**MAPEH Reviewer**

**Music an Arts from West to East**

**How did Popular Music Start:**

* Popular music began with the **publishing** of **sheet music**. At the time, many **Americans** turned to their **pianos** for **entertainment** at **home** with **families** **gathered** during **celebrations** with **recordings** of their favorite **music**. This resulted in **pop music’s expansion**.
* With songs **available** **digitally**, it has been **easier** for them to **access** and **produce** with some genres like rock.

**Variables in Singing:**

* **Range** – Are all **pitches** that **your voice can produce** from lowest to highest. It determines which note you can hit without struggling or straining your noise. On a piano keyboard or app, you can play the notes covered by each range to identify your voice’s range.
* **Tessitura (Vocal Strength)** – The **middle of your voice range** where you sing the most comfortably. This is described as the “sweet voice.” As this is where your voice quality sounds best.
* **Speaking Voice** – Your **natural speaking voice** **helps** you **identify your tessitura**. This includes your **normal talking range** or the notes you use to talk.
* **Head Voice or Tone** – Used in **singing high pitches** where you will feel muscle tension and vibration in your **head and nasal cavity**. **Falsettos** and **Whistles** are examples.
* **Chest Voice or Tone** – Used when **singing** powerful **weighted notes** **without** using **head voice**. Muscle tension is in your **diaphragm**.
* **Breaks** – The **few pitches** you can sing **using chest and head voice**: **lowest head** tones and **highest chest** tones.
* **Mixed Voice** – **Combination of chest and head** voice with (with mostly experienced singers) connecting both registers smoothly eliminating vocal breaks. A mix will give the audience a sound that is powerful and loud.
* **Vocal Timbre** – **Distinguishes the voice** of one singer from another, even if they sing the same song, with each **person** having their **own voice qualities**. Some sound smooth, bright, deep, heavy, husky, nasal, throaty, growly, and etc.

**Different Styles of Pop Singing:**

* **Pop Singing** – Pop singing is a result of a person’s voice with a specific expression and style, that is often **danceable** and has a **generic catchy** **tune** when performed.
* **Vocal Harmony** – Done by **group singing** with backup singers and collaborations.
* **Rock Singing** – It Is **intense, powerful, robust and aggressive**. Dynamics can reach very loud through shouting, screaming, or vocal frying. The lowest voice tone, which sounds **deep, creaky, and breathy** and strains vocal cords when done improperly.
* **Country Music** – It is characterized with **twangy and nasal vocals** driving the sound vibration into the **nose** and **yodeling**, imitating the **sound of fiddle**s through voice involving repeated and **rapid changed of pitch** between the low and high pitch register.
* **Blues, Jazz and Standard Singing** – Characterized by clear, speech level singing and distinct consonants, on top of complex harmony and rhythmic syncopation.
* **Vocal Improvisation** – A complicated technique requiring great musical skills and creativity involving the **spontaneous** **creation** of **new melodies**, rhythms, or harmonies while singing, often without pre-written lyrics or musical notation.
* **Call and Response (Alternating Singing)** – **Lines** between **performers**, is a main element in this genre.
* **R&B Singing** – It is a **soulful** and **heartfelt**, with **ornamented** **repetitive** **flow** with vocal riffs and runs common to R&B vocalists.
* **Hip Hop Singing** – Has a **strong**, **rhythmic** **beat**, and often **accompanied** by **rapping** and **beat** **boxing**. It is often experimental with vocal sounds like wordplay and other factors.

