

**SALEM COLLEGE
CERTIFICATE PROGRAM
IN INJURY-PREVENTIVE KEYBOARD TECHNIQUE**

Barbara Lister-Sink, Director

CURRICULAR OUTLINE & COURSE DESCRIPTIONS

MUSI 116. Injury-Preventive Keyboard Technique **One course**

This course is designed to give the keyboard major practical and theoretical knowledge of the fundamentals of a holistic, healthful technique. It addresses biomechanics, keyboard mechanics, wellness and instruction in the fundamentals of healthful sound production through the Lister-Sink Method. Students apply principles of injury-preventive technique to basic keyboard exercises, studies and graduated repertoire. Instruction includes a beginning week of intensive daily workshops, followed by a weekly group and private lessons, as well as guest lectures. It is recommended that this course be taken concurrently with MUSI 223 (Alexander Technique).

MUSI 223. Alexander Technique **One-quarter course**

(One semester required. Recommended to be taken at least twice.)

The Alexander Technique teaches instrumentalists and singers to identify and prevent unnecessary patterns of tension during practice and performance. Study of the technique improves coordination, promotes ease and freedom of movement, and helps the musician avoid strain and injury. Pass/no credit grading. May be repeated for credit.

MUSI 216. Pedagogy of Injury-Preventive, Well-Coordinated Keyboard Technique **One course**

This course examines the components of sound pedagogy while emphasizing the most effective means of teaching injury-preventive on the elementary and intermediate levels through the Lister-Sink Method. Instruction includes lectures on methodology, educational psychology, learning styles, lesson planning, studio set-up, and video analysis. Students complete 10 weeks of student teaching. Prerequisite: MUSI 116.

MUSI 226. Keyboardists' Injuries: Causes and Cures **One course**

The objectives of this course are to identify and study in depth the injuries that afflict keyboardists (tendonitis, carpal and cubital tunnel syndromes, focal dystonia, medial epicondylitis, thoracic outlet syndrome and related dysfunctions of the neuromuscular and musculoskeletal systems), to study the history and present state of the field of music medicine; to study current mainstream medical and complementary approaches to healing; and to develop a common language to bridge the music and medical worlds. This course will equip more fully the future teacher not only to teach injury-preventive technique but also to be able to help guide the injured keyboardist to the appropriate health-care professionals, and then to be a partner in the rehabilitation and retraining process.

MUSI 023. Applied Piano instruction (intensive) **Two semesters, at three-quarter course each**

Individual piano instruction, plus a one-hour studio class. Applied lessons each semester emphasize the application of injury-preventive technique to compelling music-making. Weekly lessons and studio class demonstrate how technique and artistry are ultimately joined.

COURSE OFFERING SCHEDULE OPTIONS

- OPTION 1 (3 semesters, including optional additional training)**
- FALL** MUSI 116 – Injury-Preventive Keyboard Technique
MUSI 223 – Alexander Technique
MUSI 023 – Applied Piano Instruction
- SPRING** MUSI 216 – Pedagogy of Injury-Preventive Keyboard Technique
MUSI 023 – Applied Piano Instruction
MUSI 223 – Alexander Technique (recommended)
- FALL** MUSI 226 – Keyboardists’ Injuries: Causes and Cures
MUSI 023 – Applied Piano Instruction
MUSI 223 – Alexander Technique (recommended)
- OPTION 2 (2 semesters)**
- FALL** MUSI 116 – Injury-Preventive Keyboard Technique
MUSI 226 – Keyboardists’ Injuries: Causes and Cures
MUSI 223 – Alexander Technique
MUSI 023 – Applied Piano Instruction
- SPRING** MUSI 216 – Pedagogy of Injury-Preventive Keyboard Technique
MUSI 023 – Applied Piano Instruction
MUSI 223 – Alexander Technique (recommended)

Instructional delivery methods:

On-site instruction will be used for all residential students. Students who do not live within commuting distance will take a hybrid form of the courses. They will be required to be on campus for at least 51% of the course delivery time. The remainder of instructional time will be in the Distance-Learning format, with participation in courses and applied lessons via webcam. Students may fulfill written assignments and exam requirements online. Performance and jury requirements may be completed via webcam or pre-recorded DVD performances.

Approximate cost for program in 2010-11 academic year (two-semester option): \$4,755.50

One Course = \$1,074/course

Applied Lessons = \$580/lesson

Alexander Technique = \$268.50/term

Technology Fee = \$70/term full-time, \$35/term part-time

Application

Application is made through the Flee Center for Adult Education, Salem College, 601 South Church Street, Winston-Salem, NC 27101, (336) 721-2669, or online at www.salem.edu. To discuss the Program, contact Barbara Lister-Sink at 336/749-5715 or at barbara.lister-sink@salem.edu.