University of Northern Iowa – Development and Trends Graduate Course

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* My research area - Movement Awareness and Conducting

Why?

* Finding your research area – What interests you? What issues do you see around you? What are you curious about?
* Looking beyond music education research

Why?

* What areas could inform your research? (Sports science, performance sciences, movement science)
* Research design
* Writing – find a template

**Definitions**

* Motor Cognition: mental processing in which the motor system draws on stored  information to plan and produce our own actions, as well as to anticipate, predict,  and interpret the actions of others.

Proprioception: The unconscious perception of movement and spatial orientation arising from stimuli within the body itself. In humans, these stimuli are detected by nerves within the body itself, as well as by the semicircular canals of the inner ear.

* “The senses of position and movement of our limbs and trunk, the sense of effort, the sense of force, and the sense of heaviness." Proprioception uses receptors located in the skin, muscles and joints to build the internal sense of our bodies.
* Neurophysiologist Charles Scott Sherrington (in 1906) said proprioception was an awareness of the body, which stems from sensory receptors - proprioceptors — in the muscles, tendons and joints.

Kinesthetic sense or Kinesethesia: perception of movement

* Somatics: Thomas Hanna defined somatics as “the field of study dealing with somatic phenomena, i.e., the human being as experienced by himself (or herself) from the inside.” He defined soma as the body experienced from within.
* Somatic Education awakens and empowers ones ability to sense and to correct oneself – not only automatically, but if need be, deliberately. (http://www.somatics.com/defining.htm)
* Mental Practice: use of visuo-motor imagery with the purpose of improving motor behavior. Visuo-motor imagery requires the use of one’s imagination to simulate an action.
* External vs. Internal Focus of Attention and Motor Learning

Research suggests....

How does this relate to conducting?

External vs. Internal cues – what are these for conductors? Arm movement, baton tip, sound of the ensemble

**Articles of Interest**

http://lermagazine.com/article/internal-vs-external-focus-effects-on-motor-learning

http://denverfitnessjournal.com/coaching-movement-internal-vs-external-cues/

https://faculty.unlv.edu/wpmu/gwulf/publications-2/

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