

Swiss University Centre for Music Physiology

Contact: www.shzm.ch

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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. In the autumn semester 2014, Dr. Robert Schleip (Ulm) held a lecture on the topic

Fascinating Fascia

- Rediscovery of a structure relevant for the whole body
- Elasticity and elegant movement
- Elastic stability and ability of sensitive adaptability
- Tensegrity – combination of tension and integrity

In the spring semester 2015 KD Dr. Jörg Bohlander (Zürich) held a lecture on the topic

What Is Modern Voice Diagnostics?

- From gross to fine vibrations of the voice box
- How does hearing contribute to judging voices?
- Why objective voice diagnostics?
- Voice for speaking and singing: Profiles of vocal performance
- Singing voice handicap index

When booking these events, the respective music university is responsible for hosting and budgeting issues. The SHZM has the possibility of granting contributions to the lecturers' fees. 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. Information can be found on the SHZM website.

The research project "Prolonged Performance-Related Psychophysiological Activation in High- and Low-anxious Music Students" continues successfully and is financed by the SNF over a period of three years. It is conducted at several music

universities simultaneously in cooperation with the Lausanne University and the SHZM.

A further research project began in October 2014 in cooperation with the Zürcher Zentrum Musikerhand (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 6 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:

- Ursula Meier (Teacher for Singing and Breathing Therapy, Rheumaliga Zürich and Medi-Bern)
- Gail Schwarz (Recorder and Feldenkrais Teacher, Vienna)

In the coming season a musicophysiological project with a focal point in training of the voice and singing for old people will be completed by Ursula Meier as MAS project.

The graduates of this continuing education study in music physiology (from the DAS-level) have by now taught over 200 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. This syllabus will be significantly expanded in the next academic year. From 2013, these graduates also

have given further education courses for the Zurich Music School and Conservatory. Within the framework of this school the following, new structure has been newly introduced:

Musicophysiological Counselling Service

(Coordinating: Oliver Margulies, Violin/Viola, MAS Music Physiology)

The alumni of the continuing education study program in Music Physiology have played an important role in creating the foundations for the

Certificate of Health Promotion at Music Schools

A first such certificate was given to the Knonaueramt Music School in the autumn semester 2014 by the Centre for Continuing Education of the Zurich University of the Arts and the Verband Zürcher Musikschulen VZM. By definition, a Music School holding such a certificate promotes the prevention of task-specific health problems and supports health promotion for their teachers as well as their students by regularly offering further educations with musicophysiological topics. Prior to such a certificate, the music school will have had to offer the following musicophysiological further educations:

- 1) Introductory lecture
- 2) Workshop treating basic themes of music physiology
- 3) Instrument-specific advanced training course(s)
- 4) Introductory course covering the themes of performance/stage training, specific competencies for appearance on stage and constructive dealing with stage fright.

Furthermore, a certified music school offers their employees a number of free-of-cost individual musicophysiological counselling sessions with specialists of the Music Physiology and Preventive Medicine Section as well as persons in training of the continuing education study program in Music Physiology of the Zurich University of the Arts. Music schools interested in this certificate can retrieve further information from the website of the Musicophysiological Counselling Centre of the Zurich University of the Arts: <https://www.zhdk.ch/?beratungszentrum.musikphysiologie>

Important projects involving the SHZM were presented during the last season at continuing education courses and conventions in Basel, Feldkirch, Graz and Zürich. TV-productions were distributed SRF-Einstein and Nano/3sat. Written publications have appeared in the Schott-Verlag, LNB-Verlag, in the publication series of the Psychosomatische Klinik Bad Neustadt, in the Schweizerische Musikzeitung and the special interest journals proManu und Musikphysiologie & Musikermedizin.

Horst Hildebrandt, Johanna Gutzwiller and Irene Spirgi for the SHZM coordination team, August 2015