



MUSNC 750 - Mindful Singing for Older Adults Course Outline

Approval Date:

Effective Date: 01/22/2016

SECTION A

Unique ID Number CCC000569815

Discipline(s)

Division Arts and Humanities

Subject Area Music for Older Adults

Subject Code MUSNC

Course Number 750

Course Title Mindful Singing for Older Adults

TOP Code/SAM Code 1004.00 - Music, General / E - Non-Occupational

Rationale for adding this course to the curriculum Change Course Code

Units 0

Cross List N/A

Typical Course Weeks 8

Total Instructional Hours

Contact Hours

Lecture 32.00
to 64.00

Lab 0.00
to 0.00

Activity 0.00
to 0.00

Work Experience 0.00
to 0.00

Outside of Class Hours 0.00
to 0.00

Total Contact Hours 32
to 64

Total Student Hours 32
to 64

Open Entry/Open Exit Yes

Maximum Enrollment

Grading Option Non-credit Course

Distance Education Mode of Instruction

SECTION B

General Education Information:

SECTION C

Course Description

Repeatability May be repeated 99 times

Catalog Description This class will provide an opportunity to experience and participate in a music setting through singing and playing rhythm instruments. No previous musical experience necessary.

Schedule Description

SECTION D

Condition on Enrollment

1a. Prerequisite(s): *None*

1b. Corequisite(s): *None*

1c. Recommended: *None*

1d. Limitation on Enrollment: *None*

SECTION E

Course Outline Information

1. Student Learning Outcomes:

- A. Sing songs from memory, in a variety of musical styles.
- B. Perform rhythmic activities with accuracy.
- C. Comprehend and discuss differing musical styles and themes.

2. Course Objectives: Upon completion of this course, the student will be able to:

- A. Sing a variety of songs in group setting.
- B. Perform several songs from memory.
- C. Increase ability and confidence to participate in musical activities.
- D. Identify characteristics of different types of music.
- E. Name and discuss several composers, lyrics and performers.
- F. Play rhythm instruments and participate in rhythm activities and games.
- G. Recognize song melodies (and musical themes).
- H.

3. Course Content

I. Music Skills

- A. Basic music fundamentals
- B. Basic singing techniques
- C. Basic rhythmic playing techniques
- D. Melodic recognition

II. Musical Repertoire

- A. Variety of musical time periods
- B. Variety of musical styles
 - 1. Folk songs from world music
 - 2. Musical Theater
 - 3. Contemporary popular music
 - 4. Film music
- C. Background information
 - 1. Composers & lyricists
 - 2. Performers

4. Methods of Instruction:

Discussion:

Other: 1) Lecture. 2) Demonstration 3) Discussion 4) Music Games 5) Sing-a-longs by rote and or/with lyric sheets

5. Methods of Evaluation: Describe the general types of evaluations for this course and provide at least two, specific examples.

Additional assessment information:

- 1) Instructor observation
- 2) Self-evaluation
- 3) Verbal quizzes
- 4) Demonstrations

Non-credit Course

6. Assignments: State the general types of assignments for this course under the following categories and provide at least two specific examples for each section.

A. Other Assignments

- 1) Group in-class participation
- 2) Perform favorite songs through either singing or playing, with or without assistance.
- 3) Explore instruments with hands and fingers and play instruments to understand sounds they make.
- 4) Recall memories from a song associated to a place, era, thing or performer.

7. Required Materials

A. EXAMPLES of typical college-level textbooks (for degree-applicable courses) or other print materials.

Book #1:

Author: Meredith, Victoria
Title: Sing Better As You Age: A Comprehensive Guide for Adult Choral Singers
Publisher: Lorenz
Date of Publication: 2014
Edition:

Book #2:

Author: Klein, Joesph and Schjeide, Ole A.
Title: SINGING TECHNIQUE How to Avoid Vocal Trouble
Publisher: National Music Publishers
Date of Publication: 1981
Edition:

B. Other required materials/supplies.

- Handouts provided by the instructor.
- Student's personal music instruments, if necessary for style of the music.