

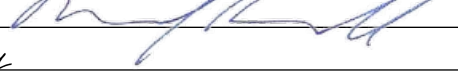
 FLORIDA ATLANTIC UNIVERSITY	NEW COURSE PROPOSAL Undergraduate Programs		UUPC Approval <u>10-12-20</u> UFS Approval _____ SCNS Submittal _____ Confirmed _____ Banner Posted _____ Catalog _____
	Department Music College Arts and Letters <i>(To obtain a course number, contact erudolph@fau.edu)</i>		
Prefix MUN Number 1821	<i>(L = Lab Course; C = Combined Lecture/Lab; add if appropriate)</i> Lab Code	Type of Course <div style="border: 1px solid black; padding: 2px; display: inline-block;">Performance</div>	Course Title Cantemos! Latin American Music Ensemble
Credits <i>(Review Provost Memorandum)</i> 0	Grading <i>(Select One Option)</i> Regular <input type="radio"/> Pass/Fail <input checked="" type="radio"/> Sat/UnSat <input type="radio"/>	Course Description <i>(Syllabus must be attached; Syllabus Checklist recommended; see Guidelines)</i> A choral ensemble performing a wide repertoire of Latin American choral literature.	
Effective Date <i>(TERM & YEAR)</i> Spring 2021			
Prerequisites, with minimum grade* none	Corequisites none	Registration Controls <i>(Major, College, Level)</i> Instructor permission	
*Default minimum passing grade is D-. Prereqs., Coreqs. & Reg. Controls are enforced for all sections of course			
WAC/Gordon Rule Course <input type="radio"/> Yes <input checked="" type="radio"/> No <small>WAC/Gordon Rule criteria must be indicated in syllabus and approval attached to proposal. See WAC Guidelines.</small>	Intellectual Foundations Program (General Education) Requirement <i>(Select One Option)</i> None <small>General Education criteria must be indicated in the syllabus and approval attached to the proposal. See GE Guidelines.</small>		
Minimum qualifications to teach course Master (Arts or Music) with Choral conducting			
Faculty Contact/Email/Phone Patricia Fleitas/ pfleitas@fau.edu/ 73823	List/Attach comments from departments affected by new course N/A		
Approved by Department Chair <u></u> College Curriculum Chair <u></u> College Dean <u></u> UUPC Chair <u>Jerry Hakey</u> Undergraduate Studies Dean <u>Edward Pratt</u> UFS President _____ Provost _____		Date <u>9/21/20</u> <u>10.5.20</u> <u>10-6-2020</u> <u>10-12-20</u> <u>10-12-20</u> _____ _____	

Email this form and syllabus to mjenning@fau.edu seven business days before the UUPC meeting.

INSTRUCTOR: Dr. Patricia P. Fleitas, Director of Choral and Vocal Studies

pfleitas@fau.edu, 561-297-3823, AL 245

Graduate Teaching Assistant- Mr. Michael Miranda

OFFICE HOURS: MWR, 9:00 A.M. 9:50 A.M.; M 12:00 – 12:50. All meetings are by appointment and requested via email. *Please do not disturb a lesson to speak with me unless it is an emergency.* Refer to the schedule posted on my office door and do not knock during score study/research time.

COURSE DESCRIPTION: A choral ensemble performing a wide repertoire of choral literature.

COURSE OBJECTIVES:

- Perform at a high level of performance through the opportunities available in rehearsals, concerts, and all other choral orientated activities.
- Demonstrate musical styles and performance practices in various stylistic periods through rehearsal and performance.
- Improve musical skills through the rehearsal process in musical selections and sight-reading.