**Pop Instruments and Playing Techniques:**

* **Bass Guitar (Electric Bass)** - Is the **lowest**-**pitched** **member** of the **guitar** **family**. It has **similar** appearance and construction to an **electric** or **acoustic** **guitar**, but fewer and **thicker**. The bass guitar is important in a pop rock band or ensemble because it plays the backbone of the harmony. To be heard at performance volumes, electric bass guitars require amplifiers.
* **Finger Styles** – Include **playing** with a **single** **finger**, playing with two or three fingers, alternately, plucking the strings with the fingernail, or plucking two strings of the same time.
* **Hammer On** – A technique where you **push** a **left**-**hand** **finger** **down** on the fretboard to make a sound without plucking a string.Its opposite, the *Pull-off*¸is when you lift a left finger up, which also causes a note to sound. You may use these two techniques alternately by pressing down and lifting strings with your left-hand fingers on the fretboard
* **Glissando** – Is done when you **slide** your **right**-**hand** **fingers** from **one** **fret** **continuously** to another fret, using the same string. It is performed by bassists to anticipate or signal the coming of an exciting part in a song.
* **Pedaling** – Uses **one note**, often an **open string**, to **form a groove**. Bass players go back and forth between this note and others to create a short melody.
* **Slapping** – Involves using the **bony** **edge** of one’s **knuckle** to quickly **strike** the **string** against the fretboard, and produces a striking percussive sound with a pitch.
* **Drums (Drum Kit or Drum Set)** – A collection of drums, cymbals, or other auxiliary percussion instruments set up to be played by one person. The drummer holds a pair of drumsticks and uses the feet to operate the bass drum and hi-hat pedals.
* **Drum Kit Parts:**
* **Bass Drum (Kick Drum)** – Is the **lowest-pitched drum** that plays the beat.
* **Snare Drum** – Has **metal strings** underneath that gives a **buzzing sound**. It plays backbeat, accents, and rolls.
* **Tom-toms** – Are **two or more pitched drums** (low, mid, and high) that play during drum fills, solos, or adlibs.
* **Ride Cymbal** – Keeps a constant rhythm pattern of gives emphasis on certain song parts.
* **Crash Cymbal** – Plays **strong accents** and **effects** on song climaxes.
* **Hi-hats** – A pair of **cymbals that opens and closes** through the **foot pedal**. It creates different sound durations depending on the size of its opening.
* **Techniques in Drums:**
* **Groove** – Is a **repeated drum pattern** that **sets** and **maintains** the **rhythm** and tempo of the music.
* **Fill** – Provides **variety** and **breaks** the **repetitive** **sound** of drumming **straying** **from the main groove**. It is used for **transition** from one part of the next.
* **Drum Solo** – **Highlights the drums** and occurs when all the other band members stop playing to emphasize on the drummer.
* **Electric Guitar** – Electric Guitar is **a guitar that needs an external amplification** to be heard during performance. Its timbre can be **changed through knobs**, **amplifier** settings, or with **guitar effects**, music genre played. Clean guitar and reverb effects ats guitar effects. Its timbre or sound design depends on the used for mellow songs, while distortion and overdrive effects are for alternative or rock music.
* **Lead Guitar** – Plays **melodic lines, instrumental fills, and guitar solos or ad-libs** by plucking or picking. It plays single note-based melodies, commonly supported by a rhythm guitar.
* **Scales** – Playing notes of a key on ascending or descending order of pitch.
* **Guitar Lick** – A **short phrase of notes played** once or twice in a song, used to showcase the skills of a guitarist It is often played as a unique motif for the lead guitars to stand out.
* **Alternate Picking** – Employs playing the strings using a pick, with **alternating downward and upward strokes** in a continuous fashion.
* **Sweep Picking** – Playing notes on **consecutive strings in a downward or upward** motion with a pick, while using the fretting hand to produce specific notes in a fast manner.
* **Vibrato** – Is done when a string is **repeatedly rocked back and forth**, causing pitch to quiver.
* **Rhythm Guitar** – Provides the **harmonic rhythm a rhythmic pulse with harmony using a song's chord progression**. So, the basic technique of rhythm guitar is positioning a series of chords with the left hand on the fretboard, while strumming or fingerpicking rhythmically with the right hand.
* **Arpeggios** – Playing individual notes in a chord.
* **Damping** – Also known as palm-muting or choking, is done when the palm of any hand presses against the vibrating strings to reduce, stop, or mute the sound
* **Riffs** – A catchy repeated sequence of notes or chords throughout a song that gives structure and character to a piece of music.
* **Chord Solos** – Is playing the melody and harmony parts of a piece of music simultaneously on a single instrument.
* **Keyboards** – Is an electronic instrument where different notes are sounded by pressing a series of keys or push buttons. Its keys arranged from the low notes played by the left hand and high notes played by the right hand. With its wide pitch range, it can provide harmony, melody, and percussion, and may also mimic other instruments.
* **Legato** – A technique using fluid-like, continuous motion between notes. Each note is played to its maximum duration and then blends right away to the next one. Simply put, it is a smooth and connected way of playing notes.
* **Staccato (Detached Playing)** – Is when the finger leaves the key without a sustaining sound. To do this, simply press and immediately release the note after pressing it.
* **Chords** – Are formed when two or more keys are played at the same time. The keyboardist can use all 10 fingers playing different keys simultaneously to produce 10 different notes at the same time.
* **Trills** are done by rapid alternation between two notes, with a half or whole step distance. Trills can be played easily by the pointer and middle finger, pressing two different notes alternately.

