

Course Title: A neuro-ethnomusicology for aging brain health

Instructor: Aaron Colverson, Ph.D.

Course description: The goal of this course is to define, contextualize, and apply the concept of musicking in relation to aging brain health. Participants of this course will engage with the intersections of musicking and aging brain health through the lenses of neuropsychology and ethnomusicology. These intersections are seldom considered from this cross-disciplinary angle, opening possibilities to explore aging brain health from a variety of perspectives. It is critical that participants understand musicking in its public and academic forms, broadly representing the scope of musicking practices and studies. Honing in, participants will learn ways in which musicking may lead to cognitive, physiological, and social health benefits that in turn may help stave off aging-related health challenges. We will continue to hone our scope with focus on musical rhythm relative to cognitive function in healthy older adults. We will also highlight musicking relative to neurodegenerative disease, and close the course with focus on Parkinson's and Alzheimer's diseases. By the end of this course, participants will be oriented to the many ways in which musicking can help with aging brain health.

Course delivery methods:

- Lecturing
- Experiential learning activities
  - Rhythmic musical activities
  - Music trivia
  - Storytelling
- Knowledge checkpoints
  - Reflective journaling or creative writing
  - Visual framing or schematic drawing
- Discussions
  - Small and large group
  - Breakouts to reflect and engage with fellow students

<b>Weekly outline</b>	
<b>Session 1</b>	<b>Course introduction</b> <ul style="list-style-type: none"><li>- Main topics to be raised throughout the course, key references and resources</li><li>- Brief descriptions of upcoming sessions</li><li>- Describing neuropsychology and ethnomusicology</li></ul>
<b>Session 2</b>	<b>Ways of musicking</b> <ul style="list-style-type: none"><li>- From academic and public angles<ul style="list-style-type: none"><li>○ Neuropsychological and ethnomusicological angles</li><li>○ Production, consumption, and engagement with music</li></ul></li></ul>
<b>Session 3</b>	<b>Musicking and health</b>

	<ul style="list-style-type: none"> <li>- Cognitive, physiological, social, spiritual, developmental, and rehabilitative</li> <li>- Discussing community-based participatory and clinical intervention-based research and practice</li> </ul>
<b>Session 4</b>	<p><b>Rhythmic musicking and cognition</b></p> <ul style="list-style-type: none"> <li>- My doctoral and postdoctoral work <ul style="list-style-type: none"> <li>o Focus on musical rhythm and its associations with cognitive and brain health</li> <li>o Ways in which rhythmic musicking may associate with social functioning in persons living with dementia</li> </ul> </li> </ul>
<b>Session 5</b>	<p><b>Musicking and neurodegenerative disease</b></p> <ul style="list-style-type: none"> <li>- Focus on people living with Parkinson’s disease and Alzheimer’s disease <ul style="list-style-type: none"> <li>o Rhythmic auditory stimulation and neurologic music therapy</li> <li>o Familiar music cues and spared memory for music</li> </ul> </li> </ul>
<b>Session 6</b>	<p><b>Course conclusion</b></p> <ul style="list-style-type: none"> <li>- Recapitulation of content across the duration of the course</li> <li>- Small and large group discussions of personal and collective experiences</li> <li>- Course evaluations</li> </ul>

Bibliographic materials:

Becker, J. (2004). *Deep listeners: Music, emotion, and trancing* (Vol. 2). Indiana University Press.

Cuddy, L., Belleville, S., & Moussard, A. (Eds.). (2020). *Music and the aging brain*. Academic Press.

Lloyd, J., Barz, G., & Brummel-Smith, K. (2008). *The Oxford handbook of medical ethnomusicology*. Oxford University Press.

Small, C. (1998). *Musicking: The meanings of performing and listening*. Wesleyan University Press.