OUR CURRICULUM IS DESIGNED TO EXPOSE VOCAL STUDENTS TO THE FULL ARRAY OF VOCAL MUSIC CULTURE. THEREFORE, AS PART OF YOUR EDUCATIONAL EXPERIENCE YOU WILL BE EXPECTED TO SING SECULAR TEXT, SACRED TEXT, PATRIOTIC SONGS, AND HOLIDAY THEMED REPERTOIRE. PLEASE NOTE THAT BY SINGING THIS MUSIC, YOU ARE NOT BEING ASKED TO ESPOUSE ANY RELIGIOUS BELIEFS OR TO ACCEPT AS YOUR OWN ANY IDEOLOGICAL POINT OF VIEW. YOU ARE MERELY BEING REQUIRED TO PARTICIPATE IN CLASSROOM EXERCISES; WHICH ARE ESSENTIAL COMPONENTS OF THE VOCAL CURRICULUM AT FLORIDA ATLANTIC UNIVERSITY. THESE WORKS ARE PRESENTED AS WORKS OF ART. THEREFORE, YOU WILL BE REQUIRED TO SING ALL SELECTIONS, AND PARTICIPATE AT ALL SCHEDULED REHEARSALS AND PERFORMANCES, WITHOUT REGARD FOR RELIGIOUS OR IDEOLOGICAL BACKGROUND.

COURSE MATERIALS

- **REQUIRED:** The “**Black Folder**” is available at the University Bookstore and **MUST** be purchased for use in class and at concerts. **This is the only acceptable performance folder.**
<https://www.musicfolder.com/music-folders>
- **REQUIRED:** Choral uniform must be purchased through the choral department and paid for in full by the end of the **second** week of classes.
- Each individual will receive assigned music, which belongs to the Choral Studies area at FAU and must be returned in its entirety to the Department without markings (must be erased before submission), on or before the final exam period.
 - If the physical scores are not returned a hold will be placed in the student’s academic records through the Registrar’s Office.
 - If a student loses a score(s) he/she is responsible for the current replacement cost. If the student fails to follow-up with replacement payment a hold will on academic records through the Registrar’s Office will follow.
 - The same procedure as above will follow for damaged music.
- Occasionally students will be asked to print public domain scores or manuscripts from Blackboard. Once posted they are the student’s responsibility and must be brought to class in hard copy format.
- Each student is required to have A PENCIL at every rehearsal. One (1) point will be deducted for every time a student is identified for not having a pencil during rehearsal.

1. This course requires an average of 7 hours per week including rehearsals and practice and/or memorization of music outside of the regularly scheduled rehearsals.
2. Students eligible to enroll in this course
 - Music majors who have passed a formal audition and has been approved by the chair of the area of choral and vocal studies
 - Student who are not music majors must audition for the choral faculty and ensemble assignment approved by the chair of the area of choral and vocal studies
3. A positive attitude throughout rehearsals and performances is expected.
4. **The distributed / posted semester schedule is mandatory, including the required recorded submissions per this syllabus.**
5. Any conflicts with the schedule must be brought to the director’s attention during the **FIRST WEEK** of classes.
6. Five points will be deducted from the final grade for disruptions to class. This will include, but not be limited to, texting, cell phone rings, and talking.
7. **ALL DRESS REHEARSALS ARE MANDATORY. ANY STUDENT WHO MISSES A DRESS REHEARSAL WILL NOT BE ALLOWED TO PERFORM IN THE CONCERT RESULTING IN A MISSED PERFORMANCE. OFTEN REHEARSALS AND PERFORMANCES WILL TAKE PLACE ON FRIDAYS, SATURDAYS, AND/OR SUNDAYS. PLEASE BE MINDFUL THAT THERE WILL BE NO EXCUSED ABSENCES FOR THESE EVENTS.**
8. During the course of the semester other choral activities might be scheduled and thus become mandatory. All extra opportunities will have no less than one-week notice. If a performance/rehearsal opportunity arises with less than one-week notice the group will decide by majority vote if it will become mandatory. However, if an extra rehearsal arises due to lack of progress, such rehearsal becomes mandatory when scheduled by the director. Any significant problems must be brought to the director’s attention at the time of the announcement; otherwise it will not be excused.
9. Music folder with your assigned music is required at every rehearsal and performance. Students without music and pencil may be dismissed from rehearsal, thus receiving an absence for the day.
10. Each student must be prepared to sing alone or in other given formats at every rehearsal. Every student needs to anticipate that he/she may be called upon to sing without prior notice. At certain times pieces will require memorization. All pieces assigned to memory will be given a goal deadline. If a student is called upon to sing any of these pieces in rehearsal he/she must do so by memory.
11. Sectionals that are scheduled by the director are mandatory. All others are strongly recommended.
12. Relative progress should be evident at EVERY rehearsal. Singing tests (solo or in a small ensemble) will transpire, announced or as a pop quiz format, throughout the course of the semester. **Every piece in the repertoire will have a “learned” deadline. Students will submit recorded portions online of given sections in every piece per the class schedule.**
13. The ensemble’s concert attire is mandatory. The uniform should be neatly pressed and well maintained. If a dress is too tight or too short, the student may be asked to acquire one that meets the Ensemble’s standards.
14. Some piercings may need to be removed for rehearsals or performances. These include tongue, nose, other facial, and ear.

