

Information sheet for the course Musical Activities in the Health Care of Patients I.

University: <i>Alexander Dubček University of Trenčín</i>	
Faculty: <i>Faculty of Health Care</i>	
Course unit code: <i>HASPI/e</i>	Course unit title: <i>Musical Activities in the Health Care of Patients I.</i>
Type of course unit: <i>optional</i>	
Planned types, learning activities and teaching methods: <i>Seminar: 1 hour weekly/13 hours per semester of study; full-time</i>	
Number of credits: <i>1</i>	
Recommended semester: <i>5th semester in the 3rd year (part-time)</i>	
Degree of study: <i>I. (bachelor)</i>	
Course prerequisites: <i>none</i>	
Assessment methods: <i>To obtain credit for the course (30 – 50 points), a student must:</i> <ul style="list-style-type: none"> - <i>Write a seminar paper,</i> - <i>Present a seminar work,</i> - <i>Be actively present in the course – students are allowed two (2) free unexcused absences.</i> <i>To obtain A, a student must score 45 - 50, to obtain B, a student must score 40 – 44, to obtain C, a student must score 37.5 – 39.5 and more, to obtain D, a student must score 34 – 37, and to obtain E, a student must score 30 – 33.5. The credits are not granted to the students whose grade point average is 29 or lower.</i>	
Learning outcomes of the course unit: <i>A student is aware of the basic theory and has a comprehensive knowledge of music therapy, is aware of significance and place of music therapy in medicine, psychotherapy and special pedagogy. A student can select some music-therapy techniques. By means of specific expressional devices of music and music activities (vocal and instrumental, music and movement and music perception), a student learns to apply therapeutic effect of music with clients who have special physical and psycho-social needs, specific needs (clients mental, physical sensory or psycho-social disability).</i>	
Course contents: <ol style="list-style-type: none"> <i>1. Music – basic terminology: A musical tone and devices for musical expression and their relationship to a human being. Therapeutic effect of music and its theory: Music and physiological processes. Music and structure. Music as metaphor. Music as means of communication. Music and spiritual experience.</i> <i>2. Music therapy: Description and definition, general background and the nature of music therapy. Music therapy in the narrower and broader sense. Elements and relations in music therapy. Music therapy approaches. Music therapist: professional requirements, professional and personal competences and ethics.</i> <i>3. The Client: Health. Therapeutic relationship. Particularities of music therapy according to the age. The client in the terms of developmental music therapy. The client in terms of music therapy rehabilitation. Socio-cultural factors. Specific needs and particularities of music therapy: the occurrence of specific needs, indications music therapy.</i> <i>4. Music therapy and medicine: The status of music therapy in medicine. Physical and psychosocial needs. Music therapy in various areas of medical care.</i> <i>5. Music therapy and psychotherapy: Psychodynamic approach in music therapy. Behavioural approach to music therapy. Cognitive and cognitive-behavioural approach to music therapy. Music therapy and humanistic approach.</i> <i>6. Music therapy and special pedagogy: The importance of music therapy for people with</i> 	

special needs. Music and therapeutic models for persons with special needs: examples of therapeutic situations.

7. *Musical devices of music-therapy techniques: Playing the body game, musical movement games. Voice: vocal activities. Musical instruments: instrumental activities.*

8. *Music and movement activities: Tracking rhythm: rhythm and movement. The kinetic melody: Parkinsonism and music therapy. Music and Tourette's syndrome. Examples of the therapy (from the areas that interest students).*

9. *Vocal activities: Voice. The basis of voice therapy: breath and voice, heaviness and lightness, listening, breathing and tongue. Musical-language devices of singing therapy: musical tone and vowel sounds, vowels, consonants, vowel "ng". Voice therapy: diagnostic, therapeutic exercises, indications. Examples of the therapy (from the areas that interest students).*

10. *Instrumental activities: Musical instruments. Musical instruments in music therapy: brass, strings, plucked, drums. Examples of the therapy (from the areas that interest students).*

11. *Seminar work A: Music and movement activities: The performance of the processed music-therapy project by students. With a feedback from a lecturer. Discussion of the presented seminar paper.*

12. *Seminar work B: Vocal activities: The performance of the processed music-therapy project by students. With a feedback from a lecturer. Discussion of the presented seminar paper.*

13. *Seminar work C: Instrumental activities: The performance of the processed music-therapy project by students. With a feedback from a lecturer. Discussion of the presented seminar paper.*

