

AP Music Theory

Lori Cook

AP MUSIC THEORY

History



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History



Appreciation

AP Music Theory - CONCEPTS

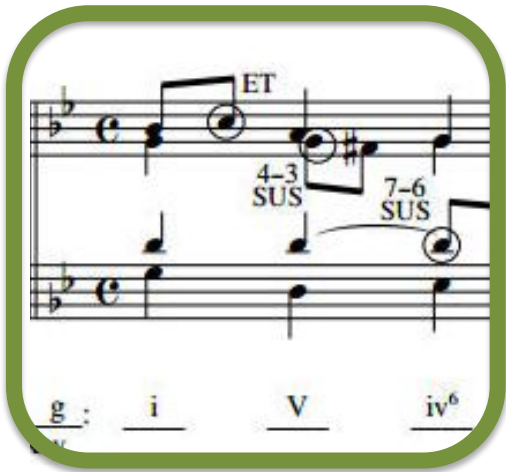
Rhythm – Melody - Harmony



Simple and Compound Meters
Scales/Modes
Chords
Harmonic Progressions
Part-writing conventions

AP Music Theory - SKILLS

Analysis



Composition



Sight-singing



Complete Course Description

<https://apstudent.collegeboard.org/apcourse/ap-music-theory>

AP Music Theory - Logistics

Who can take it?

11th or 12th graders, Abi or Diploma

How many hours a week?

2 in class, 1-2 independent

Pre-requisite?

Skills assessment with teacher

Schedule a 20 minute break

Why take it?

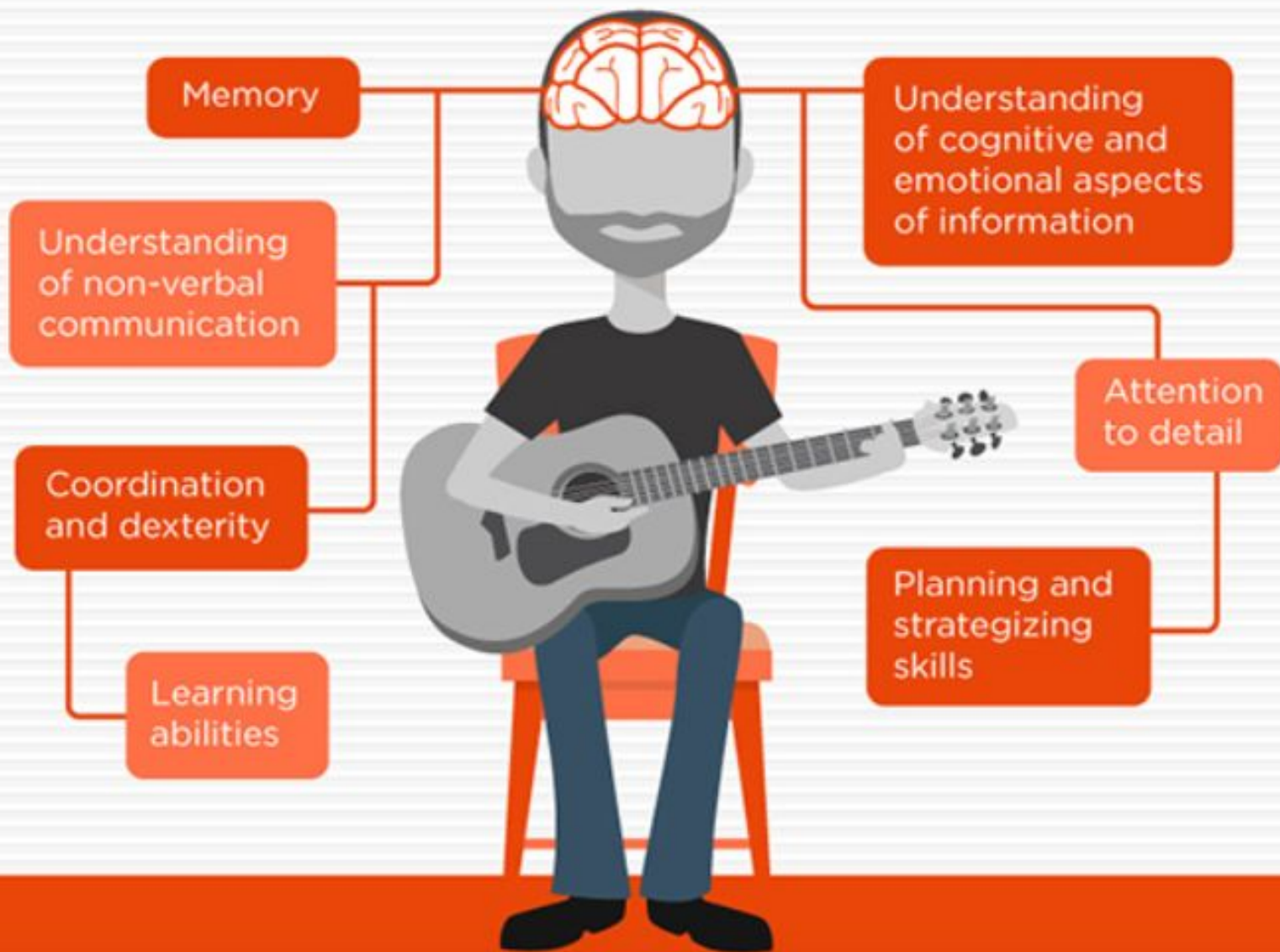
Musicians Have Enhanced Brains

Plasticity of the brain and how musical training helps brain plasticity has been proven by decades of research



A Musician's Brain is Different

Studies suggest that musicians have better:



Music Education & Personal Development

Music students communicate better with their parents and teachers^[10]

The social benefits increase the level of self-esteem in students



Music students are more motivated and efficient^[11]



College-age musicians are emotionally healthier

Their anxiety levels and emotional concerns are lower and more rare than in their non-musician peers



Making music relieves stress

Playing an instrument requires your full focus and attention and stops stressful thoughts

Music Education & Learning



High school music students earn a higher GPA than non-musicians in the same school⁽¹²⁾



Music majors scored the highest reading scores⁽¹³⁾



After taking music lessons from grades 8-12, students of lower socioeconomic status showed improved math, reading & history scores⁽¹⁴⁾



Music in schools yields a better connection between children. Children have fewer fights and hurtful sarcasm is less prevalent⁽¹⁵⁾

Music affects social cohesion in the classroom, greater self-reliance and social adjustment⁽¹⁷⁾

Teachers said that students were less aggressive when they had music instruction in schools⁽¹⁶⁾

Influence of Music Education on Old Age

?

LEARNING TO PLAY MUSIC KEEPS US SHARPER IN OLD AGE



Playing an instrument before 9 years of age and continuing for the next 10 years or more can affect verbal working memory in later adulthood [14]

In 2011, Henna-Pladdy studied healthy adults who were between 60-83 years old

Those who played an instrument for 10 or more years had highest scores in areas of nonverbal and visuospatial memory, naming objects and taking in and adapting new information



IT'S NEVER TOO LATE TO START MAKING MUSIC

Studies have found that taking piano lessons, even for 6 months, improved memory, verbal fluency and other cognitive functions in adults between the ages of 60-85. This group also showed improved planning abilities and they processed information faster.



Research shows that playing music can have direct physical benefits for older adults- lower blood pressure, lower heart rate, lower levels of stress, anxiety and depression

Music also shows potential in preventing or slowing down development of Alzheimer's disease and dementia

**My Reason -
contact me!**

lori.cook@jfksberlin.org

AP Music

Theory

Have a nice day!