

Vocal Health and Wellness

Voice Division

Towson University Department of Music

The Voice Division of the Towson University Department of Music regularly includes education in vocal health and wellness for students enrolled in voice-related courses.

Courses which have significant learning outcomes related to vocal health and wellness include:

- MUSC442/542 – Vocal Pedagogy (Required of all BM/MM performance majors or BS/BM combined majors)
- MUED 210 – Voice Techniques (Required of all BS MUED Vocal/General majors)
- MUED 216 – Vocal Pedagogy for Music Educators (Required of all BS MUED Instrumental majors)
- MUSA 103-603 – Applied Voice (Required of all majors whose primary instrument is voice)
- MUSA 104 – Applied Lessons Alexander Technique
- MUSC 243 – Diction I –English & Italian
- MUSC 246 – Diction II – French & German

Voice related courses in which learning outcomes include topics and practices in vocal health and wellness:

- MUSA 150 ENSEMBLE: CHORAL SOCIETY (1)
- MUSA 251 ENSEMBLE: CHORALE (1)
- MUSA 252 ENSEMBLE: CHAMBER SINGERS (1)
- MUSA 253 ENSEMBLE: MUSIC FOR THE STAGE (1)
- MUSA 254 ENSEMBLE: MUSIC THEATER CHORUS (1)
- MUSA 255 ENSEMBLE: MUSIC FOR THE STAGE - OPERA OUTREACH (1)
- MUSA 350 ENSEMBLE: CHORAL SOCIETY (1)
- MUSA 451 ENSEMBLE: CHORALE (1)
- MUSA 452 ENSEMBLE: CHAMBER SINGERS (1)
- MUSA 453 ENSEMBLE: MUSIC FOR THE STAGE (1)
- MUSA 454 ENSEMBLE: MUSIC THEATER CHORUS (1)
- MUSA 455 ENSEMBLE: MUSIC FOR THE STAGE - OPERA OUTREACH (1)
- MUSA 497 SENIOR RECITAL FOR BACHELOR OF SCIENCE IN MUSIC DEGREE (1)
- MUSA 498 SENIOR RECITAL FOR MUSIC EDUCATION MAJORS (1)
- MUSA 499 SENIOR RECITAL FOR BACHELOR OF MUSIC DEGREE (1)
- MUSC 406/506 SURVEY OF SOLO VOICE LITERATURE (3)
- MUSC 452/552 PEDAGOGY OF TECHNOLOGY IN MUSIC INSTRUCTION (3)
- MUSA 650 ENSEMBLE: CHORAL SOCIETY (1)

- MUSA 651 ENSEMBLE: CHORALE (1)
- MUSA 652 ENSEMBLE: CHAMBER SINGERS (1)
- MUSA 653 ENSEMBLE: MUSIC FOR THE STAGE (1)
- MUSA 655 ENSEMBLE: MUSIC FOR THE STAGE - OPERA OUTREACH (1)
- MUSC 797 GRADUATE PERFORMANCE RECITAL (1)

Additional Vocal Health and Wellness Activities

While MUSC 442/542 and MUED 216 provides voice students an extensive one-semester experience in vocal pedagogy and vocal health, the Voice Division provides many other vocal health and wellness opportunities for its students.

1. Vocal ensembles regularly address vocal health and wellness through the faculty assigned to the course. Activities include:
 - a. Regular warm-ups both vocal and physical
 - b. Coaching students during rehearsals on healthy vocal technique
 - c. Requiring or providing appropriate clothing, floor coverings, and other safety measures to ensure a safe and supportive learning environment where body and voice are concerned.
 - d. Regular check-ins with students with vocal health or wellness concerns
 - e. Establishing an inclusive and safe-space environment for all students, faculty, and staff
2. Lecture courses in which singing is a primary focus also include information and discussion of health vocal production and wellness.
3. As mandated by NASM, the Division offers some additional experiences in vocal health at least every other academic year. Health care professionals from the Milton J. Dance Head and Neck Center at Greater Baltimore Medical Center [GBMC], Certified Alexander Technique specialists, practitioners in wholistic health, music therapists, hearing health specialists, massage therapists, and other body/mind/voice integrative technique specialists have come to present to our students on a consistent basis for the at least the last fifteen [15] years.