

# PERF 2017 MUSIC AND WELLBEING

**Credit Points** 10

**Legacy Code** 102248

**Coordinator** Lene Jeffrey ([https://directory.westernsydney.edu.au/search/name/Lene Jeffrey/](https://directory.westernsydney.edu.au/search/name/Lene%20Jeffrey/))

**Description** This unit looks at the psychosocial importance of music to our wellbeing throughout our lives and during each day. Delivered in a lectorial format (lecture with practical activities throughout), the unit explores the relationship between music and the body, mind, emotions, mood, memory, communication and creativity from experimental studies through to practice-based evidence. This unit is not necessarily about performing music, although some music making will take place. Rather, it is focused on how music can improve our wellbeing throughout our lives. The ideas and approaches discussed are important across the humanities, the social sciences and the health sciences, as well as to musicians who are looking to use their music in the therapeutic context.

**School** Humanities & Comm Arts

**Discipline** Music

**Student Contribution Band** HECS Band 2 10cp

Check your HECS Band contribution amount via the Fees ([https://www.westernsydney.edu.au/currentstudents/current\\_students/fees/](https://www.westernsydney.edu.au/currentstudents/current_students/fees/)) page.

**Level** Undergraduate Level 2 subject

## Learning Outcomes

On successful completion of this subject, students should be able to:

1. Explain the role of music in different societal activities with the focus on music in daily life.
2. Interpret evidence about concepts of musical behaviour and how music affects physiological, cognitive and emotional aspects of the individual.
3. Critique the ways in which music promotes communication and self-expression based on experiential and research knowledge.
4. Define the role of music in the development of wellbeing and enhancing of interpersonal relationships.

## Subject Content

- introduction to The concept of music and wellbeing and The latest findings in neuroscience that Show US how to use music for our physiological and psychological advantage.
- music and The body - exploring The power of music to affect The body - heart and breathing rates, muscle tension, pain management and other physical disorders including ideas of using music for stimulation and sedation.
- music and The mind (including imagery and visualisation) - The power of music to affect emotions, evoke memories and induce peak experiences.
- Music and relationships - using music as a form of communication between people; reducing isolation with choirs and instrumental groups; and group formation around musical interests.
- music and creativity - enhancing personal creativity by listening to music, playing An instrument, singing, improvising and visualisation.
- Music and neuroscience - neuroplasticity; brain changes with music; mirror neuron system; multisensory integration; active changes in

core areas of emotional processing; processing of musical syntax and musical meaning; and, social cognition.

- Review and closure - A closing lecture and workshop discussing The highlights of The unit and personal insights into music and wellbeing.

## Assessment

The following table summarises the standard assessment tasks for this subject. Please note this is a guide only. Assessment tasks are regularly updated, where there is a difference your Learning Guide takes precedence.

Item	Length	Percent	Threshold	Individual/Group Task
Essay	2,000 words	45	N	Individual
Log/Workbook	One entry per session – 1200 words in total	25	N	Individual
Presentation	15 minutes	30	N	Group

Prescribed Texts

- Mannes, E. (2011). The power of music: Pioneering discoveries in the new science of song. USA, Bloomsbury Publishing.

Teaching Periods

## Summer B

### Penrith (Kingswood)

#### Day

**Subject Contact** Alison Short ([https://directory.westernsydney.edu.au/search/name/Alison Short/](https://directory.westernsydney.edu.au/search/name/Alison%20Short/))

View timetable ([https://classregistration.westernsydney.edu.au/even/timetable/?subject\\_code=PERF2017\\_22-SUB\\_KW\\_D#subjects](https://classregistration.westernsydney.edu.au/even/timetable/?subject_code=PERF2017_22-SUB_KW_D#subjects))