**Recording Music and Notation:**

* **Music Notation Program or Software (Score-writers)** – A computer software of application used for creating, editing, and printing music sheets. Also known as score-writers, these applications are great for composing, arranging, or sequencing music.

**What Music Apps and Devices Can be Used for Recording:**

* To record sound, a device must have a sound receiver and playing option. Your **smartphone** and **tablets** can record from its built-in microphone. Same for **laptops**, it has the same feature and it can also be connected with a **USB Microphone**.
* **Mobile Virtual Instruments** – Include different applications for almost every instrument known. They offer tutorials, samples, and exercises for starters.
* **Karaoke Apps** – Cater to people who love singing. These apps you can use to sing along with any song with any mobile device with apps including like **Smule**, **WeSing**, and **Starmaker**.
* **Composer Apps** – For those who create their own original music. You can make your own composition using software like **Garage Band**, **FL Studio**, **Bandlab**, **Walk Band**, **Groove Pad**, and **Music Maker Jam**.

**Fil-Am Music Theater:**

* Filipino-American Theater covers subjects like Filipino and Filipino-American history to modern Filipino issues. Fil-Am productions provide personal, social, and cultural viewpoints from the past to present. Such include the relationship between the Philippines and the United States.
* **Ma-Yi Theater Company** – A theater company that revolved around like Filipino and Filipino-American history to modern Filipino issues that started in **1989**
* **National Asian American Theater Co. (NAATCO)** – Founded in 1991, it is an organization of Filipino playwrights, tackles the lives of Filipino agricultural workers in California, as well as the land of Muslims in Mindanao and other plays
* **Pilipino Cultural Night (PCN)** – An **event organized by students** to express Filipino cultural aspects through the theater. It was founded to celebrate the Fil-Am community in California State University.

**Famous Filipino Theater Musicians:**

* **Lea Salonga** – An acclaimed theater actress both in London's West End and New York's Broadway. Many fans recognize her as the singing voice **of Princess Jasmine from Aladdin** (A Whole New World) and **Fa Mulan for Mulan** (Reflection). She is best known for her role as **Kim in Miss Saigon.**
* **Rachel Ann Go** – Rachel Ann Go was the grand champion of the reality singing contest, She performed in international concerts, collaborated with international artists, and peaked at number 1 in iTunes USA, making her the first Filipino recording artist to land a number one spot in a U.S. music chart. In the world of musical theater.
* Rachel Ann starred as **The Little Mermaid**, from which she won Best Actress in Broadway World Philippines Awards. She also played **Jane in Tarzan**, **Gio Van Tranh in Miss Saigon**, **Fantine in Les Misérables**, and as **Eliza in Hamilton**-performed in either London's West End or New York's Broadway.

**Tips for Theater Singing:**

* Theater singing is part of a stage production, which may involve acting, dancing, and dialogues. Training your voice for theater singing techniques **requires working with a vocal coach**. Musical theater singing **incorporates classical and pop singing styles**, so theater singers are good with **mixed voices**. Musicals use **unique harmonic progressions**, so singers should have **good hearing and pitch skills**.
* If you have dreams of performing in musicals like in Broadway theaters, then practice singing songs from musicals. Remember that **singers of this style should act and sing simultaneously**, so practice on **channeling your character's emotions** **as you sing**.

