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MUSE 258

Citation

*The Singers Voice Part 1*  
Joan Wall and Robert Caldwell  
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Summary

I. Breath

- A. Inhalation brings oxygen into the body.
- B. Exhalation expels carbon dioxide out into the air.

II. Lungs

- A. The lungs are made up of soft, elastic tissue that expand out by the ribs and down by the diaphragm when breathing.

III. Diaphragm

- A. Attached to the spine, and the diaphragm is shaped like an upside-down bowl.
- B. This makes the lungs move down and makes them act like a vacuum.

IV. Ribs/Intercostals

- A. These are located in between the ribs and pull the ribs in many directions.
- B. There are internal and external intercostal muscles.

V. Abdominals

- A. These are located in the front of the body and extend from the ribs and the sternum to the pubic arch.
- B. There are four layers to these abdominals.
  - i. Transverse abdominals- the innermost abdominals
  - ii. Rectus abdominus- the vertical fibers
  - iii. Internal obliques- angled fibers
  - iv. External obliques- attached high on the ribs
- C. The viscera includes the liver, stomach, and intestines.

VI. Muscular Antagonism

- A. The abdominals and external intercostals pull in opposite directions.

VII. Resonance

- A. Changing the vocal tract shape changes the shape of air and creates different sounds.
- B. All air particles want to have equilibrium.
- C. Source-filter theory is the theory that the vocal folds act like a valve that lets air out.

Discussion

This video was very interesting to me, and learning about all the muscles used when singing and how they act on and with each other to create sound. It is great to finally figure out what my vocal teachers have been talking about when they ask me to sing certain ways, use different muscles, and change the shape of my mouth to form the correct vowels and pitches. I now know how to engage my body when I'm singing and what to be aware of to produce the sound that is desired. In

my classroom, I will be sure to teach my students about the muscles and parts of the body used when singing and the sensation they should feel when singing properly. This will develop their ability to know how to fix their bodies and voices when they are not singing properly, and have muscle memory to know how to sing correctly at any time. I will reinforce the processes involved in breathing and singing and the proper techniques used so my students become knowledgeable in this area.