

## COURSE DETAIL

### MUSIC AND HEALTH

**Country**

Australia

**Host Institution**

University of Melbourne

**Program(s)**

University of Melbourne

**UCEAP Course Level**

Upper Division

**UCEAP Subject Area(s)**

Music

**UCEAP Course Number**

129

**UCEAP Course Suffix****UCEAP Official Title**

MUSIC AND HEALTH

**UCEAP Transcript Title**

MUSIC AND HEALTH

**UCEAP Quarter Units**

6.00

**UCEAP Semester Units**

4.00

## Course Description

This course explores the ways music can be used to promote physical health and healthy behaviors for a range of people, including musicians. Topics covered include music for expression, relaxation, anxiety reduction, and communication. Students engage in experiential activities underpinned by theoretical knowledge. They also contribute to weekly web-based discussion that furthers understanding of topics covered in the course.

## Language(s) of Instruction

English

## Host Institution Course Number

MUSI20150

## Host Institution Course Title

MUSIC AND HEALTH

## Host Institution Course Details

<https://handbook.unimelb.edu.au/view/2016/MUSI20150>

## Host Institution Campus

Melbourne

## Host Institution Faculty

## Host Institution Degree

## Host Institution Department

Music

## Course Last Reviewed

2023-2024

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