**Contemporary Dances:**

* **Contemporary Dance** – Is a dance genre that originated during the mid-twentieth century in the United States and Europe. It is a style of interpretative dance that focuses on innovation and combination of techniques from difference genres like ballet, jazz, and modern dance.
* **Jazz Dance** – It includes **energetic and rapid moves and turns**, so satin clothes are recommended. Jazz dance can showcase an individual’s unique dancing style.
* **Ballroom** – Emerged in Europe and United States. This social dance is performed with a partner, often n closed positions between couples. Waltz, swing, salsa, and tango.
* **Professional Dances** – Introduced in the Italian Renaissance, refined by France and Russia. **Ballet** became the most **complicated dance of all time**, and the premier technical concert dance. These are **accompanied by classical or orchestral music**.
* **Modern Dance** – Originated as a **reaction against classical ballet**. Shaped by modern factors, it is a **free dance style** that includes performance art, release technique, and contact improvisation, like pink, dance, race, disco, party dance and Bollywood.
* **Hip Hop Dance** – Evolved from the music genre through exposure in the movies and TV, Hip-hop dances found a great foothold in the United States, France, UK and Korea. Related style called **Funk**, was created and is the most influential pieces of hip hop styles. Other styles include breakdancing and street jazz.

**Visual Arts**

**Multimedia and New Media Art:**

* **Multimedia** – Is the **fusing together of various media using technology**. It includes modern media, such as digital imaging, lighting, automated control, and video, while also including the more traditional forms of painting, sculpture, photography, sound, animation, and printmaking.
* **Graphic Arts and Design** – Involve the arrangement of shapes, colors, and text for the purpose of communication, usually via print.
* **Graphic Arts** – Concerns itself with grabbing the viewer’s attention, giving the viewer visual motivation to pay attention to what is being communicated.
* **Graphic Design** – On the other hand, I concerned with communicating information to the viewer.

**Visual Arts and Film:**

* **Photography and filmmaking** have become popular due to **excellent smartphone cameras**. Features like **clear lenses, high-capacity sensors, AI-powered filters**, and **editing tools** allow almost anyone to become a **photographer or filmmaker**. With **platforms like YouTube and TikTok**, creating and sharing content is now in the hands of the **average person**.

**Influences of World Art on Filipino Culture:**

* It’s hard to say exactly how **Filipino culture** has been influenced by **global artistic trends**, but it’s clear that **Filipinos have long excelled in the arts**. From **painters like Juan Luna and Fernando Amorsolo**, to **comic artists like Tony DeZuniga and Alfredo Alcala**, to the **woodcarvers of Paete**, and now, to **talented local photographers and filmmakers**, the **Philippines is rich in artistic talent**, fully capable of creating **world-class art**.

**Emerging Trends in Visual Arts:**

* **3D Motion Graphic Design** – Three-dimensional figures and graphics have been common in different media, from posters to video games. **Three-dimensional figures portray a more realistic and immersive experience to the viewer compared to 2D** (two-dimensional art).
* **Ruben Aquino** – Worked for Disney and became part of the production team for children's films like "**Lilo and Stitch" and "Winnie the Pooh**."
* **Josie Trinidad** – A Filipina artist who also worked for Disney. She contributed to the illustrations and animations of such films as "**Wreck It Ralph" and "Tangled**."
* **Armand Serrano** – A leading Filipino visual development artist who worked both for Sony and Disney. He is behind such films as "**Cloudy with a Chance of Meatballs" and "Brother Bear."**
* **Virtual Arts** – In recent years, **more artists have turned to the internet** and other online platforms **to exhibit and showcase their artworks**. This happened especially during the COVID-19 pandemic, **when most exhibits, fairs, theatrical productions, and art auctions were done online**. Notable is the case of theater productions, where these were aired in online platforms (either live or pre-recorded) and did not require audiences to come to theater houses.
* **Outdoor Art** – Many people naturally desire to connect with the outdoors, especially with nature. **This trend in the arts includes sculptures, outdoor installations, painting exhibits in gardens, and theatre events/poetry readings done in outdoor settings**. This trend may also include themes about environmental awareness and climate change, as well as everyday scenes in a rural or urban setting.