15. Music must be turned in at the end of the semester in good condition (no writing or water stains, etc). If it is not acceptable or missing (by assigned number) you will be charged the current replacement cost of each score.

16. Hair color that will be a distraction or break the uniformity of the ensemble will need be covered with a wig (i.e, green, purple, series of ... any color that is not the “normal pigmentation”)

COURSE COMMUNICATION POLICY:

- Announcements
- You are responsible for reading all announcements posted by the instructor as well as emails. Check the announcements each time you login to be sure you have read all of them since your last login session.
- Email & Message Policy
- All electronic communication must originate from a valid FAU email address
- Except for Saturdays, Sundays, and holidays, instructors will respond to messages generally within 48 hours.
- If this course does not appear in your Canvas list, it is likely that you are not fully registered. If you do not have canvas, you will not receive emails, announcements, or materials for class.

GRADING:

- **GRADING BEGINS WITH ATTENDANCE PER THE CHART BELOW**
- Every student is responsible to learn EVERY assigned score. Once the score is introduced in rehearsal it is the responsibility of the individual chorister to secure the fundamental knowledge required of every singer. The ensemble rehearsal is NOT defined as scheduled time to spoon-feed the fundamental elements of music. **The student is expected to come prepared to every rehearsal. The student is expected to submit recorded singing assignments online to demonstrate knowledge of scores.**
- Definition of being prepared for rehearsal means that the student has taken the responsibility to secure pitches, rhythms, diction, and vocal placement on their own after the score has been introduced at rehearsal.
- Definition of rehearsal means that based on the individual chorister’s preparation, the conductor will be able to rehearse and unveil the artistic values of every score within any given concert program format with the goal of promoting the art of choral singing. Through the process of rehearsal choristers learn beyond the printed score; interpretation, performance practices, ensemble sound, conducting gestures appropriate to each score, text settings, etc., etc.
- In the event that the ensemble is not presenting the acceptable progress towards successful performances, the conductor will schedule a singing test. The objective of this type of test is to evaluate if the individual student has taken the responsibility to keep up with each assigned score. This means that the student has been attentive during every rehearsal, has marked the score based on the progress of each rehearsal, has taken the responsibility to take any issues to the practice room to make sure that individual progress is maintained, etc. This course does not provide any student the opportunity to select his/her own pacing for score knowledge and progress. It is an ensemble and its performance will be as strong as its weakest member. This is a valuable lesson to learn for every student aspiring to be a musician in the area of vocal and choral performance.
- Each test will be assessed as High Pass (Will not deduct any points from the final grade), Pass (will deduct 5 points from the final grade), and Fail (will deduct 10 points from the final grade).
 - If testing becomes necessary, the test will be given two weeks prior to a scheduled performance.
 - If a student scores a Pass he/she will be given another opportunity a week prior to the scheduled performance. At this point if the student does not score a high pass, he/she will be removed from the performance and 20 points will be deducted from the final grade.
 - If a student fails the first test he/she will NOT be given another opportunity to test and will be removed from the respective performance. At this point the student will not be allowed to participate in the respective performance, thus receiving a failing grade (F) for the semester. The student has the opportunity to raise it to a C- if the test for the second concert is a high pass.
 - These tests will be in an audio recorded format and administered by an assigned graduate teaching assistant and submitted to the conductor within 24 hours of administering the test.