Recommended of required reading:

Key reading:

KANTOR, J. - LIPSKÝ M. - WEBER, J. a kol. *Základy muzikoterapie. Praha: Grada. 2009. ISBN 978-80-247-2846-9.*

GAJDOŠIKOVÁ ZELEIOVÁ, J. *Psychodynamické aspekty muzikoterapie: hudobno-pedagogické a hudobnoterapeutické súvislosti. Trnava: Trnavská univerzita. 2012. ISBN 978-80-8082-492-1*

FELBER, R. - REINHOLD, S. - STŮCKERT, A. *Muzikoterapie: Terapie zpěvem. Fabula. 2005. ISBN 80-86600-24-6.*

ZELEIOVÁ, J. *Muzikoterapia – dialóg s chvením. Bratislava: Veda. 2002.*

AMTMANNOVÁ, E. - JAROŠOVÁ, E. - KARDOŠ, T. *Aplikovaná muzikoterapia. 1. vyd. ISBN 978-80-969813-7-3. 2007. [online]. [cit. 2013-01-02]. Dostupné na internete: http://wp.prolp.sk/wp-content/uploads/2008/02/aplikovana_mt.pdf*

AMTMANNOVÁ, E. *Muzikoterapia v liečebnej pedagogike. Bratislava: vyd. vlastné, 2003.*

JUSLIN, P. N. - SLOBODA, J. *Handbook of Music and Emotion. Theory, Research, Applications. Oxford University Press. 2010. ISBN 978-0199230143.*

MÁTEJOVÁ, Z. *Základy teórie a praxe muzikoterapie. Bratislava: SPN. 1993. ISBN 80-223-0401-8.*

ŠIMANOVSKÝ, Z. *Hry s hudbou a techniky muzikoterapie, Praha: Portál. 2001. ISBN 80-7178-557-1*

KRÁLOVÁ, E. *Hudobné činnosti ako prostriedok zníženia pocitu osamelosti u detí v tranzitívnom období. In Zdravotnícke listy. Edičná séria: Verejné zdravotníctvo. Vol. 1, No. 4, s. 69 - 79. Trenčín: FZ TnUAD. 2013. ISSN 1339-3022.*

KRBAŤA, P. *Psychológia hudby nielen pre hudobníkov. Od hľadania vzťahu k hudbe k umeleckému majstrovstvu. Varín: Elektro AB. 2. vydanie. 2008. ISBN 978-80-969808-6-4.*

MAREK, V. *Hudba jinak: Hudební nástroje a styly, které mohou zlepšit vaše zdraví a změnit váš život. Praha: Eminent. 2003. ISBN 80-728-125-8.*

Recommended reading:

KRČEK, J. *Musica humana. Úvod do muzikoterapie, ktorá vychádza z anthroposofie Rudolfa Steinera. Hranice: Fabula - Hana Jankovská. 191 s. ISBN 978-80-86600-50-5.*

KŘIVOHLAVÝ, J. *Pozitivní psychologie. Praha: Portál. 2004. 195 s. ISBN 80-7178-835-X*

KŘIVOHLAVÝ, J. *Psychologie zdraví. Praha: Portál. 2001. 278 s. ISBN 80-71785-61-2.*

MAREK, V. *Hudba je lék budoucnosti. 1. vyd. Praha: Paprsek, 1996. ISBN 80-901582-3-4.*
MÁTEJOVÁ, Z. - MAŠURA, S. *Muzikoterapia v špeciálnej a liečebnej pedagogike. Bratislava: SPN. 1992. ISBN 80-08-00315-4.*
SEDLÁK, F. – VÁŇOVÁ, H. *Hudební psychologie pro učitele. Praha: Karolinum. 2013. ISBN 978-80-246-2060-2.*
ŠIMONEKOVÁ, Heda. *Hudobno-pohybová rytmika. 1. vyd. Bratislava: At Publishing, 2000. ISBN 80-88954-10-X.*
SACKS, O. *Musicophilia: Příběhy o vlivu hudby na lidský mozek. Praha: Dydbuk. 2009. ISBN 978-80-86862-92-7.*

Language: *Slovak*

Remarks: -

Evaluation history:

A	B	C	D	E	FX

Lectures: *PaedDr. Eva Králová, Ph.D.*

Last modification: *22.4.2014*

Supervisor: *doc. MUDr. Juraj Čelko, PhD.*