PREPARING THE CHORAL SINGER TO SING

STUDY GUIDE

WARMING UP THE “VOCAL ATHLETE” WITH PURPOSE

Experienced choral directors prepare their ensembles for rehearsal and performances with a range of warm-up techniques designed to get the voice and body ready for singing. The daily routine of these warm-up exercises, however, might cause students to “go through the motions” and lose sight of the important purpose behind this activity. Re-focusing the students’ attention on the “why” of the routines can foster greater involvement and effectiveness of the warm-ups.

Spark Curiosity!

Engaging students in discussions of voice science, health and hygiene can ignite a student’s interest in singing at a deeper level and increase their personal investment in the program.

LEARNING OBJECTIVES

1. Understand a basic overview of vocal anatomy
2. Define the vocal systems: respiration, phonation, resonation, articulation
3. Relate vocal warm-up routines with the activation of the vocal systems

LESSON PLANS

Consider developing lesson plans to meet these learning objectives through the study of vocal science in their warm-up routines. Here are some ideas to get you started:

- Have students research and learn about vocal anatomy. What are the key parts of the anatomy that make up the voice? What are things/behaviors that can injure/damage the voice? What are things/behaviors that can be good for the voice? How can you monitor your vocal health? What promotes healthy, lifelong singing?
- Have students understand and articulate the vocal systems. What is respiration? Phonation? Resonation? Articulation? How do these systems work together while singing? What are the benefits of understanding these systems?
- Encourage students to relate their warm-up activities to what they have learned about vocal anatomy and vocal systems. Is an exercise emphasizing a vocal system? What is the goal of a particular warm-up exercise?

RESOURCES