- Basically, a student knows the music or does not know the music, therefore, technically the scoring should be Pass or Fail. However, the main objective is to guide the student through a positive learning experience given the circumstances as well as for the conductor to take into consideration that “nerves” may play a part in the testing process. For this reason, the “Pass” grade has been incorporated.
 - **High Pass** = the student knows the scores at performance level (all pitches and rhythmic notation are accurate; intonation, diction, phrasing, and musical nuances are at performance level).
 - **Pass** = the student has a good grasp of the score but demonstrates some difficulties that can be corrected upon identification and practice. In this case the student will be retested.
 - **Fail** = the student DOES NOT know the score and is presenting significant issues with knowledge of notes, rhythmic gestures, and all other identified criteria. Based on the definition of ensemble, it is not fair for this student to be allowed the opportunity to “cram” the music at the last minute prior to a performance.
- Concert Attire is expected to be neat and to follow the detailed guidelines in this syllabus. It is a graded component of this course.

THE STARTING VALUE OF THE GRADE WILL BEGIN WITH ATTENDANCE AS OUTLINED IN THE CHART BELOW.
Attendance Grading Criteria

Number of Absences	Maximum Start Value
0-1	100
2-3	90
4-5	80
6	70
7	60
8+	50

- Any student who is not in place at time of call (regular rehearsals and special rehearsals) will have points from the FINAL grade deducted as follows

Minutes late	Points Deducted
1-5	2 points
5-10	5 points
10-+	10 points

- **Note that more than 8 absences (or the correlating number of late arrival to rehearsals or special call times) will make it impossible to pass this course as required for degree even with documentation. In addition, do not assume that all types of documentation will excuse any absences or late arrivals. It will be up to the discretion of the instructor.**

From the highest attendance grade the following considerations will be calculated to arrive at the final grade for the semester.

A given test	May determine final grade and not take any other criteria into consideration. See explanation above.
Rehearsal Demeanor, Preparation (score markings, music, pencils, text, etc)	30
Concert Attire	10

****Five points will be deducted from the final grade for disruptions to class. This will include, but not be limited to, texting, cell phone rings, and talking. ****

SOME REHEARSALS AND EVENTS WILL COUNT DOUBLE. THEY INCLUDE:

- All extra rehearsals scheduled with at least one week’s notice.
- The mandatory Annual Choral Retreat (the first Saturday of Classes in the Fall semester).
- The LAST REHEARSAL BEFORE and the FIRST REHEARSAL AFTER a holiday, concert, or vacation
- The first and last rehearsals of the semester

As this is a teaching ensemble, events involving community relations and concerts are considered mandatory. Failure to participate in these events will affect the student’s final grade. Students will be given a one-week notice prior to the event

QUIZ/TESTING RUBRIC:

	High Pass (A)	Pass (B-)	Fail (C- or lower)
Pitch	Excellent, only slight intonation issues	Minor pitch inconsistencies, but overall knowledge of notes is apparent	Significant pitch issues. Some passages show lack of knowledge
Rhythm	Excellent, precise. Tempo maintained	Good rhythmic integrity, possible slight deviation of tempo	Lack of rhythmic integrity. Late entries or rushed tempo.
Vocal Plac.**	Notes are well-placed in the voice. Overall good vocal production and tone.	Pitches placed in voice with only minor deviations from good vocal tone.	Placement not consistent. Inconsistent tone.

** It is understood that everyone is at a different vocal level. All students should make every attempt to produce the best tone possible at testing time. For example, fundamental technical approach to singing should not involve breathiness or pushed chest placement.

