

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

<b>University:</b> <i>Alexander Dubček University of Trenčín</i>	
<b>Faculty:</b> <i>Faculty of Health Care</i>	
<b>Course unit code:</b> <i>HASPI/d</i>	<b>Course unit title:</b> <i>Musical Activities in the Health Care of Patients I.</i>
<b>Type of course unit:</b> <i>optional</i>	
<b>Planned types, learning activities and teaching methods:</b> <i>Seminar: 1 hour weekly/13 hours per semester of study; full-time</i>	
<b>Number of credits:</b> <i>1</i>	
<b>Recommended semester:</b> <i>5<sup>th</sup> semester in the 3<sup>rd</sup> year (full-time)</i>	
<b>Degree of study:</b> <i>I. (bachelor)</i>	
<b>Course prerequisites:</b> <i>none</i>	
<b>Assessment methods:</b> <i>To obtain credit for the course (30 – 50 points), a student must:</i> <ul style="list-style-type: none"> <li>- <i>Write a seminar paper,</i></li> <li>- <i>Present a seminar work,</i></li> <li>- <i>Be actively present in the course – students are allowed two (2) free unexcused absences.</i></li> </ul> <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>	
<b>Learning outcomes of the course unit:</b> <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>	
<b>Course contents:</b> <ol style="list-style-type: none"> <li><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></li> <li><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></li> <li><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></li> <li><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></li> <li><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></li> </ol>	

6. *Music therapy and special pedagogy: The importance of music therapy for people with 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:**

1. KANTOR, J. – LIPSKÝ, M. – WEBER, J. a kol. *Základy muzikoterapie*. Praha: Grada. 2009. ISBN 978-80-247-2846-9.
2. GAJDOŠÍKOVÁ ZELEIOVÁ, J. *Psychodynamické aspekty muzikoterapie: hudobno-pedagogické a hudobnoterapeutické súvislosti*. Trnava: Trnavská univerzita. 2012. ISBN 978-80-8082-492-1
3. FELBER, R. – REINHOLD, S. – STŮCKERT, A. *Muzikoterapie: Terapie zpěvem*. Fabula. 2005. ISBN 80-86600-24-6.
4. ZELEIOVÁ, J. *Muzikoterapia – dialóg s chvením*. Bratislava: Veda. 2002.
5. 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](http://wp.prolp.sk/wp-content/uploads/2008/02/aplikovana_mt.pdf)
6. AMTMANNOVÁ, E. *Muzikoterapia v liečebnej pedagogike*. Bratislava: vyd. vlastné, 2003.
7. JUSLIN, P. N. – SLOBODA, J. *Handbook of Music and Emotion. Theory, Research, Applications*. Oxford University Press. 2010. ISBN 978-0199230143.
8. MÁTEJOVÁ, Z. *Základy teórie a praxe muzikoterapie*. Bratislava: SPN. 1993. ISBN 80-223-0401-8.
9. ŠIMANOVSKÝ, Z. *Hry s hudbou a techniky muzikoterapie*, Praha: Portál. 2001. ISBN 80-7178-557-1
10. 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.
11. 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.
12. 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:**

1. KRČEK, J. *Musica humana. Úvod do muzikoterapie, ktorá vychází z anthroposofie Rudolfa Steinera.* Hranice: Fabula - Hana Jankovská. 191 s. ISBN 978-80-86600-50-5.
2. KŘIVOHLAVÝ, J. *Pozitivní psychologie.* Praha: Portál. 2004. 195 s. ISBN 80-7178-835-X
3. KŘIVOHLAVÝ, J. *Psychologie zdraví.* Praha: Portál. 2001. 278 s. ISBN 80-71785-61-2.
4. MAREK, V. *Hudba je lék budoucnosti. 1. vyd.* Praha: Paprsek, 1996. ISBN 80-901582-3-4.
5. MÁTEJOVÁ, Z. – MAŠURA, S. *Muzikoterapia v špeciálnej a liečebnej pedagogike.* Bratislava: SPN. 1992. ISBN 80-08-00315-4.
6. SEDLÁK, F. – VÁŇOVÁ, H. *Hudební psychologie pro učitele.* Praha: Karolinum. 2013. ISBN 978-80-246-2060-2.
7. ŠIMONEKOVÁ, Heda. *Hudobno-pohybová rytmika. 1. vyd.* Bratislava: At Publishing, 2000. ISBN 80-88954-10-X.
8. SACKS, O. *Musicophilia: Příběhy o vlivu hudby na lidský mozek.* Praha: Dydbuk. 2009. ISBN 978-80-86862-92-7.

**Language:** Slovak

**Remarks:**

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**Evaluation history:**

A	B	C	D	E	FX

**Lectures:** PaedDr. Eva Králová, PhD.

**Last modification:** 22.04.2014

**Supervisor:** doc. PhDr. Dagmar Mastiliaková, PhD.