

FREEING THE CAGED BIRD



Developing Well-Coordinated,
Injury-Preventive Keyboard Technique
with
BARBARA LISTER-SINK

Undergraduate Courses

These courses are usually taken by students enrolled in a baccalaureate degree program in music, either at Salem College or at another accredited institution which allows cross-registration with Salem College.)

I. 1st Semester Curriculum

During the first semester, you may enroll in the following:

Music 116 – Developing Well-Coordinated, Injury-Preventive Keyboard Technique Through the Lister-Sink Method™

This course is designed to give the keyboard major practical and theoretical knowledge of the fundamentals of well-coordinated, injury-preventive technique. It will address biomechanics, keyboard mechanics, general wellness, and instruction in healthful sound production through the Lister-Sink Method™. Students apply principles of injury-preventive technique to basic keyboard exercises, studies and graduated repertoire. Related topics covered will include functional anatomy, history of keyboard technique, piano mechanics and healthful lifestyle. Selected classes will be videotaped for later viewing and analysis. Written and oral tests will also be given.

Music 116 – For Students Outside of Commuting Distance

Under special circumstances, if you do not live within commuting distance of Salem College, you may take Music 116 in the following format:

- 1 week of residency and intensive, hands-on instruction in the Lister-Sink Method™ at the beginning of the semester (12 hours minimum)
- Teaching via Video or Internet Conferencing
- Written tests and exams completed online
- Final paper submitted online
- Final performance jury via Video or Online/Internet

Music 225-P – Alexander Technique

Music 020 or Music 030 P – Private Piano Instruction with Barbara Lister-Sink

Students are encouraged to continue in the second semester with Music 216 Pedagogy of Injury.-Preventive, Well-Coordinated Keyboard Technique Through the Lister-Sink Method. However, they are strongly urged to continue with applied lessons and the Alexander Technique until they have thoroughly “programmed” reflexively well-coordinated technique.