

# COURSE DETAIL

## MUSIC, HEALTH AND WELLBEING

**Country**

Australia

**Host Institution**

University of Sydney

**Program(s)**

University of Sydney

**UCEAP Course Level**

Lower Division

**UCEAP Subject Area(s)**

Music Health Sciences

**UCEAP Course Number**

13

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

MUSIC, HEALTH AND WELLBEING

**UCEAP Transcript Title**

MUS/HLTH/WELLBEING

**UCEAP Quarter Units**

6.00

**UCEAP Semester Units**

4.00

## Course Description

How do musicians achieve and maintain their health? This course explores the science of music, health, and wellbeing through the study of health promotion, a range of health issues (including mental health), and practical strategies for incorporating healthy lifestyles into everyday life. It examines longstanding debates in both scholarly and practice-based fields of music and health. Topics include mindfulness, music psychology, Alexander Technique, yoga, tai chi, performance science, growth mindset programs, music therapy, mental health, workplace safety, and physiotherapy.

## Language(s) of Instruction

English

## Host Institution Course Number

MUSC1604

## Host Institution Course Title

MUSIC, HEALTH AND WELLBEING

## Host Institution Course Details

<https://www.sydney.edu.au/units/MUSC1604>

## Host Institution Campus

Sydney

## Host Institution Faculty

Sydney Conservatorium of Music

## Host Institution Degree

## Host Institution Department

## Course Last Reviewed

2025-2026

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