ATTENDANCE POLICY

1. Students are considered tardy at **1:00 pm on MTWR**. At that start time the student should be prepared to sing rather than in the process of gathering materials. And/or entering the rehearsal room. Those not prepared to begin are considered late. **Two points** will be deducted.
2. An absence from a performance will constitute a grade of **F** for the semester.
3. See the above chart for punctuality for dress rehearsals and concert call times
4. Anyone missing the dress rehearsal will not be allowed to perform in that concert which will constitute a failing grade. Therefore, please carefully consider the schedule before the drop/add period ends.
5. **There is no differentiation made between excused and unexcused absences; use of absences is left up to the students’ discretion. Documentation is REQUIRED for any absences to remove penalties. ALL DOCUMENTATION MUST BE SUBMITTED TO INSTRUCTOR WITHIN 2 weeks of return to classes to be considered.**
6. **Any student who misses more than 12 rehearsals (even with documentation) should consider a medical or regular withdrawal. Non-participation in 30% of the semester’s regular rehearsals will not be accepted for a passing grade.**

7. Every Student is responsible for learning and memorizing every piece of music in the “folder”. Do not expect to be spoon-fed in rehearsal. Thus, tests may include pieces that have not been covered in rehearsal as much as other scores.
8. IF a student is unable to sing or participate for an extended time (more than 4 rehearsals in a semester) then the student needs to seek a medical documentation. Otherwise, a non-passing grade may be issued. It is not acceptable for a student to place himself/herself on vocal rest. A note from the respective applied voice instructor must be submitted to the director. Again, after the fourth rehearsal on vocal rest the student is required to submit medical documentation. Documentation must be submitted within two weeks after the fourth rehearsal “on vocal rest.” It is understood that at times medical appointment are not readily available. In this case, the student must demonstrate an official document that an appointment has been scheduled.
9. All students are required to attend ALL FAU choral concerts in which they do not perform. If a student performs in all concerts, this requirement will be waived. Failure to attend will result in a 10-point deduction from the final grade.
10. Students are responsible for arranging to make-up work missed because of legitimate class absence, such as serious illness, family emergencies, military obligation, court-imposed legal obligations or participation in University-approved activities.
11. Examples of University-approved reasons for absences include participating on an athletic or scholastic team, musical and theatrical performances, debate activities, and religious accommodations.
12. It is the student’s responsibility to give the instructor notice prior to any anticipated absence and within a reasonable amount of time after an unanticipated absence, ordinarily by the next scheduled class meeting. (or the day of in the case of an exam)
13. Instructors must allow each student who is absent for a University-approved reason the opportunity to make up work missed without any reduction in the student’s final course grade as a direct result of such absence. (University Catalog <http://www.fau.edu/academic/registrar/FAUcatalog/academics.php>)

CONCERT ATTIRE:

Students must purchase the required uniform. Price will be determined at the given semester according to current catalog prices. Uniforms must be paid for in full before it is ordered. Alterations needed are the responsibility of the student. The area of choral music has a seamstress who has agreed to follow the department’s guidelines. If a student chooses to go elsewhere and the guidelines are not followed, then the individual student is responsible for remedying the situation and may have to purchase a new uniform. If, in through course of time, a uniform does not fit or look as it should, the student will be responsible for replacing it before the next performance. At every concert a designated graduate assistant will evaluate the individual’s attire. Students will not be allowed to perform until the uniform meets departmental standards.

UNIFORM/REQUIRED MATERIALS:

- **The “Black Folder” in good condition is required for performance**
- **WOMEN:**

- *Uniform purchased through department (hemmed to appropriate length)
 - ***Sheer** Black Pantyhose (full-length, no knee-highs)
 - * Black Ballet slippers (or leather jazz shoes). No heels, No laces
 - *Appropriate undergarments
 - *No watches, bracelets, nose or facial piercings at concert.

*Anything that is worn in the hair **MUST** be the color of the hair (not shiny, studded or cloth).

