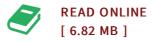


DOWNLOAD PDF

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

By Nancy Taylor

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...



Reviews

Excellent e-book and useful one. It is writter in straightforward phrases rather than confusing. I am just very happy to explain how here is the finest publication i have got read through in my very own lifestyle and might be he greatest book for possibly.

-- Viva Schuster

Very good eBook and valuable one. This is for anyone who statte that there was not a worth reading. You will not truly feel monotony at at any time of your own time (that's what catalogs are for concerning if you question me). -- *Ms. Ona Muller*

You May Also Like

	=		
	-		

Children s Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English] (Paperback)

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...

_	

Who am I in the Lives of Children? An Introduction to Early Childhood Education (Paperback)

Pearson Education (US), United States, 2015. Paperback. Book Condition: New. 10th Revised edition. 254 x 201 mm. Language: English . Brand New Book. Note: This is the bound book only and does not include access to the Enhanced Pearson eText. To order...

_
_

Talking Digital: A Parent s Guide for Teaching Kids to Share Smart and Stay Safe Online (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their online interactions, the good and the bad,...

_	
_	

A Parent s Guide to STEM (Paperback)

U.S. News World Report, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****. This lively, colorful guidebook provides everything you need to know to help your child get inspired, succeed...

	_	=	
	_		

The Savvy Cyber Kids at Home: The Defeat of the Cyber Bully (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. Taylor Southerland (illustrator). 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.The adventures of CyberThunder (Tony) and CyberPrincess (Emma) continue in The Savvy Cyber Kids at Home: The...

_	
_	

Children s Handwriting Book of Alphabets and Numbers: Over 4,000 Tracing Units for the Beginning Writer (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.The Children s Handwriting Book of Alphabets and Numbers provides extensive focus on alphabet tracing and number tracing for the...