



TUTORIAL SUMMARY & SUBMISSION INFO

This document outlines your tutorial and bonus credit activities for CMTE/CPD credit. You may submit this document with your CMTE/CPD certificates if you wish.

Overview

1. Introduction, overview and learning outcomes
2. Client diagnosis and exercise capability
3. Repertoire: know your clients preferences
4. Encouraging movement - timing, speed & modulation
5. Rhythm and its role in initiating, engaging and motivating movement
6. Musical cues: Decelerando and cadence
7. Singing along - good or not?
8. Using instruments to engage with specific movements
9. Summary, extra resources & bonus content

Learning Objectives

1. Demonstrate the difference between music and music for exercise (I - 1-2.5., III - A5j., V - A3.6.)
2. Interpret the physical effects of the most common health conditions in older adults. (II - B 4a.h.)
3. Practice how to plan and facilitate an exercise group with older adults. (II - D 2c.9.11.13., III - A5p.y.)
4. Apply adaptations to musical elements to facilitate movement and motivation. (II - B-13.a., III - A 2nn. 5a.c.d.f4,5,6.i.j)
5. Develop your knowledge of appropriate repertoire for older adults. (II D.11., III A 5i.)

Tutorial Summary

If you'd like to run effective, engaging and interesting music-based exercise groups for older adults, then this tutorial is for you. Based on many years working in aged care, Winifred shares everything you need to know about music-based exercise groups with older adults. Winifred presents the most common diagnoses you'll find in aged care/aged rehabilitation and their resulting physical symptoms. She also discusses and demonstrates a wide range of musical techniques and repertoire to match the preferences of the adult participants and their movement needs. The tutorial closes by having a look at what equipment and instruments can be used for specific physical movements. Winifred has also included extra resources for you to develop your skills further and the tutorial closes with a summary and 3 optional bonus content activities which will extend your learning and earn you extra CMTE/CPD credits. This tutorial is approved for 1 CMTE credit.

Submission for CMTE/CPD Credit

When you finish watching the online tutorial you will automatically be emailed a certificate of completion to verify that you have successfully completed the tutorial. You will need to watch ALL the video's to receive your certificate. You can submit this to your CBMT/CPD organization as a professional development activity. For MT-BC's in the US and Canada this tutorial is approved for 1 CMTE credit.

Bonus Content Activities

WORKBOOK

If you completed the workbook as a bonus content activity, send it to jacinta@musictherapyonline.org for verification. You will receive a certificate of completion for 1 CMTE/CPD credit.

ARTICLE REVIEW

If you completed the article review as a bonus content activity, send the completed article review proforma to jacinta@musictherapyonline.org for verification. You will receive a certificate of completion for 2 CMTE/CPD credits.

PROJECT

If you have completed the project as a bonus content activity then you can send your completed project to jacinta@musictherapyonline.org for verification. Once your submission has been verified you will be emailed a certificate of completion for 1 CMTE/CPD credit.

CBMT Domains for music therapists in the US & Canada.

The relevant CBMT domains are listed in the learning outcomes above.

THANK YOU!

Thanks very much for purchasing this music therapy online tutorial. I hope you've enjoyed your MTO experience and feel you have learnt something new and exciting! Best of luck on your learning journey and please get in touch if you have any suggestions or feedback. x Jacinta