



КАФЕДРА ІНТЕРПРЕТОЛОГІЇ ТА АНАЛІЗУ МУЗИКИ

Elective University course

Course Syllabus

MUSIC AND CREATIVE ARTS IN THE COMMUNITY

<b>Освітній рівень</b>	Перший (бакалаврський) рівень	<b>Курс</b>	II-IV
<b>Ступінь освіти</b>	Бакалавр	<b>Семестр</b>	3-8
<b>Галузь знань</b>	02 Культура і мистецтво	<b>ECTS</b>	6
<b>Спеціальність</b>	025 Музичне мистецтво	<b>Аудиторних годин</b>	32
		<b>Лекції</b>	16
		<b>Семінари</b>	8
		<b>Практичні</b>	8
		<b>Індивідуальні</b>	-
		<b>Самостійна робота</b>	58
		<b>Семестровий контроль</b>	Залік: Осінній семестр

**Teachers:**

<b>ПІБ, посада</b>	Ніколаєвська Юлія Вікторівна, професор
<b>Профіль викладача</b>	<a href="http://num.kharkiv.ua/assets/img/structure/faculties/performing-musicology/interpretation-and-analysis-of-music/Nikolayevska.pdf">http://num.kharkiv.ua/assets/img/structure/faculties/performing-musicology/interpretation-and-analysis-of-music/Nikolayevska.pdf</a> ORCID ID 0000-0002-7256-4214
<b>e-mail</b>	<a href="mailto:julia310873@gmail.com">julia310873@gmail.com</a>
<b>ПІБ, посада</b>	Invited Professor Nigel Osborne MBE BA BMus (Oxon) DLitt DHumLitt honPhD FRCM FEIS FRSE
<b>Профіль викладача</b>	<a href="https://en.wikipedia.org/wiki/Nigel_Osborne">https://en.wikipedia.org/wiki/Nigel_Osborne</a>
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## Abstract

We all know that music and art can move us profoundly and somehow change us - but why? For our ancestors, it was normal to think of art and music as essential to human life: as healing, transforming and as the glue holding society together. But with the long march of epistemologies in Western society - the Age of Reason, the Enlightenment etc - people lost this kind of faith in art. It was possible to find art beautiful and be moved by it, but It was not possible to verify that art could change the human body and mind: there was simply no way of measuring it.

So from the end of the sixteenth century to the mid-twentieth century there was a kind of intellectual “black hole” in human knowledge of art.

This changed with the arrival of new technologies: fMRI, EEG, ECG and the like. These technologies showed what Descartes and Newton could not measure - that art has a profound effect on the human mind and body. This new knowledge has liberated, in just the last few years, a powerful movement in the use of art to support the wellbeing of individuals and societies.

The course is designed to train students to use the creative arts, and in particular music, as an intervention to address the mental health, general well-being and social problems associated with conflict. The focus population for the intervention will be young people and children but the work is designed to impact society as a whole. For those who may be interested in the theory but not the practice, the course is also designed to provide the scientific background for an understanding of the relationship between the arts, the mind and the body.

The course will draw on a substantial scientific literature presenting evidence that creative arts interventions may address these problems effectively, and encourage mental health, wellbeing and resilience.

## Course aims

The aims of the course are to offer a strong grounding in this important new area of art-science, and for those students who engage in practical work to prepare them to foster and deliver, to children and others, the following -

**CREATIVITY** - rich experiences in creativity, engagement, knowledge and understanding, based on activities in the creative arts.

**LEARNING** - nurturing of focus, concentration, cognitive development, socialisation and emotional intelligence,

**WELL-BEING** - support for a wide range of social, psychological and biological needs, ranging from self-confidence and self-respect to trust, joy, loss of fear, empathy and regulation of mind and body.

**COMMUNITY SUPPORT**- encouraging family and community participation in creative arts and other activities, as well as enabling effective links between educational, health and social care support systems.

