

Session: Teaching and Pedagogy

Friday, March 20, 9:15 am

School of Music, Pérez Hall, Room 302, 610 Cumberland Pvt, University of Ottawa

- 9:15 **Welcome and Opening Remarks**
- 9:30 **J. Quoidbach** (Institut Supérieur de Musique et de Pédagogie de Namur) *Laboratoire posturo acoustique à l'usage des musiciens* (Presented in French)
- 10:00 **M. Bertacco** (Université de Montréal) *Présentation du cours Préparation mentale à la performance musicale donné à la Faculté de musique de l'Université de Montréal* (Presented in French)
- 10:30 **V. Verfaillie** (Université de Montréal) *Le cours sur la « santé corporelle du musicien » à l'Université de Montréal : une expérience pédagogique en classe inversée* (Presented in French)
- 11:00 **BREAK / Poster Session:**
- T. Lipke-Perry** (SUNY Potsdam) *Reframing Pianism in Class Piano and Beyond*
 - J. Ferland-Gagnon** (Université Laval) *Présentation d'un projet de recherche appliquée : Conception d'un outil pédagogique facilitant l'acquisition de postures et de mouvements fondamentaux sains chez le violoniste*
 - K. Armstrong** (Carleton University) *Connecting with Rhythm: Participatory music-making as wellness support for undergraduate music students*
 - K. Di Bella** (Brock University) *Pretty Smells or Focus Powerhouse: exploring the link between essential oils and productive practicing.*
 - J. Harrison** (University of Ottawa) *Neuro-coaching: What musicians can learn from top performing athletes.*
- 11:30 **Discussion of Posters and General Discussion** (Authors of posters should be present)
- 12:00 **LUNCH**

Session: Biomechanics and Movement

Friday, March 20, 1:00 pm

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- 1:00 **DEBATE:** *Physical warm-up is beneficial to a musician before practicing a musical instrument.*
- 2:00 **C. Ziane** (Université de Montréal) *Effects of Dynamic Assistive Support on the Biomechanics of Violinists' Upper-Limbs During Musical Performance*
- 2:30 **D. Dutto** (Eastern Oregon University) *Hand and thumb kinematics during bimanual performance of a 2-octave C major scale*
- 3:00 **BREAK / Poster Session:**
- E. Fleet** (University of Ottawa) *Warm-ups' effectiveness for musicians: a systematized review*
 - V. Degrave** (Université de Montréal) *Effect of trunk motion on motor variability in expert pianists during simple and complex tasks*
 - J. Sabo** (University of Ottawa) *A Content Analysis Comparing Aspects of the Taubman Approach to Piano Technique with Biomechanical Science*
 - F. Tsimiklis** (Carleton University) *Perception of Touch Variations in Piano Keys*
 - C. Letourneau** (University of Lethbridge) *Proactively Addressing Musician Injury: A Framework for Developing Practical, Instrument-Specific Strength and Movement Interventions*
 - A. Carrabré** (Université de Montréal) *Understanding, Defining, and Controlling Muscular Tension in Musical Performance*
- 3:30 **B. Michaud** (Université de Montréal) *Synthèse du geste violonistique par une méthode de commande optimale* (Presented in French)
- 4:00 **E. Goubault** (Université de Montréal) *Muscle fatigue detection using electromyography during a repetitive piano sequence task.*
- 4:30 **Discussion of Posters and General Discussion** (Authors of posters should be present)

Session: Health, The Brain and Mindfulness

Saturday, March 21, 9:00 am

Hamelin Hall, Room 509, 70 Laurier Avenue East, University of Ottawa

- 9:30 **U. Hansen** (University of Ottawa) *The Neurophysiological Effects of Mindfulness on Musical Performance Anxiety (MPA)*
- 10:00 **K. Boileau** (University of Ottawa) *The effects of mindfulness training on the neural activity of musicians with music performance anxiety*
- 10:30 **BREAK / Poster Session:**
- N. Stanson** (University of Ottawa) *The Effectiveness of Mindfulness Training on Young Adult Musicians Experiencing Music Performance Anxiety*
- R. Beausoleil-Morrison** (Carleton University) *The Lax Vox Technique and Vocal Health/La technique Lax Vox*
- F. Verdugo** (Université de Montréal) *Are population descriptors linked to muscle fatigue in piano performance?*
- 11:00 **P. Wise, E. Logan** (University of British Columbia) *In Praise of Attention to the Mental Health of Music Students: Proposing a specialized intervention for performers.*
- 11:30 **Discussion of Posters and General Discussion** (Authors of posters should be present)
- 12:00 **Thank-you and Closing Remarks**