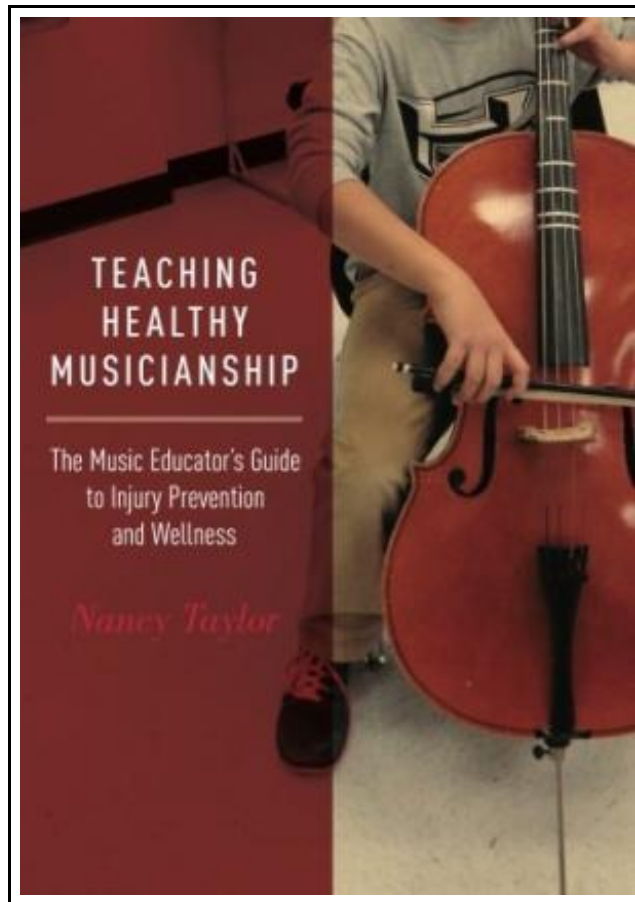


Teaching Healthy Musicianship: The Music Educator s Guide to Injury Prevention and Wellness (Paperback)



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Reviews

This sort of book is almost everything and helped me looking in advance and much more. Yes, it can be enjoy, nevertheless an amazing and interesting literature. Its been written in an extremely simple way which is simply right after i finished reading this publication through which in fact altered me, alter the way i really believe.

(Lizeth Witting)

TEACHING HEALTHY MUSICIANSHIP: THE MUSIC EDUCATOR'S GUIDE TO INJURY PREVENTION AND WELLNESS (PAPERBACK)



To read **Teaching Healthy Musicianship: The Music Educator's Guide to Injury Prevention and Wellness (Paperback)** eBook, you should refer to the button below and save the document or gain access to additional information which are in conjunction with **TEACHING HEALTHY MUSICIANSHIP: THE MUSIC EDUCATOR'S GUIDE TO INJURY PREVENTION AND WELLNESS (PAPERBACK)** eBook.

Oxford University Press Inc, United States, 2016. Paperback. Book Condition: New. 254 x 182 mm. Language: English . Brand New Book. Written by a professional musician who is also a certified occupational therapist, *Teaching Healthy Musicianship* both helps music educators avoid common injuries that they themselves encounter and equips them with the tools they need to instill healthy musicianship practices in their students. Author Nancy Taylor combines her two unique skill sets to provide a model for injury prevention that is equally cognizant of the needs of music educators and their students. Through practical explanation of body mechanics, ergonomics, and the performance-related health problems and risk factors unique to musicianship, Taylor gives music educators the tools they need to first practice healthy posture, body mechanics, environmental safety, and ergonomics, and then to introduce these same practices to their students. Taylor also provides practical guidance for healthy musicianship practices in the wrists and shoulders, the most common site of music-related injuries. The final sections address issues of vocal and hearing health, both of which are at high risk in music classroom environments. Working from the dual observations that busy music teachers sometimes overlook taking care of themselves, and that music teachers are not always able to guide students through instrument-related stresses, Taylor provides here a book that addresses injury prevention for the music student and the music educator alike. Thoroughly illustrated with 125 photographs, *Teaching Healthy Musicianship* is a key resource for preservice and inservice teachers of middle school and high school band, orchestra, choir and general music.



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