

ANATOMY/PHYSIOLOGY MOMENTS: ROCK CHALK SINGERS FALL 2015

Week 1 (Sept 15)

Topic: Alive vs. Dead (voice as an embodied, living instrument); vocal folds collide; number of collisions per second determine frequency/pitch

Week 2 (Sept 22)

Topic: Hyoid bone and Single laryngeal cartilages (thyroid, epiglottis, cricoid); location and identification

Week 3 (Sept 29)

Topic: Paired laryngeal cartilages (arytenoids, corniculates, cuneiforms); location and attachment points of the true vocal folds (anterior commissure of thyroid cartilage and arytenoid cartilages)

Week 4 (Oct 6)

Topic: TA (thyro-arytenoid) muscle as bulk of the true vocal folds; basic structure of vocal folds (body/cover); show or demonstrate 3 types of vocal onsets (gentle, breathy, glottal)

Week 5 (Oct 20)

Topic: Function and location of CT (crico-thyroid) muscle; Balancing TA & CT coordinations – TA dominant vocal production ('heavy' mechanism) vs. CT dominant vocal production ('lighter mechanism')

Week 6 (Oct 27)

Topic: Voice change in males (mostly puberty, but some mention of aging voice)

Week 7 (Nov 3)

Topic: Voice change in females (mostly puberty, but some mention of aging voice)

Week 8 (Nov 10)

Topic: Voice Care/vocal health tips (be sure to include impacts of yelling and loud/high singing for extended periods); Emphasize that the same larynx is used for both speaking and singing and that misuse of speaking voice does affect singing voice

Week 9 (Nov 17)

Topic: Lombard Effect (relationship between hearing and voicing); what happens when we're in a Lombard Effect environment (we phonate louder in order to get sufficient airborne feedback from our own voices)

Week 10 (Nov 24)

Topic: Noise induced hearing loss (NIHL)/Hearing protection & health

Basic Outline of each moment (3 minutes):

- A. Very short introduction/attention grabber (20 - 30 sec)
- B. Brief review/reminder of previous AP moment concepts/material and how that material transitions/relates to the new material this week (30 - 40 sec)
- C. Concise presentation of new material/concepts (60 – 80 sec)
- D. Assessment(s) of how well they've understood/learned the new material (40 – 60 sec)

N.B. Have all visual and/or audio aids ready to go before your Anatomy/Physiology Moment begins