## Course Objectives

At the end of this course students, who fulfilled all requirements, will be able to:

1. describe a bio-psycho-social model for intervention.
2. explain the origins and main features of trauma
3. identify the main psychotherapeutic approaches to creative arts work
4. explain relevant aspects of the psychology, cognitive psychology, psychobiology and neurophysiology of artistic experience
5. apply some basic techniques of music and creative arts animation,

community music practice and aspects of creative arts therapeutic methods

6. provide basic practical interventions in the community

### **Preliminary Course Calendar and Content**

<b>Week</b>	<b>Topic</b>	<b>Format</b>	<b>Materials</b>	<b>Readings and other resources</b>	<b>Tasks</b>	<b>valuation</b>	<b>Dead lines</b>
<b>Week 1 4th October  Live</b>	<i>The Caravaggio effect</i> Art, mind and body Bio-psycho-social model overview	Lecture	Presentation	The students will get all needed resources in CMS	Reading and reflections Practical workshop and placement <b>(block)</b>	0+5	Week 2
<b>Week 2 11th October Online</b>	<i>Janusz, Friedl and the Colonias infantiles</i> Music, creative arts and trauma overview	Lecture	Presentation		Reading and reflections		Week 3
<b>Week 3 18th October Online</b>	<i>The shadow of Indra</i> Music, creative arts and the autonomic nervous system	Lecture	Presentation		Reading and reflections		Week 4
<b>Week 4 25th October online</b>	<i>Eros and Psyche</i> Music, creative arts and the limbic system	Lecture			Reading and reflections		
<b>Week 5 1st November Double presentation Live</b>	<i>The Gautama Buddha</i> a) Music, creative arts and psychobiology b) music and creative arts in the community	Lecture	Presentation		Reading and reflections Practical workshop and placement <b>(block)</b>	0+5	Week 6

<b>Week 6 8th November Online</b>	<i>Tesla's egg</i> Music, creative arts and electrical brain activity	Lecture	Presentation		Reading and reflections		Week 7
<b>Week 7 15th November online</b>	<i>Shiva's drum</i> Music, creative arts, breathing and movement	Lecture	Presentation		Reading and reflections		Week 8
<b>Week 8 22nd November Online</b>	<i>The Titan of wisdom</i> Music and cognitive psychology	Seminar					
<b>Week 9 29th November Double Presentation Live</b>	<i>Hestia's flame</i> a) Music , creative arts and psychosocial interventions b) Music creative arts and biosocial interventions	Lecture	Presentation		Reading and reflections Practical workshop and placement <b>(block)</b>	0+ 5	Week 10
<b>Week 10 6th December online</b>	<i>Einstein's violin - music,</i> creative arts and thought	Lecture	Presentation		Reading and reflections		Week 11
<b>Week 11 13th December Online</b>	<i>Renoir's umbrella</i> Music, creative arts and wellbeing	Lecture	Presentation		Reading and reflections		Week 12
<b>Week 12 20th December Double presentation Live</b>	<i>The return of Robert Fludd</i> a) Music, creative arts and medicine b) Music and health technologies	Seminar			Reading and reflections practical workshop and placement <b>(block)</b>	0+ 5	

**\*\* SUBJECT-TO-CHANGE WARNING** Information in this document may be subject to change for a variety of reasons. It is our intention to follow the above outlined schedule and grading policies as closely as possible, but time constraints, or other events may make adjustments necessary. It is each student's responsibility to regularly attend class and check the course in CMS for possible updates or changes in course reading, activities, online or offline format or other requirements.

### **Course format**

Elective module supported on CMS UCU.

In-class, online/offline.

The course consists of lectures, workshops and placements/

This is 3 credit elective course. You will have 32 contact hours (1 class = 2 contact hours) and additional 58 preparation hours that take place out-of-class.

Pay attention! Your teachers expect that each week you will spend 2 academic hours in class and 4 hours out-of-class in workshops, placements and personal reflection/ Individual work (including workshops and placements for those students electing to follow the practical training)

This course is intended to introduce you to the field of music and creative arts in the community from different theoretical perspectives and practical experience. This is a good opportunity to know more about the topic.

