

# Swiss University Center for Music Physiology

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

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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“ has started in the last season, financed by the SNF over a period of three years and will be conducted at several music universities simultaneously in cooperation with the Lausanne University and the SHZM.

A further research project will begin in October 2014 in cooperation with the Zürcher Zentrum Musikerhand ([www.zzm.ch](http://www.zzm.ch)) at the ZHdK. Under the title “Objective Criteria for the Individual Selection of a Physiologically Advantageous Violin Position”, data will be collected and evaluated, which are expected to become relevant for practical use regarding ergonomic solutions when playing an instrument. The results hereof will be modified for a transfer into music teaching, musicophysiological coaching and therapeutic settings when working with musicians. The project is financed by the Swiss National Research Fund (SNF) and the Ernst Göhner Stiftung.

The project designed six years ago to build up fitness and good physical condition amongst students of Swiss music universities continues on a regular basis. In coordination with the universities' sport offers, the introduction to this program is given by Christoph Mohler, directly in the respective music universities. In addition, there exists the possibility of booking a fitness check-up free of cost with suggestions for exercises and a progress control of development after several months. 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 SHZM's flyer can be downloaded and printed out in German, French and English from the homepage under the link “Downloads”.

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, two further successful DAS degrees in music physiology could be awarded to:

- Mônica Kato Duarte (Klavier, Musikschule Zürcher Oberland)
- Helmut Wiegiehser (Klavier, Musikschule Konservatorium Zürich)

The graduates of this continuing education study in music physiology (from the DAS-level) have by now taught over 130 further education 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. From 2013, these graduates also have given further education courses for the Zurich Music School and Conservatory.

At the Musikschule Zürcher Oberland, a range of musicophysiological courses and coaching possibilities are being built up under the auspices of Mônica Kato Duarte, both for the music school's teachers as well as students of different age groups.

The further education offers in the area of music physiology, built up since 2006, continue to be available for music universities wishing to host such events in collaboration with the SHZM. 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. 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. So far, the duration of the events have ranged from a half-day event to a maximum of two days. An expansion of these lectures/workshops is currently being planned for voice and historical keyboard instruments.

Important projects involving the SHZM were presented during the last season at continuing education courses and conventions in Bad Neustadt, Basel, Feldkirch, Graz, München and Zürich. The journals *Schriftenreihe der Deutschen Vereinigung für Sportwissenschaft*, *Psychophysiology* and *Biofeedback* as well as the proceedings of the SMM's Symposium in Zürich (Healthy Music-Making in Childhood Years and Adolescence) and the *Neue Zürcher Zeitung* have published contributions in collaboration with the SHZM.

Horst Hildebrandt, Johanna Gutzwiller and Irene Spirgi for the coordination team of the SHZM. August, 2014