- **MEN:**
 - * Black, single peak tuxedo jacket and pants (hemmed to the appropriate length)
 - * Black vest and tie,
 - * White **Tuxedo** Shirt
 - * Black dress socks (not ankle length)
 - * Black **PATENT** dress shoes
 - * No watches, bracelets, nose or facial piercings at concert.

*Anything that is worn in the hair MUST be the color of the hair (not shiny, studded or cloth).

- **FOR CONCERTS:** Hair should be worn up and off the face. This will be discussed prior to the first concert.
- These items are the student’s sole responsibility. Failure to comply with the exact uniform will constitute a failed performance (the student will not be allowed to perform.)
- Students with colored hair in blue, green, or anything that calls attention away from uniformity on stage will be asked to wear a wig
- **UNIFORMS ARE EXPECTED TO BE NEAT AND WELL-CARED FOR. STUDENTS WEARING WRINKLED UNIFORMS WILL BE CONSIDERED NOT IN PROPER ATTIRE.**

MAKE UP/LATE WORK: As this is a performance-based course it is not possible to make-up missing a performance or a dress rehearsal. If a music test is missed, it must be made up with 24 hours unless for vocal health issues, all of which must be documented.

Incomplete Policy: A grade of Incomplete will be assigned only in the case of extreme emergency or illness. This grade will only be assigned when such a situation precludes the students’ ability to complete the Final Performance. If such a situation should occur, the student should contact the instructor prior to the start of the performance and should be in EXTREME cases only. Should this occur, the student will be required to complete the course the next time it is offered as no make up for a collaborative performance is possible or reasonable.

CLASSROOM ETIQUETTE:

- Students are expected to refrain from the use of handheld Internet or texting devices during class. Should a student be found in violation of this etiquette, they will be asked to leave class and take the absence.
- Cell phones should be turned off. Cell phones on vibrate still make noise and disrupt the rehearsal process. If you cell phone rings or vibrates during class or if you are seen on the phone (texting...), you will lose points from the FINAL GRADE and lose your phone for the rehearsal.
- Additionally, students are asked to sit in the chairs in a proper manner and keep feet from residing on other furniture.
- Out of courtesy to other students and to the professor, students are asked to arrive in a timely manner.
- Rehearsal begins promptly. Placing your belongings at your chair does not mean you are on time.
- Personal belongings should be placed at the side of the room. Students should have only their music, pencil, and water at their seat.
- All questions should be directed to the conductor (or student running a sectional). Focus is expected during rehearsal times and all markings should be made immediately.
- Rehearsal begins promptly. Placing your belongings at your chair does not mean you are on time. On time means being in your chair, all belongs at the side of the room, and music and pencil on hand ready to begin rehearsal. Only bottled water is allowed in the rehearsal room.

University Attendance Policy Statement: Students are expected to attend all of their scheduled University classes and to satisfy all academic objectives as outlined by the instructor. The effect of absences upon grades is determined by the instructor, and the University reserves the right to deal at any time with individual cases of non-attendance. Students are

responsible for arranging to make up work missed because of legitimate class absence, such as illness, family emergencies, military obligation, court-imposed legal obligations or participation in University approved activities. Examples of University-approved reasons for absences include participating on an athletic or scholastic team, musical and theatrical performances and debate activities. It is the student's responsibility to give the instructor notice prior to any anticipated absences and within a reasonable amount of time after an unanticipated absence, ordinarily by the next scheduled class meeting. Instructors must allow each student who is absent for a University-approved reason the opportunity to make up work missed 3 without any reduction in the student's final course grade as a direct result of such absence.

Disability policy statement In compliance with the Americans with Disabilities Act Amendments Act (ADAAA), students who require reasonable accommodations due to a disability to properly execute coursework must register with Student Accessibility Services (SAS) and follow all SAS procedures. SAS has offices across three of FAU's campuses – Boca Raton, Davie and Jupiter – however disability services are available for students on all campuses. For more information, please visit the SAS website at www.fau.edu/sas/.

