The Department of Music at Salisbury University is very concerned about educating our music students on musician wellness that includes healthy practicing, injury prevention, performance anxiety as well as an overall awareness of how to be and remain a healthy musician. We offer a **Wellness in Performance** class (MUSC 318) that is required of all vocal and instrumental performance majors but is open to any music student (majors, minors or others). This course is offered for three credits on an every other year basis and will be offered again in spring 2013. Students often use it as an elective music credit while others in another major may use it for general education credit.

The class was developed by Dr. Linda Cockey and first offered in 1999. It is team-taught by three faculty members: Dr. Linda Cockey, (Professor of Music and pianist) an athletic trainer (Mr. Pat Lamboni) and a psychologist who is the former Director of Student Counseling at SU, Dr. Bob McBrien. Cockey’s background in her DMA program in piano at the Catholic University of America gave her the insight to develop such a course for our curriculum.

Specifically topics reviewed in the course include an examination of practice techniques, different learning styles, how to map out music or acting parts for the purpose of developing more effective learning strategies; the physiological and psychological aspects of practice and performing, including the mind/body connection; relaxation techniques, tai chi, Zen and other western philosophies as well as injury prevention. The class culminates with performance preparation techniques. Since the class is made up of different instrumentalists, vocalists and performers/actors, they learn from each other. Each student’s physical approach to their instrument is regularly evaluated in-class with periodic check-ups.

The department recognizes that some of our music majors do not have room in their schedule to take an additional three credit course. Therefore, in addition to many of our applied faculty emphasizing music wellness in their studios, this website offers some useful information for all music students.

The following information includes a valuable introduction to the unique wellness issues all students should be aware of:

**NASM/PAMA report on Hearing issues in musicians**

“Musicians and Their Health Care,” - a special report, available as a pdf file at
http://www.musicalamerica.com/

**The following websites and databases are also suggested for student use.**

*Performing Arts Medical Association* -- contains a member resource directory, information about the journal *Medical Problems of Performing Artists*, resource on performing medicine organizations, clinics, arts organizations and other related materials.  www.artsmed.org/

*The Bullet Proof Musician* – a website by performance psychologist and violinist Noa Kageyama who worked with Don Greene and currently teaches at Juilliard. The purpose of this website is to
teach musicians how to overcome stage fright, performance anxiety, and other blocks to peak performance.  http://www.bulletproofmusician.com/

Annotated Bibliography on Musician Wellness sponsored by MTNA; covers books and websites.  http://www.mtna.org/member-resources/annotated-bibliography-on-musician-wellness/