
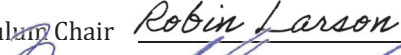
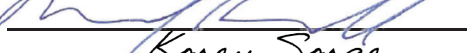
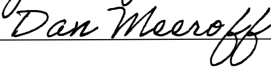
 FLORIDA ATLANTIC UNIVERSITY	NEW COURSE PROPOSAL Undergraduate Programs		UUPC Approval <u>9/8/25</u> UFS Approval _____ SCNS Submittal _____ Confirmed _____ Banner Posted _____ Catalog _____	
Department Music College Arts and Letters <i>(To obtain a course number, contact erudolph@fau.edu)</i>				
Prefix MUS Number 4611	<i>(L = Lab Course; C = Combined Lecture/Lab; add if appropriate)</i> Lab Code	Type of Course <div style="border: 1px solid red; padding: 2px;">Lecture</div>	Course Title Methods of Musical Practice and Performance	
Credits <i>(See Definition of a Credit Hour)</i> 3	Grading <i>(Select One Option)</i> <div style="border: 1px solid black; border-radius: 50%; padding: 5px; display: inline-block;">Regular</div>	Course Description <i>(Syllabus must be attached; see Template and Guidelines)</i> This course provides a foundation in practical approaches to effective musical practice and artistry in performance. Special emphasis is placed on how daily practice habits are shaped by cognitive and motor learning principles, memory formation, and performance psychology. Students will explore current research and develop strategies for structuring their daily routines, building reliable skills, and performing with consistency and expression.		
Effective Date <i>(TERM & YEAR)</i> Sp 2026	Sat/UnSat			
Prerequisites, with minimum grade*		Corequisites	Registration Controls <i>(Major, College, Level)</i> Music Major	
<i>*Default minimum passing grade is D-. Prereqs., Coreqs. & Reg. Controls are enforced for all sections of course</i>				
WAC/Gordon Rule Course Yes <div style="border: 1px solid black; border-radius: 50%; padding: 5px; display: inline-block;">No</div> WAC/Gordon Rule criteria must be indicated in syllabus and approval attached to proposal. See WAC Guidelines .		Intellectual Foundations Program (General Education) Requirement <i>(Select One Option)</i> None General Education criteria must be indicated in the syllabus and approval attached to the proposal. See Intellectual Foundations Guidelines .		
Minimum qualifications to teach course				
Faculty Contact/Email/Phone S. Rossow/ Srossow@fau.edu / 74230		List/Attach comments from departments affected by new course none		
Approved by Department Chair <u></u> College Curriculum Chair <u></u> College Dean <u></u> UUPC Chair <u></u> Undergraduate Studies Dean <u></u> UFS President _____ Provost _____			Date August 19, 2025 <u>08/25/2025</u> <u>08/27/2025</u> <u>9/8/25</u> <u>9/8/25</u> _____ _____	

Email this form and syllabus to mjenning@fau.edu seven business days before the UUPC meeting.



FLORIDA ATLANTIC UNIVERSITY

MUS 4611 Methods of Musical Practice and Performance

Date: Thursday 2:00 pm -4:50 pm

Building: Arts and Letters Boca **Room:** 248

3 Credits

Spring 2026 - 1 Full Term

Instructor Information

Professor Name: Dr. Irena Kofman

Email: ikofman@fau.edu

Office: AL 250

Office Hours: Wednesday, Thursday 9:00 am-10:00 am

Phone: 561-297-3821

Course Description

This course provides a foundation in practical approaches to effective musical practice and artistry in performance. Special emphasis is placed on how daily practice habits are shaped by cognitive and motor learning principles, memory formation, and performance psychology. Students will explore current research and develop strategies for structuring their daily routines, building reliable skills, and performing with consistency and expression.

Instructional Method

In-person: Traditional Concept of in-person. Mandatory Attendance is at the discretion of the instructor.

Prerequisites/ Corequisites:

None

Required Texts/Materials

Molly Gebrian “Learn Faster, Perform Better” A Musician’s guide to the neuroscience of practicing. Oxford University Press 2024

Dr. Molly Gebrian’s podcast <https://www.youtube.com/watch?v=G5QGcz5Miwc>

“Mind Over Finger” podcast <https://www.youtube.com/watch?v=ViUQysGcDO8>

Course Objectives/Student Learning Outcomes

By the end of this course, students will be able to:

1. **Understand** key scientific principles behind how musicians learn and retain skills, including concepts from cognitive science, motor learning, and performance psychology.
 2. **Apply** research-based strategies to structure effective and efficient daily practice sessions.
 3. **Analyze** their own practice habits to identify strengths, inefficiencies, and areas for improvement.
 4. **Develop** personalized practice plans that promote long-term skill development, artistic growth, and expressive performance.
 5. **Manage** performance anxiety and enhance focus, motivation, and mental resilience using insights from psychology and neuroscience.
 6. **Communicate** more clearly about their learning process, both in verbal reflections and in collaborative musical settings.
-

Faculty Rights and Responsibilities

Florida Atlantic University respects the rights of instructors to teach and students to learn. Maintenance of these rights requires classroom conditions that do not impede their exercise. To ensure these rights, faculty members have the prerogative to:

- Establish and implement academic standards.
- Establish and enforce reasonable behavior standards in each class.
- Recommend disciplinary action for students whose behavior may be judged as disruptive under the Student Code of Conduct [University Regulation 4.007](#).

