



UNIVERSIDADE LUSÍADA
LISBOA

Course Unit Program
Elective I - Harmonic Instruments

Academic Year 2026/2027

1. Organic Unit

Institute of Psychology and Educational Sciences

2. Course

MUSIC THERAPY

3. Cycle

2nd

4. Course Unit

Elective I - Harmonic Instruments (O9113)

5. Scientific Area

6. Curricular Year

1st

7. Type of Curricular Unit / Semester

1st Semester



UNIVERSIDADE LUSÍADA
LISBOA

8. Class type and workload (work time)

Theoretical classes:	
Practical classes:	
Theoretical-Practical Classes	10,00
Tutorial Guidance:	5,00

9. ECTS Credits

2,50

10. Scientific Area Coordinator

11. Regent

Prof. Doutor JORGE MIGUEL CECÍLIA MONIZ

12. Assistants

13. Teaching Language

Portuguese

14. General Objectives

Introduction to the Study of Harmonic Instruments: Timbral and Physical Characteristics, Technical Terms, Posture, and Musical Approaches. General understanding of the melodic and harmonic construction capabilities of these type of instruments. Practical application of elementary technical and theoretical resources.

15. Specific Objectives

Introduction to the Practice of a Harmonic Instrument: Guitar or Piano. Application of basic major and minor harmony concepts to the specific characteristics of these instruments. Understanding and practice of common chord progressions commonly used in popular music. Acquisition of simple improvisation and transposition skills. Introduction to reading chord symbols in popular music.

16. Skills to be acquired

Achieve the ability to perform small major and minor harmonic progressions. Develop the skill to learn by ear and/or transpose simple melodies and harmonies. Create short cyclic improvisations in major, minor, or modal tonalities. Gain proficiency in reading and performing popular songs from chord symbols.

17. Teaching Methodology

Oral presentation of the content. Practical demonstrations on the instrument. Reading of sheet music with practical examples and exercises. Instrumental practice of the materials covered.



UNIVERSIDADE LUSÍADA
LISBOA

18. Course Unit Program

Practical application to the instruments (guitar or piano) of:

- a. Major and minor scales;
- b. Modal scales;
- c. Pentatonic and Blues scales;
- d. Major, minor, diminished, and augmented triads with inversions;
- e. Seventh chords;
- f. Simple cadences and harmonic progressions;
- g. Instrumental technique exercises;
- h. Study of pieces selected by the instructor.

19. Assessment Methods

- a. Keeping up with the material taught throughout the semester and completing the recommended weekly practices between lessons.
- b. Attendance.
- c. Performance in classroom performances.
- d. Performance in video-recorded performances.

20. Didactic Resources

Written exercises provided by the instructor. Study of recommended literature. Listening to various audio materials.

21. Sustainability Objectives

- Good Health and Well-Being
- Quality Education
- Gender Equality
- Decent Work and Economic Growth
- Reduced Inequalities
- Peace, Justice and Strong Institutions

22. Keywords

Tonal Harmony
Chord Symbol
Gregorian Modes
Pentatonic Scales
Improvisation
Transposition



UNIVERSIDADE LUSÍADA
LISBOA

23. Main Bibliography

Author(s): Barone, Francesco
Title: Guitar chords in context
Edition: 1^a Year: 2022
Local: Medford, MA, EUA
Publisher: Francesco Barone
ISBN Code:

Author(s): Cion, Sarah Jane
Title: The ultimate play by ear piano method
Edition: 1^a Year: 2022
Local: Bronx, NY, EUA
Publisher: Safflower Music Publishing
ISBN Code:

Author(s): Leavitt, William & Baione, Larry
Title: A modern method for guitar, volume 1
Edition: 1^a Year: 2014
Local: Boston, MA, E.U.A.
Publisher: Berklee Press
ISBN Code:

24. Complementary Bibliography

Author(s): Hilley, Martha & Olson, Lynn Freeman
Title: Piano for the developing musician
Edition: 6^a Year: 2010
Local: Boston, MA, E.U.A.
Publisher: Schirmer, Cengage Learning
ISBN Code:

Author(s): Lancaster, E. L. & Renfrow, Kenon D.
Title: Alfred's group piano for adults, book 1
Edition: 2^a Year: 2008
Local: Van Nuys, CA, E.U.A
Publisher: Alfred Music Publishing
ISBN Code:



UNIVERSIDADE LUSÍADA
LISBOA

Ficha técnica MIP / MIP Datasheet	
Título / Title	Course Unit Program 'OPÇÃO I - INSTRUMENTOS HARMÓNICOS': Academic Year 2026/2027
Autor / Author	Prof. Doutor JORGE MIGUEL CECÍLIA MONIZ
Classificação / Classification	-
Descritores / Descriptors	-
Colaborador(es) / Colaborator(s)	-
Data Hora / Date Time	
Formato de dados / Data Format	Texto / Text, PDF
Estatuto de utilização / Usage	Acesso público / Public Access
Relação / Relation	Version 1,0
(c) Universidade Lusíada, 2026	