

MUSINC-40: MINDFUL SINGING FOR OLDER ADULTS

Effective Term

Fall 2025

CC Approval

03/07/2025

AS Approval

03/13/2025

BOT Approval

03/20/2025

COCI Approval

04/03/2025

SECTION A - Course Data Elements

CB04 Credit Status

Noncredit

CB22 Noncredit Category

Courses for Older Adults

Subject Code

MUSINC - Music Noncredit

Course Number

40

Department

Music Noncredit (MUSINC)

Division

Arts and Humanities (ARAH)

Full Course Title

Mindful Singing for Older Adults

Short Title

Mindful Singing Older Adults

CB03 TOP Code

1004.00 - Music

CB08 Basic Skills Status

NBS - Not Basic Skills

CB09 SAM Code

E - Non-Occupational

Rationale

Change Course Code.

SECTION B - Course Description

Catalog Course Description

This class will provide an opportunity to experience and participate in a music setting through singing and playing rhythm instruments. No previous musical experience necessary.

SECTION C - Conditions on Enrollment

Open Entry/Open Exit

Yes

Repeatability

Unlimited - Noncredit OR Work Experience Education

Grading Options

No Grade-Noncredit

Allow Audit

Yes

Requisites

SECTION D - Course Standards

Is this course variable hour?

Yes

Total Instructional Hours

32

Total Instructional Hours Maximum

64

Distance Education Approval

Is this course offered through Distance Education?

No

SECTION E - Course Content

Student Learning Outcomes

Upon satisfactory completion of the course, students will be able to:

1. Sing songs from memory, in a variety of musical styles.
2. Perform rhythmic activities with accuracy.
3. Comprehend and discuss differing musical styles and themes.

Course Objectives

Upon satisfactory completion of the course, students will be able to:

1. Sing a variety of songs in group setting.
2. Perform several songs from memory.
3. Increase ability and confidence to participate in musical activities.
4. Identify characteristics of different types of music.
5. Name and discuss several composers, lyrics and performers.
6. Play rhythm instruments and participate in rhythm activities and games.
7. Recognize song melodies (and musical themes).

Course Content

1. Music Skills
 - a. Basic music fundamentals
 - b. Basic singing techniques
 - c. Basic rhythmic playing techniques
 - d. Melodic recognition
2. Musical Repertoire
 - a. Variety of musical time periods
 - b. Variety of musical styles

- i. Folk songs from world music
- ii. Musical Theater
- iii. Contemporary popular music
- iv. Film music
- c. Background information
 - i. Composers & lyricists
 - ii. Performers

Methods of Instruction

Methods of Instruction

Types	Examples of learning activities
Discussion	
Lecture	
Activity	

Methods of Evaluation

Methods of Evaluation

Types	Examples of classroom assessments
Oral Presentations	
Other	
Quizzes	
Skills Demonstration	

Assignments

Other Assignments

- 1) Group in-class participation
- 2) Perform favorite songs through either singing or playing, with or without assistance.
- 3) Explore instruments with hands and fingers and play instruments to understand sounds they make.
- 4) Recall memories from a song associated to a place, era, thing or performer.

SECTION F - Textbooks and Instructional Materials

Material Type

Textbook

Author

Meredith, Victoria

Title

Sing Better As You Age: A Comprehensive Guide for Adult Choral Singers

Publisher

Lorenz

Year

2014

Material Type

Textbook

Author

Klein, Joesph and Schjeide, Ole A.

Title

SINGING TECHNIQUE How to Avoid Vocal Trouble

Publisher

National Music Publishers

Year

1981

Course Codes (Admin Only)

ASSIST Update

No

CB00 State ID

CCC000569815

CB10 Cooperative Work Experience Status

N - Is Not Part of a Cooperative Work Experience Education Program

CB11 Course Classification Status

L - Non-Enhanced Funding

CB13 Special Class Status

N - The Course is Not an Approved Special Class

CB23 Funding Agency Category

Y - Not Applicable (Funding Not Used)

CB24 Program Course Status

Not Program Applicable

Allow Pass/No Pass

Yes

Only Pass/No Pass

Yes