

# Certificate of Health Promotion at Music Schools

The Centre for Continuing Education of the Zurich University of the Arts, in collaboration with the Verband Zürcher Musikschulen VZM, has given a first *Certificate of Health Promotion at Music Schools* to the Knonaueramt Music School in the autumn semester 2014. 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 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>