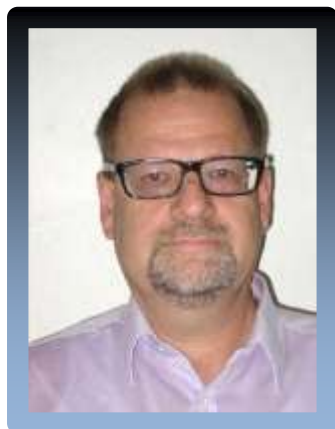


Seminar Series

Topics in the Aesthetics of Music and Sound



Thursday, March 20, 2014

3:15-5 p.m. in U73

Natural Movement and Proprioception: Some Possible Implications for Practicing Musicians

Mogens Davidsen, PhD, Associate Professor of Literature, Institute for the Study of Culture, University of Southern Denmark.

Abstract: The area of musical performance is a fascinating area for closer study that naturally blurs the boundaries between detached academic reflection and practical physical engagement. In today's lecture, I will examine and discuss theoretical and practical aspects of *proprioception*. As a researcher within the humanities, specifically areas dealing with aesthetics, I am examining the manner in which serious attention to proprioception appears to provide mediating conceptual and practical tools for achieving increased understanding of a variety of issues connected with aesthetic appreciation and practice. Issues within musical aesthetics and faced by the practicing musician will be addressed in the course of the lecture.

Simply put, the proprioceptive system enables the brain and the motor muscles to communicate. If the system does not function properly, then the brain will not automatically know what the muscles in the body are "doing", and damage to the motor apparatus and other injuries are often the result.

Many athletes with injuries and long-lasting joint and muscle damage have found relief and even a cure as a result of focusing on dysfunctions in the proprioceptive system. To the extent that musicians are athletes in their field, it is therefore relevant to ask whether possible proprioceptive dysfunctions related to the performance of music will lead to a broader understanding of the challenges to natural movement that the performance of music presents.

In a larger perspective, proprioceptive dysfunction may be seen as the result of the (lack of) physical challenges faced by modern humans. Increased awareness of the implications of the numerous virtually immobile "activities" in which we are increasingly engaged from childhood on can be vital when addressing lifestyle diseases in a welfare society.

In this lecture, in addition to presenting theoretical background, I will also draw upon personal experience of proprioceptive treatment as this is practiced locally (at the Aktiv Form Center here in Odense). In conclusion, I will reflect on the ways I have found that the theory and practice that ground proprioceptive therapy provide a framework for a humanistic and holistic approach to the study of the relations between human and environment, an approach that directly addresses many of the physical problems and aesthetic challenges of modern life in a constructive manner. Suggestions for further research will be presented and examined.



All are welcome - also via Skype

- Cross-Disciplinary Interplay between the Humanities, Technology and Musical Practice
- Backdrop for the SDU-IKV Research Program