Counseling and Psychological Services (CAPS) Center Life as a university student can be challenging physically, mentally and emotionally. Students who find stress negatively affecting their ability to achieve academic or personal goals may wish to consider utilizing FAU's Counseling and Psychological Services (CAPS) Center. CAPS provides FAU students a range of services – individual counseling, support meetings, and psychiatric services, to name a few – offered to help improve and maintain emotional well-being. For more information, go to <http://www.fau.edu/counseling/>

Code of Academic Integrity policy statement Students at Florida Atlantic University are expected to maintain the highest ethical standards. Academic dishonesty is considered a serious breach of these ethical standards, because it interferes with the university mission to provide a high quality education in which no student enjoys an unfair advantage over any other. Academic dishonesty is also destructive of the university community, which is grounded in a system of mutual trust and places high value on personal integrity and individual responsibility. Harsh penalties are

associated with academic dishonesty. For more information, see University Regulation 4.001. If your college has particular policies relating to cheating and plagiarism, state so here or provide a link to the full policy—but be sure the college policy does not conflict with the University Regulation.

Religious Accommodation:

- In accordance with rules of the Florida Board of Education and Florida law, students have the right to reasonable accommodations from the University in order to observe religious practices and beliefs with regard to admissions, registration, class attendance and the scheduling of examinations and work assignments.
- Students who wish to be excused from coursework, class activities, or examinations must notify the instructor in writing *two weeks in advance* of their intention to participate in religious observation and request an excused absence. The instructor will provide a reasonable opportunity to make up material from excused absences.
- Any student who feels aggrieved regarding religious accommodations may present a grievance to the director of Equal Opportunity Programs. Any such grievances will follow Florida Atlantic University's established grievance procedure regarding alleged discrimination. <http://www.fau.edu/provost/files/religious2011.pdf>

CLASSROOM ETIQUETTE:

WHAT SINGERS SHOULD DO

The Area of Choral and Vocal Studies wishes to thank The Singer's Resource, the Texas Voice Center,

Houston, and the University of Michigan Vocal Health Center for the following information:

1. **Maintain good general health.** Get adequate rest to minimize fatigue. If you do become ill, avoid "talking over your laryngitis" - see your physician and rest your voice.
2. **Exercise regularly.**
3. **Eat a balanced diet.** Including vegetables, fruit and whole grains, and avoid caffeinated drinks (coffee, tea, and soft drinks) and alcohol. Avoid spicy, acidic, and dairy foods if you are sensitive to them.
4. **Maintain body hydration;** drink two quarts of water daily.
5. **Avoid dry, artificial interior climates.** Las Vegas has an average daily humidity of 36%, a relatively low amount of moisture. Using a humidifier at night might compensate for the dryness.
6. **Limit the use of your voice.** High-ceilinged restaurants, noisy parties, cars and planes are especially damaging to the voice. If necessary, use amplification for vocal projection.
7. **Avoid throat clearing and voiced coughing.**
8. **Stop yelling, and avoid hard vocal attacks on initial vowel words.**
9. **Adjust the speaking pitch level of your voice.** Use the pitch level in the same range where you say, "Umm-hmm?"
10. **Speak in phrases rather than in paragraphs.** Always speak on "fresh breath"
11. **Reduce demands on your voice** - don't do all the talking!
12. **Learn to breathe silently to activate your breath support muscles and reduce neck tension.**
13. **Take full advantage of the two free elements of vocal fold healing:** water and air.
14. **Vocal athletes must treat their musculoskeletal system, as do other types of athletes;** therefore, vocal warm-ups should always be used prior to singing. Vocal cool-downs are also essential to keep the singing voice healthy.

