http://camosun.ca/registration
Technology Support	http://camosun.ca/its
Writing Centre	http://camosun.ca/writing-centre

If you have a mental health concern, please contact Counselling to arrange an appointment as soon as possible. Counselling sessions are available at both campuses during business hours. If you need urgent support after-hours, please contact the Vancouver Island Crisis Line at 1-888-494-3888 or call 911.

COLLEGE-WIDE POLICIES, PROCEDURES, REQUIREMENTS, AND STANDARDS

Academic Accommodations for Students with Disabilities

The College is committed to providing appropriate and reasonable academic accommodations to students with disabilities (i.e. physical, depression, learning, etc). If you have a disability, the Centre for Accessible Learning (CAL) can help you document your needs, and where disability-related barriers to access in your courses exist, create an accommodation plan. By making a plan through CAL, you can ensure you have the appropriate academic accommodations you need without disclosing your diagnosis or condition to course instructors. Please visit the CAL website for contacts and to learn how to get started:
<http://camosun.ca/services/accessible-learning/>

Academic Integrity

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.13.pdf> for policy regarding academic expectations and details for addressing and resolving matters of academic misconduct.

Academic Progress

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.1.pdf> for further details on how Camosun College monitors students' academic progress and what steps can be taken if a student is at risk of not meeting the College's academic progress standards.

Course Withdrawals Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.2.pdf> for further details about course withdrawals. For deadline for fees, course drop dates, and tuition refund, please visit <http://camosun.ca/learn/fees/#deadlines>.

Grading Policy

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf> for further details about grading.

Grade Review and Appeals

Please visit <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf> for policy relating to requests for review and appeal of grades.

Mandatory Attendance for First Class Meeting of Each Course

Camosun College requires mandatory attendance for the first class meeting of each course. If you do not attend, and do not provide your instructor with a reasonable reason in advance, you will be removed from the course and the space offered to the next waitlisted student. For more information, please see the “Attendance” section under “Registration Policies and Procedures” (<http://camosun.ca/learn/calendar/current/procedures.html>) and the Grading Policy at <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.5.pdf>.

Medical / Compassionate Withdrawals

Students who are incapacitated and unable to complete or succeed in their studies by virtue of serious and demonstrated exceptional circumstances may be eligible for a medical/compassionate withdrawal. Please visit <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.8.pdf> to learn more about the process involved in a medical/compassionate withdrawal.

Sexual Violence and Misconduct

Camosun is committed to creating a campus culture of safety, respect, and consent. Camosun’s Office of Student Support is responsible for offering support to students impacted by sexual violence. Regardless of when or where the sexual violence or misconduct occurred, students can access support at Camosun. The Office of Student Support will make sure students have a safe and private place to talk and will help them understand what supports are available and their options for next steps. The Office of Student Support respects a student’s right to choose what is right for them. For more information see Camosun’s Sexualized Violence and Misconduct Policy: <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.9.pdf> and camosun.ca/sexual-violence. To contact the Office of Student Support: oss@camosun.ca or by phone: 250-370-3046 or 250-3703841

Student Misconduct (Non-Academic)

Camosun College is committed to building the academic competency of all students, seeks to empower students to become agents of their own learning, and promotes academic belonging for everyone. Camosun also expects that all students to conduct themselves in a manner that contributes to a positive, supportive, and safe learning environment. Please review Camosun College’s Student Misconduct Policy at <http://camosun.ca/about/policies/education-academic/e-2-student-services-and-support/e-2.5.pdf> to understand the College’s expectations of academic integrity and student behavioural conduct.

Changes to this syllabus: Every effort has been made to ensure that information in this syllabus is accurate at the time of publication. The College reserves the right to change courses if it becomes necessary so that course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the changes.