

1. Record Nr.	UNINA9910782987103321
Autore	Watson Alan H. D. <1953->
Titolo	The biology of musical performance and performance-related injury [[electronic resource] /] / Alan H.D. Watson
Pubbl/distr/stampa	Lanham, Md., : Scarecrow Press, 2009
ISBN	1-282-52019-9 9786612520198 0-8108-6375-8
Descrizione fisica	1 online resource (392 p.)
Disciplina	612.002/478
Soggetti	Music - Performance - Physiological aspects Music - Performance - Psychological aspects Music - Performance - Health aspects Musicians - Wounds and injuries Overuse injuries - Prevention
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	CD-ROM includes illustrations from the book (color versions), animations, soundfiles, and videos.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Introduction to the tissues of the body -- Posture and the back in musical performance -- The shoulder, arm, and hand : structure and problems -- Breathing in singing and wind playing -- The voice : management and problems -- The embouchure and wind playing -- The structure and organization of the brain -- How the performance of music affects the brain -- Hearing and the processing of musical sound by the brain -- Performance-related stress and its management.
Sommario/riassunto	The Biology of Musical Performance and Performance-Related Injury presents accurate information on the biological principles and physical processes that underlie the craft of musical performance. It explains concepts and techniques without assuming prior scientific knowledge, providing relevance to both musicians and health professionals who treat performance-related medical conditions. It offers performers and teachers the tools they need to create a rational approach to the development and communic

