PROFESSIONAL CERTIFICATE PROGRAM IN INJURY-PREVENTIVE KEYBOARD TECHNIQUE

Courses required:

MUSI116. INJURY-PREVENTIVE KEYBOARD TECHNIQUE
(One course)
This course is the foundation course of the Certificate Program. It is designed to teach the keyboardist practical and theoretical knowledge of the fundamentals of well-coordinated, injury-preventive technique. It addresses functional anatomy and biomechanics, keyboard mechanics, general wellness and step-by-step instruction in healthful sound production and music-making through the Lister-Sink Method. Students apply principles of injury-preventive technique to basic keyboard exercises, studies and graduated repertoire. Instruction includes 2 class meetings per week, guest lecturers, Internet, video and DVD viewing and technical analysis. By the end of the course, students understand and apply fundamental principles of good body use at the instrument and are empowered to analyze their own playing and that of others from a technical/biomechanical viewpoint.

MUSI225A. SPECIAL TOPICS IN MUSIC: ALEXANDER TECHNIQUE
One-quarter course
Playing the piano or organ is an activity of the whole body, directed by the brain. The Alexander Technique is required in the Certificate Program in Injury-Preventive Technique because it addresses critical principles of good coordination of the whole body in any activity. Study of the Alexander Technique promotes kinesthetic awareness, optimal skeletal balance and alignment, and efficient muscle use—all hallmarks of injury-preventive keyboard technique. Certified instructors are highly skilled in identifying and correcting unnecessary patterns of tension in the head/neck/spine—the central nervous system. With such training, the keyboardist is much more able to identify unnecessary tension patterns and to learn the specific coordinations required at the instrument in the Lister-Sink Method.

MUSI216. PEDAGOGY OF INJURY-PREVENTIVE KEYBOARD TECHNIQUE
(One course)
This course is designed to fill a much-needed market demand for teachers who can teach injury-preventive keyboard technique and apply it to compelling music-making, specifically on elementary and intermediate student levels. Instruction includes 2 classes per week; team research projects and interviews; lectures and research in educational psychology and learning styles; student teaching and evaluation; video analysis; written exams; and performances.
Prerequisite: one full course in MUSI116
MUSI225 SPECIAL TOPICS – KEYBOARDISTS’ INJURIES: CAUSES AND CURES
(One course)
The objectives of this course are as follows:
• to identify and study in depth the injuries that afflict keyboardists
• to study the history and present state of the field of Music Medicine
• to study current mainstream medical and complementary approaches to healing
• to develop a common language to bridge the music and medical worlds
The rationale for this course in the Certificate Program is to 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. Given the very high percentage rate of playing-related injuries, most teachers will be faced with injured students in their studios. This is a grave responsibility and most keyboard teachers lack sound, scientifically-informed knowledge and tools to address such challenges. If teachers are adequately trained, they will be in great demand and can help their students resume healthy music studies or playing careers.

MUSI020, 030, 040-P. APPLIED PIANO INSTRUCTION
(One course each semester of study)
The driving force behind the creation of a Professional Certificate Program in Injury-Preventive Technique is a desire to free the keyboardist of unnecessary tension and injurious technique so that she is fully available to make music compellingly. Injury-preventive technique should be the means whereby music is made, not the end in itself. Applied lessons concurrent with the other courses will emphasize the application of injury-preventive technique to compelling music-making. These weekly lessons will demonstrate to the student how technique and artistry are ultimately joined. While technique is the emphasis in all other courses, musical expression on the highest levels will be the emphasis in Applied Instruction. Without this ultimate artistic goal, even injury-preventive technique is meaningless.

Course offering schedule:
OPTION 1  (4 semesters, including optional additional training)
FALL  MUSI116 – Injury-Preventive Keyboard Technique
      MUSI225 – Special Topics: Alexander Technique
      MUSI020, 030 or 040-P Applied Piano Instruction

SPRING  MUSI216 – Pedagogy of Injury-Preventive Keyboard Technique
        MUSI030 or 040 – Applied Piano Instruction
        MUSI225 – Special Topics: Alexander Technique (optional)

FALL  MUSI225 – Special Topics: Keyboardists’ Injuries
      MUSI030 or 040 – Applied Piano Instruction
      MUSI225 – Special Topics: Alexander Technique (optional)

SPRING  MUSI030 or 040 – Applied Instruction (optional)
        MUSI225 Special Topics: Alexander Technique (optional)
OPTION 2  
(2 semesters)

**FALL**
- MUSI116 – Injury-Preventive Keyboard Technique
- MUSI225 – Special Topics: Alexander Technique
- MUSI020, 030 or 040-P Applied Piano Instruction

**SPRING**
- MUSI216 – Pedagogy of Injury-Preventive Keyboard Technique
- MUSI030 or 040 – Applied Piano Instruction
- MUSI225 – Special Topics: Alexander Technique (optional)
- MUSI225 – Special Topics: Keyboardists’ Injuries (possibly as Independent Study)

Expected student completion time of the certificate program:
2-4 semesters

**Instructional delivery methods:**
Face-to-face teaching 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 1 full week of intensive training at the beginning of each semester. Thereafter, approximately 45% of the course will be in the Distance-Learning format, with participation in courses and applied study via webcam (Skype or iChat). Students will fulfill all written and exam requirements online, and jury requirements via webcam or pre-recorded DVD performances.