

Vocal Health

Worksheet to accompany powerpoint presentation

1. The human voice is a: (percussive) (string) (wind) instrument.
2. The Vocal folds would be roughly equivalent to the reed on a woodwind instrument (T) (F)
3. The Vocal Folds are located inside of what protective cartilage casing. _____
4. The vocal folds are about the diameter of _____.
5. Thicker, less tense, shorter, vocal folds will create a: (high) (low) pitch.
6. Thinner, more tense, longer, vocal folds will create a: (high) (low) pitch.
7. When the voice is at rest, the vocal folds are: (apart) (together).
8. Changes in the length, thickness, and tension of the vocal folds are (voluntary) (involuntary)
9. What are the four vocal resonators?

- | | |
|---|---|
| 1 | 3 |
| 2 | 4 |

10. There are four articulators. What are they?

- | | |
|---|---|
| 1 | 3 |
| 2 | 4 |

11. Your voice is unique. What makes your voice sound different from anyone else's?

12. Parts of your body used to modify sounds into specific vowels or consonants are called:

13. Why is posture so important to proper singing?

14. Healthy singing involves what aspects:

- | | |
|---|---|
| 1 | 4 |
| 2 | 5 |
| 3 | 6 |

15. List 10 tips for a healthy voice:

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

16. List five tips for when you are sick:

- 1
- 2
- 3
- 4
- 5

17. Complete vocal rest is the preferred treatment for the abused voice. (T) (F)

18. Whispering is a satisfactory substitute for vocal rest. (T) (F)

19. The bumps that form on the vocal folds when they have been abused are called:

20. List six warning signs of vocal abuse:

- | | |
|---|---|
| 1 | 4 |
| 2 | 5 |
| 3 | 6 |

21. Although abused, the voice tends to heal quickly. (T) (F)

22. What is the miracle rapid cure for vocal ailments? _____.

23. You should be concerned about vocal abuse only if you plan to be a performer or teach music for a living. (T) (F)