WHAT ALL MUSICIANS SHOULD DO

1. **Stay informed.** Awareness is the key. Like many health-related issues, prevention is much easier and less expensive than cures. Take time to read available information concerning injuries associated with your art.
2. Musicians might find the following books helpful:
 Conable, Barbara. *What Every Musicians Needs to Know About the Body* (GIA Publications, 2000)
 Klickstein, Gerald. *The Musician's Way: A Guide to Practice, Performance, and Wellness* (Oxford, 2009)
 Norris, Richard N. *The Musician's Survival Manual* (International Conference of Symphony and Opera Musicians, 1993)
3. The following links may be useful:
[Associated Board of the Royal Schools of Music](#) (ABRSM), the world's leading authority on musical assessment, actively supporting and encouraging music learning for all.
[Performing Arts Medicine Association](#) (PAMA), an organization comprised of dedicated medical professionals, artists educators, and administrators with the common goal of improving the health care of the performing artist.
[Texas Voice Center](#), founded in 1989 for the diagnosis, treatment, and prevention of voice disorders.

[National Center for Voice and Speech](#) (NCVS), conducts research, educates vocologists, and disseminates information about voice and speech.

[Vocal Health Center](#), University of Michigan Health System, recognized locally, regionally and nationally as a leading institution for the treatment and prevention of voice disorders. At the heart of the Center is a professional team comprised of experts from the University of Michigan Health System and U-M School of Music, encompassing the fields of Laryngology, Speech Pathology, and Vocal Arts.

Health and Safety: Students are encouraged to access the FAU Department of Music Handbook or our website www.fau.edu/music to read the Department’s guidelines towards hearing and performance health and safety.

<http://www.fau.edu/music/pdf/HEALTH%20AND%20SAFETY%20INFORMATION%20AND%20RECOMMENDATIONS%20FOR%20STUDENT%20MUSICIANS.pdf>

CLASS SCHEDULE - FALL

August 17: Mandatory Choral Retreat 10:00 a.m. – 4:00 p.m.
Room #219

First rehearsal

Choral Organizations Concert
St. Joan of Arc Catholic Church, Boca Raton
7:00 p.m.

Sound Check at the church will be on the same day. **Time TBD**

Rehearsal with Schola Cantorum of Florida for
“The Holocaust Project”
Room 219, 7:30 – 9:30 p.m.

High School Honor Choral Festival

On the 15th at FAU @ University Center
On the 16th at Olympic Heights High School

Concert, 7:00 p.m. at Olympic HHS
Free Admission

Rehearsal with Schola Cantorum of Florida
6:30 – 9:30 p.m. for “The Holocaust Project”
Possible rehearsal with orchestra on Monday, Nov. 18 (evening, TBD)

Rehearsal for “The Holocaust Project”), 10:00 a.m., Kravis Center

Performance at Kravis, 2:30 p.m. and evening performance

Dress rehearsal with SCOF, 7:30 – 9:30, #219

Messiah performance, 7:00 p.m., Barry Kaye Auditorium

Rehearsal with orchestra TBD

Concert with SCOF, 7:30 p.m.
Sound Check TBD

NOTE: Some regular rehearsals will be adjusted to reassure that the minimum required rehearsal hours are not exceeded. That schedule will be discussed in class and determined by majority vote.

TO PLAN AHEAD!!! ☺ Spring

First rehearsal

Rehearsal with SCOF for *Beethoven's 9th*
6:30 – 9:30 p.m.

Beethoven's 9th performance with SCOF
Broward Center for Performing Arts
Sound check schedule estimated time is 5:00 p.m. (TBC)

Beethoven's 9th performance with SCOF
In Key West (South Florida Symphony Orchestra will bus us)
6:00 p.m. performance

Georgina Dieter Dennis Honor Voice Recital
7:00 p.m.

SPRING BREAK

Choral Organizations Spring Concert
7:00 p.m.
Hopefully, University Theatre in our College

Rehearsal the day of in theatre TBD

Rehearsal with SCOF; 6:30 – 9:30 p.m.
At FAU, #219

Concert with SCOF, 7:30
Olympic Heights High School

NOTE: Regular rehearsals will be adjusted to balance and not exceed the minimum required number of rehearsal hours.