Disability Policy

In compliance with the Americans with Disabilities Act Amendments Act (ADAAA), students who require reasonable accommodations due to a disability to properly execute coursework must register with Student Accessibility Services (SAS) and follow all SAS procedures. SAS has offices across three of FAU’s campuses –

Boca Raton, Davie and Jupiter – however disability services are available for students on all campuses. For more information, please visit the SAS website at www.fau.edu/sas/.

Course Evaluation Method

Grades will be based on the following scale:

Attendance (30%)

Discussion participation (15%)

Preparation/Individual presentation (15%)

Chapter Quizzes (20%)

Course Examinations (20%)

Code of Academic Integrity

Students at Florida Atlantic University are expected to maintain the highest ethical standards. Academic dishonesty is considered a serious breach of these ethical standards, because it interferes with the university mission to provide a high quality education in which no student enjoys an unfair advantage over any other. Academic dishonesty is also destructive of the university community, which is grounded in a system of mutual trust and places high value on personal integrity and individual responsibility. Harsh penalties are associated with academic dishonesty. For more information, see [University Regulation 4.001](#).

All projects and assignments need to be of your unique authorship. Using a portion of someone else's project is considered plagiarism and will be dealt with according to the process set forth by FAU's academic integrity policy

Attendance Policy Statement

Students are expected to attend all their scheduled University classes and to satisfy all academic objectives as outlined by the instructor. The effect of absences upon grades is determined by the instructor, and the University reserves the right to deal at any time with individual cases of non-attendance. Students are responsible for arranging to make up work missed because of legitimate class absence, such as illness, family emergencies, military obligation, court-imposed legal obligations, or participation in University-approved activities. Examples of University-approved reasons for absences include participating on an athletic or scholastic team, musical and theatrical performances, and debate activities. It is the student's responsibility to give the instructor notice prior to any anticipated absences and within a reasonable amount of time after an unanticipated absence, ordinarily by the next scheduled class meeting. Instructors must allow each student who is absent for a University-approved reason the opportunity to make up work missed without any reduction in the student's final course grade as a direct result of such absence.

Religious Accommodation Policy Statement

In accordance with the rules of the Florida Board of Education and Florida law, students have the right to reasonable accommodations from the University in order to observe religious practices and beliefs regarding

admissions, registration, class attendance, and the scheduling of examinations and work assignments. University Regulation 2.007, Religious Observances, sets forth this policy for FAU and may be accessed on the FAU website at www.fau.edu/regulations.

Any student who feels aggrieved regarding religious accommodations may present a grievance to the executive director of The Office of Civil Rights and Title IX. Any such grievances will follow Florida Atlantic University's established grievance procedure regarding alleged discrimination.

Time Commitment Per Credit Hour

For traditionally delivered courses, not less than one (1) hour of classroom or direct faculty instruction each week for fifteen (15) weeks per Fall or Spring semester, and a minimum of two (2) hours of out-of-class student work for each credit hour. Equivalent time and effort are required for Summer Semesters, which usually have a shortened timeframe. Fully Online courses, hybrid, shortened, intensive format courses, and other non-traditional modes of delivery will demonstrate equivalent time and effort.

Course Grading Scale

Letter Grade	Letter Grade
A	94 - 100%
A-	90 - 93%
B+	87 - 89%
B	83 - 86%
B-	80 - 82%
C+	77 - 79%
C	73 - 76%
C-	70 - 72%
D+	67 - 69%
D	63 - 66%
D-	60 - 62%
F	Below 60

Grade Appeal Process

You may request a review of the final course grade when you believe that one of the following conditions apply:

- There was a computational or recording error in the grading.
- The grading process used non-academic criteria.
- There was a gross violation of the instructor's own grading system.

University Regulation 4.002 of the University Regulations contains information on the grade appeals process

Policy on Make-up Tests, Late work, and Incompletes

Students with valid excuses for not completing the project will be granted an extension to finish the assigned work within the next week.

Special Course Requirements

Policy on the Recording of Lectures

Students enrolled in this course may record video or audio of class lectures for their own personal educational use. A class lecture is defined as a formal or methodical oral presentation as part of a university course intended to present information or teach students about a particular subject. Recording class activities other than class lectures, including but not limited to student presentations (whether individually or as part of a group), class discussion (except when incidental to and incorporated within a class lecture), labs, clinical presentations such as patient history, academic exercises involving student participation, test or examination administrations, field trips, and private conversations between students in the class or between a student and the lecturer, is prohibited. Recordings may not be used as a substitute for class participation or class attendance and may not be published or shared without the written consent of the faculty member. Failure to adhere to these requirements may constitute a violation of the University's Student Code of Conduct and/or the Code of Academic Integrity.

