LL 581 Course Outline as of Fall 2024

CATALOG INFORMATION

Dept and Nbr: LL 581 Title: MUSICAL EXPERIENCE
Full Title: Musical Experience
Last Reviewed: 11/25/2024

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	0	Lecture Scheduled	0	18	Lecture Scheduled	0
Minimum	0	Lab Scheduled	1.50	6	Lab Scheduled	27.00
		Contact DHR	0		Contact DHR	0
		Contact Total	1.50		Contact Total	27.00
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 0.00 Total Student Learning Hours: 27.00

Title 5 Category:	Non-Credit
Grading:	Non-Credit Course
Repeatability:	27 - Exempt From Repeat Provisions
Also Listed As:	
Formerly:	OA 581

Catalog Description:
This course is designed to enrich the quality of life of older adults through music. The course activities promote or maintain physical, mental, social and emotional well-being and accommodate varied skill levels. A variety of stimulating and uplifting activities are incorporated, including movement to music, remembering old favorites, group sing-along and exposure to new music. This course is offered at numerous locations throughout Sonoma County in partnership with senior service providers.

Prerequisites/Corequisites:

Recommended Preparation:

Limits on Enrollment:

Schedule of Classes Information:
Description: This course is designed to enrich the quality of life of older adults through music. The course activities promote or maintain physical, mental, social and emotional well-being and accommodate varied skill levels. A variety of stimulating and uplifting activities are

incorporated, including movement to music, remembering old favorites, group sing-along and exposure to new music. This course is offered at numerous locations throughout Sonoma County in partnership with senior service providers. (Non-Credit Course)
Prerequisites/Corequisites:
Recommended:
Limits on Enrollment:
Transfer Credit:
Repeatability: Exempt From Repeat Provisions

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	**Area**	Effective:	Inactive:
CSU GE:	**Transfer Area**	Effective:	Inactive:
IGETC:	**Transfer Area**	Effective:	Inactive:

CSU Transfer:	Effective:	Inactive:
UC Transfer:	Effective:	Inactive:

CID:

Certificate/Major Applicable:
Not Certificate/Major Applicable

COURSE CONTENT

Student Learning Outcomes:
At the conclusion of this course, the student should be able to:
1. Respond to music with movement.
2. Engage their minds and senses for awareness and alertness.
3. Recognize a supportive connection with people around them.
4. Recognize changes in mood, emotions and well-being.

Objectives:
At the conclusion of this course, the student should be able to accomplish some or all of the following objectives:
1. Move in time to rhythms and melodies.
2. Remember and request old, familiar songs.
3. Recall memories of people, places and events.
4. Expand knowledge of and interest in music.
5. Participate in music making and singing.
6. Engage in social interaction through music.
7. Identify music that elicits positive emotions.
8. Use music to uplift attitude.

Topics and Scope:

The topics accommodate multiple levels of abilities and participation and may include, but are not limited to the following:

I. Physical Involvement
- A. Movement to music (e.g. dance, sway, toe tap, clap, etc.)
- B. Percussion instruments (e.g. drums, tambourine, bells, etc.)
- C. Art (e.g. drawing to music)
- D. Singing (blood circulation, lungs, diaphragm)

II. Mental Stimulation
- A. Favorite songs
- B. Memory recall (e.g. performer, title, year, etc.)
- C. Visual aids (e.g. pictures, objects, etc.)
- D. Individual creative expression (vocal, play instrument, etc.)
- E. Musical games (e.g. rhyming games, name that tune, etc.)
- F. Events associated with music
  1. Historical
  2. Cultural
  3. Political
  4. Social

III. Social Engagement
- A. Sing-along (rote or with sheet music)
- B. Class discussions
- C. Group music expression (drum circle, rhythm instrument, etc.)
- D. Call and response songs (e.g. Oh You Can't Get to Heaven, etc.)
- E. Rounds (e.g. Row, Row, Row Your Boat, etc.)
- F. Group song writing
- G. Class theme song
- H. Guest musicians

IV. Emotional Support
- A. Humor and laughter (e.g. funny musical experiences, humorous songs, etc.)
- B. Positive self evaluations (e.g. peer compliments, I learned...,I am proud of..., etc.)
- C. Relaxation
  1. Stress reduction
  2. Anxiety reduction
  3. Pain management
- D. Personal recollections
  1. Emotions
  2. Experiences
- E. Cultivation of joy and delight

V. Music Selections
- A. Classical music
- B. Seasonal music
- C. Era music
- D. Popular music
- E. Musicals
- F. Marches
- G. Waltzes
- H. Big band
- I. World music
- J. Famous singers
- K. Famous composers

VI. Enhancement of Skills and Knowledge
- A. Elements of music
  1. Rhythm
  2. Tempo

3. Melody
4. Harmony
5. Mood
6. Style

B. Sound properties of instruments
C. Technology supporting music
1. Downloads
2. I-pods
3. Computer programs

Assignment:

1. Hands-on and in-class activities
2. Class discussions
3. Skill demonstrations

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

None	Writing 0 - 0%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None	Problem solving 0 - 0%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Skill demonstrations	Skill Demonstrations 20 - 40%

Exams: All forms of formal testing, other than skill performance exams.

None	Exams 0 - 0%

Other: Includes any assessment tools that do not logically fit into the above categories.

Attendance and participation in discussion and activities	Other Category 60 - 80%

Representative Textbooks and Materials:
Instructor prepared materials