Course Number and Name: SMU200H1 Healthy Practices for Healthy Musicians

Course Description: This course introduces students to the field of musicians' health through a blend of physical practices and theoretical discussions. Each class includes a yoga-based movement practice and a discussion of relevant concepts including basic anatomy for musicians, motor learning techniques, and strategies for addressing performance anxiety and achieving peak performance. Students will leave the course with a repertoire of stretches and exercises to counterbalance strains associated with playing their instruments, strategies to make effective use of practice time, and an awareness of available health resources in the community and online.

Class Schedule: Tuesdays 5-7pm in the Fall term – September to December 2018

Salary: $8,160.00

Estimated Course Enrollment: 20

TA support: No

Qualifications: Doctoral degree in music performance with research focus in healthy practices for music performance. Demonstrated excellence teaching music performance health and injury prevention at the university level.

Duties: Define course objectives; prepare course materials; provide clear guidelines on course requirements and regulations; teach classes as scheduled; administer and evaluate student assignments; prepare and submit final grade in accordance with policy. Maintain reasonable hours of student consultation outside scheduled class hours.

Closing Date:

To be considered for a position, an application and Curriculum Vitae must be submitted by the closing date to:

Professor Ryan McClelland,
Associate Dean, Academic & Student Affairs
Faculty of Music
University of Toronto
80 Queen’s Park
Toronto, Ontario M5S 2C5

Email: edna.aitken@utoronto.ca

Fax: 416.946.3353

A valid email address is required. We prefer that applications and CVs be submitted via email.

This job is posted in accordance with the CUPE 3902 Unit 3 Collective Agreement. It is understood that some announcements of vacancies are tentative, pending final course determinations and enrolment. Should rates stipulated in the collective agreement vary from rates stated in this posting, the rates stated in the collective agreement shall prevail. Preference in hiring is given to qualified individuals advanced to the rank of Sessional Lecturer II or Sessional Lecturer III in accordance with Article 14:12 of the CUPE 3902 Unit 3 collective agreement.