Artificial Intelligence Preamble

FAU recognizes the value of generative AI in facilitating learning. However, output generated by artificial intelligence (AI), such as written words, computations, code, artwork, images, music, etc., for example, is drawn from previously published materials and is not your own original work.

FAU students are not permitted to use AI for any course work unless explicitly allowed to do so by the instructor of the class for a specific assignment. **[Policy 12.16 Artificial Intelligence]**

Class policies related to AI use are decided by the individual faculty. Some faculty may permit the use of AI in some assignments but not others, and some faculty may prohibit the use of AI in their course entirely. In the case that an instructor permits the use of AI for some assignments, the assignment instructions will indicate when and how the use of AI is permitted in that specific assignment. It is the student's responsibility to comply with the instructor's expectations for each assignment in each course. When AI is authorized, the student is also responsible and accountable for the content of the work. AI may generate inaccurate, false, or exaggerated information. Users should approach any generated content with skepticism and review any information generated by AI before using generated content as-is.

If you are unclear about whether or not the use of AI is permitted, ask your instructor before starting the assignment.

Failure to comply with the requirements related to the use of AI may constitute a violation of the **Florida Atlantic Code of Academic Integrity. Regulation 4.001.**

Proper Citation: If the use of AI is permitted for a specific assignment, then use of the AI tool must be properly documented and cited. For more information on how to properly cite the use of AI tools, visit **<https://fau.edu/ai/citation>**

AI Language Specific To This Course

AI Flexible: The use of AI to assist in work assigned in this specific course is permitted only for specific assignments as indicated by the instructor. Use must be properly documented and cited per instructor guidelines (<https://fau.edu/ai/citation>).

Counseling and Psychological Services (CAPS) Center

Life as a university student can be challenging physically, mentally and emotionally. Students who find stress negatively affecting their ability to achieve academic or personal goals may wish to consider utilizing FAU's Counseling and Psychological Services (**CAPS**) Center. CAPS provides FAU students a range of services – individual counseling, support meetings, and psychiatric services, to name a few – offered to help improve and maintain emotional well-being. For more information, go to <http://www.fau.edu/counseling/>

Student Support Services and Online Resources

- [Center for Learning and Student Success \(CLASS\)](#)
- [Counseling and Psychological Services \(CAPS\)](#)
- [FAU Libraries](#)
- [Math Learning Center](#)
- [Office of Information Technology Helpdesk](#)
- [Center for Global Engagement](#)
- [Office of Undergraduate Research and Inquiry \(OURI\)](#)
- [Science Learning Center](#)
- [Speaking Center](#)
- [Student Accessibility Services](#)
- [Student Athlete Success Center \(SASC\)](#)
- [Testing and Certification](#)
- [Test Preparation](#)
- [University Academic Advising Services](#)
- [University Center for Excellence in Writing \(UCEW\)](#)
- [Writing Across the Curriculum \(WAC\)](#)

Course Topical Outline

Week 1

Introduction: Why Brain Science Matters for Musicians

- Overview of course goals

- The myth of talent vs. the science of learning
- Brain basics and neuroplasticity

Week 2

How Learning Works: The Science of Skill Acquisition

- Stages of learning
- How the brain builds and strengthens connections

Week 3

Practice Structure: Why Repetition Isn't Enough

- Blocked vs. random practice
- Contextual interference and variability

Week 4

Memory and Learning: Getting it to Stick

- Short-term vs. long-term memory
- Spaced repetition and retrieval practice

Week 5

Slow Practice and Mental Practice

- Why slow practice works
- Using visualization to strengthen motor pathways

Week 6-7

Sleep, Breaks, and Downtime

- The role of rest and sleep in consolidation
- Optimizing practice schedules

Week 8

What Not to Do: Inefficient Habits and Learning Myths

- Multitasking, over-practicing, and passive repetition
- Breaking bad habits

Week 9-10

Feedback, Focus, and Self-Assessment

- The role of attention in practice
- Effective use of self-recording and reflection

Week 11

Performance Anxiety and Mental Preparation

- What happens in the brain under stress
- Mental strategies for confident performance

Week 12

The Science of Motivation and Discipline

- Intrinsic vs. extrinsic motivation
- Building sustainable routines

Week 13

Applying the Science to Ensemble and Collaborative Work

- Practicing with others
- Communication and feedback in rehearsal settings

Week 14-15

Final Reflections and Personal Practice Plan Presentations

- Students present their revised practice strategies
- Group discussion and takeaway strategies

Title IX Statement

In any case involving allegations of sexual misconduct, you are encouraged to report the matter to the University Title IX Coordinator in the Office of Civil Rights and Title IX (OCR9). If University faculty become aware of an allegation of sexual misconduct, they are expected to report it to OCR9. If a report is made, someone from OCR9 and/or Campus Victim Services will contact you to make you aware of available resources including support services, supportive measures, and the University's grievance procedures. More information, including contact information for OCR9, is available at <https://www.fau.edu/ocr9/title-ix/>. You may also contact Victim Services at victimservices@fau.edu or 561-297-0500 (ask to speak to an Advocate) or schedule an appointment with a counselor at Counseling and Psychological Services (CAPS) by calling 561-297-CAPS.