

Swiss University Centre for Music Physiology

Contact: www.shzm.ch

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The further education offers in music physiology, now available for over 16 years, continue to be offered for music universities wishing to host such events in collaboration with the SHZM. In addition to their own musicophysiological courses on offer, the respective music universities also have the option of booking one of 15 events, held in multiple languages. Information can be found on the SHZM website under Current Activities/Events.

Last season, Robert Durso (Philadelphia, USA) spoke at two events on the topic:

Introduction to The Taubman Approach: A Blueprint for Injury Prevention and the Development of Virtuosity and Ease

The zoom recording of the two events can be viewed under the following link:

<https://youtu.be/cul4Y2YFtSw>

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 six 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 under [Links](#).

Last academic year, Lina Schwob (piano, Zurich) completed her Master of Advanced Studies (MAS) in Music Physiology. The project and final documentation of the degree carry the title:

Get ready - Be ready! A pilot project with students from the Bern University of the Arts to deepen and teach performance skills in their everyday artistic and educational work

In the past academic year, two Diplomas of Advanced Studies (DAS) in music physiology were completed by:

- Jin-Hee Kim (guitar, Basel / Trossingen)
- Dalila Guzzi (violin, Zürich)

The project designed 13 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 SNF research project "Music performance anxiety from the challenge and threat perspective: psychophysiological and performance outcomes", conceived in cooperation with the University of Lausanne, started in autumn 2019 with 121 students and will be completed in the course of the next school year. The focus of this study is the examination of changes in stress, cognition, emotion and physiological parameters attributable to stage fright (stress hormone levels, cardio-vascular functions and respiration) with regards to how they relate to qualitative parameters relevant for solo performance quality. The project aims to make a further contribution to the prevention of performance anxiety and a constructive way of dealing with excessive levels of stage fright. A special feature of the study is the systematic assessment of the performance quality by a panel of experts, which is carried out parallel to the physiological measurements.

The preliminary study of the SNF research project "The Influence of an Instrument's Dimensions, String Length-dependent Finger Spacing and Position on Muscle Activity and Perceived Effort in Viola Playing", which began in 2021, was completed in summer 2022. The main study will begin in the fall semester of 2022. The project will gather data on objective, physiological parameters such as biomechanics, span-widths and reach of fingers and the arm, as well as muscle activity as criteria, paving the way towards an individually suitable viola's position and dimensions. A further aim is the development of ergonomic solutions for playing the viola and its construction, based on objective data. They are expected to yield information on the influence of the string's length and its influence on the hand, the size and position of the instrument as well as objective muscle activation and subjectively perceived effort. Results will allow for physiological guidelines and specific pedagogical recommendations as well as for targeted choice of instrument, ergonomic optimisation and prevention of playing-related health problems.

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

Important projects involving the SHZM were presented during the last season at continuing education courses and conventions in Bad Neustadt, Basel, Burgdorf, Chicago, Ettingen, Hildesheim, Liechtenstein and Solothurn.

Written publications have appeared in the following journals:

Medical Problems of Performing Artists <https://doi.org/10.21091/mppa.2021.3023>,

Frontiers in Psychology <https://doi.org/10.3389/fpsyg.2022.905680>

as well as in the documentation *Art in Motion – Rhythm* (2021).

Horst Hildebrandt, Johanna Gutzwiller and Irene Spirgi for the SHZM coordination team, August 2022.