

Swiss University Center for Music Physiology

Contact : www.shzm.ch

Annual Report 2012 / 2013 and Newsletter August 2013

The SHZM's homepage 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 and Zurich:

What Musicians Can Learn From Magicians - Techniques of Performing Through the Ages

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. 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 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.

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

With completion of the research project „Respiratory Responses During Music Performance in Anxious and Non-anxious Music Students“, conducted in cooperation with the Lausanne University and financed by the Swiss National Research Fund (SNF), the follow-up project “Prolonged Performance-Related Psychophysiological Activation in High- and Low-anxious Music Students“ will begin next season, financed by the SNF over a period of three years and in cooperation with the Lausanne University and the SHZM.

The project designed five 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, further successful DAS degrees in music physiology could be awarded to:

- Walter Jauslin (Jazz-Piano, Music Universities of the FHNW)
- Johannes Michael Blume (Voice, Zurich University of the Arts)
- Christoph Mohler (Jazz-Percussion, Music Universities of the FHNW)

The majority of graduates of this continuing education study in music physiology (from the DAS-level) have since taught over 100 courses for other music institutions. Starting from the autumn semester 2011 / 2012, a team of these graduates have been teaching a basic training in music physiology at the Swiss Academy for Music and Music Pedagogy (Kaleidos Music College) in Aarau within the framework of the Academy's bachelor degree syllabus.

Numerous students and faculty staff of various Swiss music universities have also established contact to have their individual hand profile generated at the hand laboratory of the Zurich University of the Arts, which in the meantime has been expanded by further measuring devices. 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.

Important projects involving the SHZM were presented during the last season at continuing education courses and conventions in Aarau, Bern, Bielefeld, Feldkirch, Graz, Hamburg, Interlaken, München, Neuenburg, Suhr, Wien und Zürich. The journals Medical Problems of Performing Artists, Proceedings of SMC und Psychosomatic Medicine have published contributions in collaboration with the SHZM.

Horst Hildebrandt, Johanna Gutzwiller and Irene Spirgi for the coordination team of the SHZM. August, 2013