This course has **two possible trajectories** you can choose for you during the course:

1. First trajectory – you visit online/offline classes according to the schedule (once a week on Tuesdays) and make 4 mini-research projects.

Second trajectory – you visit online/offline classes according to the schedule (once a week on Tuesdays) and take part in offline workshops and placement (less writing assignments and more live reflections).

### **Grading system**

score	national scale	ECTS
90–100	Відмінно	A
82–89	Добре	B
75–81	Добре	C
64–74	Задовільно	D
60–63	Задовільно	E
35–59	Незадовільно	FX
1–34	Незадовільно	F

### **Evaluation criteria**

The final grade of the course is the sum of all grades for all activities, that you have completed during the course minus points for missing classes.

FINAL GRADE = GRADE FOR ACTIVITIES\* – POINTS FOR MISSING CLASSES

\*Please note! Late works are graded 50% lower

To fulfil minimal requirements to complete this course you need:

- to be present at 8 classes or more
- to complete enough activities to get 60 points or more

### Grading

During the semester you will get **grades** as described in the table below:

Activity	Grades, max
Assignment week 1	5
Assignment week 2	5
Assignment week 3	5
Workshop and placement or mini-research project	10
Assignment week 5	5
Assignment week 6	5
Assignment week 7	5
Workshop and placement or mini-research project	10
Assignment week 9	5
Assignment week 10	5
Assignment week 11	5
Workshop and placement or mini-research project	10
Assignment week 13	5
Assignment week 14	5
Workshop and placement or mini-research project	10
In-class participation during semester (answers, reflections, comments etc.)	5
<b>Final grade/ Total</b>	<b>100</b>
Missing classes	- 2 points each

**Final grade** is the sum of all grades that student gets during the semester.

The value and success on the course depend upon the willingness of its members to listen, to ask, to read, to share ideas and to reflect upon the material, presented on lectures and in-home reading.

Activity	Scores, max	Requirements
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<p>Workshop and placement assessment</p> <p>Or 4 mini-research projects</p>	<p>A total of 40 points (10 points each)</p>	<p>Quality of participation in workshops and placements: preparation, execution, effect. Full verbal and written feedback</p> <p>Or quality of mini-research project - methodology, rigour, results</p>
<p>Assignments</p>	<p>A total of 55 points (5 points each)</p>	<p>Familiarity with relevant literature, coherence, presentation.</p>
<p>In-class participation (answers, reflections, comments etc)</p>	<p>A total of 5</p>	<p>Familiarity with relevant literature, coherence, reflection.</p>

To fulfil minimal requirements to complete this course you need: to be present at 8 classes or more, and to complete enough activities to get 60 points or more.

### **Course Policies**

All teachers have their own individual expectations for academic performance and behavior in their classrooms. Ours are outlined below in the form of “Frequently Asked Questions”. Please read them and understand that our first expectation is that you have read this document.

Missing each class is -2 points for the final grade, regardless of the reason (an absence is an absence). You can return points for the missing lectures back, if you will be prepared for the discussion of the skipping topic with the teacher (please, have an appointment in advance, but not later, than the last two weeks of the study! Contact [shyroka@ucu.edu.ua](mailto:shyroka@ucu.edu.ua) (if you are UCU student) and [julia310873@gmail.com](mailto:julia310873@gmail.com) (if you are the student of Kharkiv National I.P.Kotlyarevsky University of Art).

If you miss the class, you do not need to keep us informed, it is your decision. What you need is to be responsible, contact your classmates, getting notes, checking the course schedule for any assignments.

Work should be submitted on time. Attendance at workshops and placements must be punctual Homework, that is submitted 24 hours later than. deadline, is accepted BUT lose 50% of the score. So, better send completed tasks to CMS in advance

### **Referenses**

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