

# Swiss University Center for Music Physiology

**Contact : [www.shzm.ch](http://www.shzm.ch)**

Annual Report 2011 / 2012 and Newsletter August 2012

The evaluation of the research project „Respiratory Responses During Music Performance in Anxious and Non-anxious Music Students“, which had been conducted since 2007 in cooperation with the Lausanne University and financed by the Swiss National Research Fund (SNF), has been successfully completed. The study included some 450 students of Swiss music universities. Further results have both been presented at conventions and in publications. A follow-up project, “Prolonged Performance-Related Psychophysiological Activation in High- and Low-anxious Music Students“ is being financed by the SNF over a period of three years.

A further SNF-funded research project, “Clarinet Sound – Attempting a Physiological Analysis“, which had begun in 2007 conducted by Johanna Gutzwiller and Heinrich Mätzener, Lucerne), has been successfully completed. The results were presented at conventions, broadcasted by the Swiss National Television and will now be published. A tutorial and a follow-up project are in preparation.

The SHZM’s homepage [www.shzm.ch](http://www.shzm.ch) has been further expanded during the last season and has been updated by more translations. As usual, the abstracts of events hosted by the SHZM can be found there. During the last academic year, the following supra-regional event has been organised, alongside the local events in Basel, Lugano and Zurich:

The Larynx and its Physiological Interaction with Singing - Practical Exercises in Support of Physiological Procedures During Phonation

In addition to their own musicophysiological courses on offer, the respective music universities also have the option of booking one of 16 events, held in multiple languages, by the following lecturers: Victor Candia, Johanna Gutzwiller, Horst Hildebrandt, Oliver Margulies, Christoph Mohler, Marina Sommacal and Irene Spirgi. The precise content of these lectures/workshops can be tailored to the needs of the music university in coordination with the lecturers. The duration of the events range from a half-day event to a maximum of two days. Information about the themes and their lecturers can be found on the SHZM homepage under the link “Current Activities/Events”. When booking these events, the respective music university is responsible for hosting and budgeting issues. Invitations to the event can be sent out via the SHZM throughout Switzerland.

The SHZM’s flyer can be downloaded and printed out in German, French and English from the homepage under the link “Downloads”.

The project designed four years ago to build up fitness and good physical condition amongst students of Swiss music universities continues. Music universities, who are currently not participating in this scheme, are invited to contact Horst Hildebrandt anytime (please refer to the SHZM's homepage for further information).

The continuing education study program in Music Physiology, supported by the SHZM and structured by lecturers of several Swiss music universities has accepted a new group of students for the syllabus. More information on the syllabus aiming for the degrees CAS, DAS and MAS (Master of Advanced Studies) can be found on the website of the SHZM.

In the meantime, a further successful MAS degree in music physiology could be awarded to Mrs. Marta Němcová. Within the framework of her MAS project, Marta Němcová has built up and evaluated several musicophysiological courses including services for individual coaching, her project originating from the Prague Academy of the Arts (Music University), Czech Republic.

The graduates of this continuing education study in music physiology have since taught over 70 courses for other music institutions. Starting from the autumn semester 2011 / 2012, a team of these graduates have been teaching at the Swiss Academy for Music and Music Pedagogy (SAMP) in Aarau within the framework of the Academy's bachelor degree syllabus.

Numerous students and faculty staff of various Swiss music universities have also establish contact with the hand laboratory of the Zurich University of the Arts to have their individual hand profile generated. As a result, advice could be given to find solutions in the case of task-specific health issues, the prevention of such, as well as in the choice of ergonomic aids, practicing techniques and decisions for musical repertoire. More information and contact details can be found via the SHZM's homepage or directly at [www.zzm.ch](http://www.zzm.ch).

Important projects involving the SHZM were presented during the last season at continuing education courses and conventions in Dresden, Feldkirch, Interlaken, Lugano, Prag, Reutlingen, Stuttgart and Zurich. The journals Musikphysiologie und Musikermedizin, Medical Problems of Performing Artists, Ostinato and Psychosomatic Medicine have published in collaboration with the SHZM.

Horst Hildebrandt, Johanna Gutzwiller and Irene Spirgi for the coordination team of the SHZM. August, 2012