

Voice Education and Health

Code: 101726
ECTS Credits: 6

2025/2026

Degree	Type	Year
Logopedia	OP	4

Contact

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Teaching groups languages

You can view this information at the [end](#) of this document.

Prerequisites

There are no prerequisites.

Objectives and Contextualisation

At the end of this course students will be able to:

- Be fully aware of the importance of the body attitude and the respiration to achieve a good phonation.
- Take consciousness of their own vocal tract and its vocal and expressive possibilities.
- Know basic corporal, respiratory and vocal resources for a good voice emission.
- Know how to find the proper use of the elements that determine the quality and efficiency of the vocal emission: the timbre, the intonation, the intensity, the expressiveness, the articulation and the projection.
- Experiment their own communicative capacities individually and in group in order to develop habits of self-observation and observation of others as indispensable tools of the re-education process.
- Know and experience vocal re-education exercises to overcome vocal disorders.

Learning Outcomes

1. CM22 (Competence) Value the scientific works that support speech therapy intervention and voice education by speech therapists.
2. KM58 (Knowledge) Describe the biological foundations (anatomy and physiology) of speech therapy intervention in voice disorders, with special emphasis on postural and respiratory elements.
3. KM59 (Knowledge) Explain the importance of the body, body attitude and breathing as essential elements for good phonation and communication.
4. SM41 (Skill) Analyse the postural and respiratory elements of other people, their relationship with the quality of the voice emitted and possible risk factors for voice alterations.

5. SM42 (Skill) Plan vocal re-education exercises to resolve vocal disorders.
6. SM43 (Skill) Make appropriate use of the elements that determine the quality and efficiency of vocal emission: timbre, intonation, intensity, expressiveness, articulation, projection.
7. SM44 (Skill) Plan basic body, respiratory and vocal resources in order to prevent the appearance of voice alterations caused by incorrect habits.

Content

1. The voice and the human communication:

- a) The body, vocal instrument.
- b) Vocal tract.
- c) Speech therapy exploration of the voice: vocal balance and phonatory habit.
 - 1. Body Attitude:
 - a) Awareness of the own body attitude (tensions, blockages...)
 - b) Observation of body posture and verticality.
 - c) Basic techniques of relaxation.
 - d) Exercises to correct the body attitude: feet, knees, pelvis, cervical and lumbar hyperlordosis, body axis, images.
 - 1. Respiration
 - a) Physiological and spontaneous respiration product of a good body attitude.
 - b) Observation of the type of breathing: clavicular, abdominal, intercostal and costo-diaphragmatic.
 - c) Alterations in breathing pattern: diaphragmatic blockage.
 - d) Exercises to improve respiratory dynamics: diaphragmatic release and phono-respiratory coordination.
 - 1. Phonation
 - a) Speech organs
 - b) Laryngeal mechanisms: Mechanism I and Mechanism II
 - c) Resonances
 - d) Sound amplification
 - e) Expression, intensity, timbre and articulation
 - 1. Vocal care resources

Activities and Methodology

Title	Hours	ECTS	Learning Outcomes
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Type: Directed

Individual theory and practice of corporal and vocal exercises	36	1.44	CM22, KM58, KM59, SM41, SM42, SM43, SM44, CM22
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Type: Supervised

Tutorials to support personal work	4	0.16	
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Type: Autonomous

Critical reading of scientific evidences	15	0.6	CM22, KM58, KM59, SM41, SM42, SM43, SM44, CM22
Journal of reflection on resonators and bucco-organs	35	1.4	CM22, KM59, SM41, SM42, SM43, SM44, CM22
Reflection journals on body attitude and breathing	35	1.4	CM22, SM41, SM42, SM43, SM44, CM22
Studying	23	0.92	CM22, KM58, KM59, SM41, SM44, CM22

- Courses are eminently practical. Different body, respiratory and vocal exercises will be proposed, and they will be worked individually or in groups. It is highly recommended to wear comfortable clothes.
- Tutoring to support the realization of the students' work, where their body and vocal evolution will be assessed.
- Due to the practical nature of this course, regular attendance is indispensable. 80% attendance will be required in order to be able to opt for the evaluation of the contents worked.

Annotation: Within the schedule set by the centre or degree programme, 15 minutes of one class will be reserved for students to evaluate their lecturers and their courses or modules through questionnaires.

Assessment

Continuous Assessment Activities

Title	Weighting	Hours	ECTS	Learning Outcomes
EV1. Oral presentation: body evolution_Second evaluation period (2st semester)	40%	0	0	KM59, SM41, SM43, SM44
EV2. Oral presentation: vocal evolution_Second evaluation period (2nd semester)	40%	0	0	CM22, SM41, SM42, SM43, SM44
EV3. Written test_Second period	20%	2	0.08	KM58, KM59, SM41, SM42, SM44

Competences in this subject will be assessed through:

EV1 and EV2. Oral presentations assessing the evolution of the student's phonetic habit. The student will make an initial and final video recording to be able to make this comparison of habits (40% and 40%).

EV3. Taking a written test (20%)

All evidence is carried out individually and must be in person.

In order to pass the subject, you must achieve an overall course grade of 5.0 or more points (scale 0-10) and it is essential to pass all the sections proposed in the assessment. If the requirements are not met, the maximum grade will be 4.5.

A student who has NOT submitted evidence of learning with a weight equal to or greater than 4.0 points (40%) will be recorded as "not evaluable".

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A l'aula	EV1, EV2, EV3	Totes les setmanes
Tutoria		

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Recovery Test:

Students who have not met the criteria established to pass the subject and have a continuous evaluation rating greater than or equal to 3.5 points (35%) may opt for recovery, as long as they have previously evaluated a set of activities the weight of which is equivalent to a minimum of two thirds of the total qualification of the subject. The recovery will consist of an individualized oral interview on the evidence of learning where sufficiency has not been achieved (100%)

Unique assessment:

All evaluable evidence will be carried out in a single session. They will take place on the day of the written exam (EV3). All tests are individual.

It should be borne in mind that the single assessment does NOT imply that the student does not attend class, nor that he does not have to follow the course schedule.

The same process as the continuous assessment will be applied to recovery.

The single assessment is requested electronically (e-form) in the specific period (more information on the faculty's website)

The delivery of the translation of the face-to-face assessment tests will be carried out if the requirements established in article 263 are met and your request is made electronically (e-form) (more information on the website of the faculty)

Bibliography

Consult catalan teaching guide

Software

N/A

Groups and Languages

Please note that this information is provisional until 30 November 2025. You can check it through this [link](#). To consult the language you will need to enter the CODE of the subject.

Name	Group	Language	Semester	Turn
(PLAB) Practical laboratories	111	Catalan	second semester	morning-mixed
(PLAB) Practical laboratories	112	Catalan	second semester	morning-mixed
(TE) Theory	1	Catalan	second semester	morning-mixed