

# COURSE SYLLABUS



COURSE TITLE: MUSC-145: Introduction to Performance Awareness

CLASS SECTION: 001

TERM: 2024F

COURSE CREDITS: 3

DELIVERY METHOD(S): In-class

Camosun College campuses are located on the traditional territories of the Lək̓ʷəŋən and W̱SÁNEĆ peoples. We acknowledge their welcome and graciousness to the students who seek knowledge here.

Learn more about Camosun's [Territorial Acknowledgement](#).

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## INSTRUCTOR DETAILS

NAME: Viviane Houle

EMAIL: [info@vivianehoule.ca](mailto:info@vivianehoule.ca)

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.*

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## 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 ELD 072
- C in ELD 074
- C in ENGL 050 (if taken prior to September 2020)

### CO-REQUISITE(S):

Not applicable

**EXCLUSION(S):**

Not applicable

**COURSE LEARNING OUTCOMES / OBJECTIVES**

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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**

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**Your instrument(s)**

Device that can access internet and Zoom and other meeting platforms.

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

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

WEEK or DATE RANGE	ACTIVITY or TOPIC	OTHER NOTES
1	<b>Introduction and Overview</b> <ul style="list-style-type: none"><li>• Physical, mental, emotional, and spiritual wellness for performers</li><li>• Goal setting, effective practice</li><li>• Grounding and self-regulation</li><li>• Mindfulness based strategies</li><li>• Performance anxiety/performance optimization</li><li>• Integrative approach to performance</li></ul>	

WEEK or DATE RANGE	ACTIVITY or TOPIC	OTHER NOTES
2	<ul style="list-style-type: none"> <li>• Goal Setting</li> <li>• Effective practice</li> <li>• Grounding and self-regulation</li> <li>• Mindfulness based strategies</li> </ul>	
3	<ul style="list-style-type: none"> <li>• <b>Mental and Emotional Health</b></li> <li>• Performance Anxiety</li> <li>• Performance Optimization</li> <li>• Integrative Approach to Performance</li> </ul>	In-class baseline performance
4	<ul style="list-style-type: none"> <li>• <b>Mental and Emotional Health</b></li> <li>• Grounding techniques</li> <li>• Resource tapping</li> <li>• Self-regulation strategies</li> </ul>	September 24 <sup>th</sup> Personal Archeology/Goal Setting Assignment Due 20%
5		
6		
7	<ul style="list-style-type: none"> <li>• Performance anxiety and performance optimization</li> </ul>	October 15 <sup>th</sup> Mental Health Assignment Due 20%
8	<ul style="list-style-type: none"> <li>• Performance anxiety and performance optimization</li> </ul>	
9	<ul style="list-style-type: none"> <li>• <b>Physical Health</b></li> <li>• Warm up and cool down</li> <li>• Posture and ergonomics</li> </ul>	
10		<b>Error! Bookmark not defined.</b> In-class follow up performance
11	<ul style="list-style-type: none"> <li>• <b>Physical Health</b></li> <li>• Hearing health</li> <li>• Voice health</li> </ul>	<b>Error! Bookmark not defined.</b> November 12 <sup>th</sup> Performance Anxiety/Optimization Assignment Due 20%
12	<ul style="list-style-type: none"> <li>• <b>Spiritual Health</b></li> </ul>	

WEEK or DATE RANGE	ACTIVITY or TOPIC	OTHER NOTES
13	<ul style="list-style-type: none"> <li>Integrative approach to performance</li> </ul>	November 26 <sup>th</sup> Personal health analysis and plan assignment 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 scan be reviewed on the [CAL exams page](http://camosun.ca/services/accessible-learning/exams.html). <http://camosun.ca/services/accessible-learning/exams.html>

## EVALUATION OF LEARNING

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DESCRIPTION		WEIGHTING
#1 Personal Archeology and Goals Assignment	September 24, 2024	20%
#2 Mental health in the Arts Assignment	October 15, 2024	20%
#3 Performance Anxiety/Optimization profile and plan	November 12, 2024	20%
#4 Personal Health Analysis and plan	November 26, 2024	20%
Class attendance and participation		20%
	<b>TOTAL</b>	100%

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](http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf) policy for more information. <http://camosun.ca/about/policies/education-academic/e-1-programming-and-instruction/e-1.14.pdf>

## COURSE GUIDELINES & EXPECTATIONS

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## SCHOOL OR DEPARTMENTAL INFORMATION

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School: Camosun Arts and Science  
Department: Music (Victoria Conservatory of Music)

## STUDENT RESPONSIBILITY

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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

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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	<a href="http://camosun.ca/advising">http://camosun.ca/advising</a>
Accessible Learning	<a href="http://camosun.ca/accessible-learning">http://camosun.ca/accessible-learning</a>
Counselling	<a href="http://camosun.ca/counselling">http://camosun.ca/counselling</a>
Career Services	<a href="http://camosun.ca/coop">http://camosun.ca/coop</a>
Financial Aid and Awards	<a href="http://camosun.ca/financialaid">http://camosun.ca/financialaid</a>
Help Centres (Math/English/Science)	<a href="http://camosun.ca/help-centres">http://camosun.ca/help-centres</a>
Indigenous Student Support	<a href="http://camosun.ca/indigenous">http://camosun.ca/indigenous</a>
International Student Support	<a href="http://camosun.ca/international/">http://camosun.ca/international/</a>
Learning Skills	<a href="http://camosun.ca/learningskills">http://camosun.ca/learningskills</a>
Library	<a href="http://camosun.ca/services/library/">http://camosun.ca/services/library/</a>
Office of Student Support	<a href="http://camosun.ca/oss">http://camosun.ca/oss</a>
Ombudsperson	<a href="http://camosun.ca/ombuds">http://camosun.ca/ombuds</a>
Registration	<a href="http://camosun.ca/registration">http://camosun.ca/registration</a>
Technology Support	<a href="http://camosun.ca/its">http://camosun.ca/its</a>
Writing Centre	<a href="http://camosun.ca/writing-centre">http://camosun.ca/writing-centre</a>

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

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### 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](http://camosun.ca/sexual-violence). To contact the Office of Student Support: [oss@camosun.ca](mailto: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.