**Invasion Games**

**Invasion Games:**

* **Invasion Games** – Are sports where **two team’s compete against each other to invade each other's territory, gain control, and score points**. The primary objective is to **outsmart the opponents and gain territorial advantage**. These games often involve passing, dribbling, shooting, and teamwork

**Sports Categorized as Invasion Games: Basketball And Futsal**

* **Basketball** – Is a popular team sport played on a rectangular court, typically indoors or outdoors, with the **objective of scoring points by shooting the ball through the opponent's hoop** or basket. Each team **consists of five players on the court** at any given time, and the team with the most points at the end of the game wins.
* **Futsal** – Is a fast-**paced and exciting indoor variant of soccer (football)**. The **word "futsal**" is derived from the Portuguese "futebol de salão," which **translates to "indoor soccer**. The sport was developed in South America in the 1930 and quickly gained popularity worldwide due to its dynamic and based gameplay

**History of and Concept of Basketball:**

* **Basketball** – Is a team sport, **with the objective of shooting the ball at the opponent's basket**. It is played on a **rectangular court** measuring about **15 meters by 28 meters**, with the basket positioned on both ends of the court. The **court is divided into two**, with each **team guarding the basket** on their own court. It is **played by two teams of five players** each inside the court.
* **James Naismith** – **Created basketball in December 1891**. The game was presented in the **YMCA** **Training School in Springfield, Massachusetts**. He created the game according to the **demand of Dr. Luther H. Gullick** **to provide activities for young men during winter**. The game is a **combination of American football, soccer and hockey**. The game quickly spread countrywide and to other parts of the world, and was played by both men and women. It also became popular among Us. servicemen in World War II as a casual outdoor game.

**Injuries**

**Types of Injuries:**

* **Injury** – **Damage to the body** that can result from an accident or an intentional act. Thus, injuries can be considered **intentional** or **unintentional**
* **Intentional Injuries** – **Refer to injuries resulting from intended human actions or activities**, including self-inflicted and interpersonal acts of violence that cause harm. Some of the major risk facts are self-inflected violence, a history of interpersonal violence, alcohol abuse, mental illness, and poverty. Access to firearms and drug abuse can also be considered as major risk facts of intentional injuries.
* **Unintentional Injuries** – **Pertain to injuries caused by actions that are not inflicted purposely and accidents** that happen unexpectedly at any time in any place and may cause death.

**Types of Intentional Injuries:**

* **Bullying** – Is **when somebody is repeatedly and intentionally threatened and embarrassed by someone using words or actions against them**. Recently, bullying has been widespread through the internet or cyber media.
* **Extortion** – Is the **acquisition of a person’s property or money against his or her will**. Extortion is a federal crime, and when an extortionist is proven guilty, he or she will be imprisoned, Black main is the most obvious type of extortion.
* **Extortionist** – Anyone who commits this act of crime.
* **Stalking** – Is a **repeated action pattern of frequently making phone calls or sending online messages, following and threatening a target person**. A person who commits this act is called a stalker. A stalker usually makes a victim scared, tense, and harassed. When a stalker is not satisfied with the attention he or she wants from the victim. It may lead to force and violence.
* **Gang Youth Violence** – A gang is a **group of adolescents who bond together**. It can also be **referred to as an organized group of criminals or a group of people engaging in a criminal behavior**. Gang members are mostly involved in serious youth violence like extortion, theft and robbery, as well as in selling drugs and causing injuries and even death to their victims.
* **Illegal Fraternity Related Violence** – **A group with a common purpose or interest**. **Fraternities are mostly based in colleges and universities**. Most youths join fraternities for a sense of belongingness, but becoming a part of the brotherhood would mean undergoing physical and mental initiation rites.
* **Acts of Terror** – An act of terror is **a criminal act that aims to instigate fear in the public, a group, or a particular person**. Some examples are bombings, kidnapping, and domestic terrorism. Terrorist groups create terror using violence, fear, and intimidation, drawing the attention of the local government, populace, and the world to their cause. In the process, people's lives are at stake.
* **Domestic Violence** – Domestic violence is **a pattern of abusive behavior, the purpose of which is to control family members, children, intimate partners, and spouses**. The violence occurs in a domestic setting or at home, and the abusive person may be a partner, parent, caregiver, or relative. This is the reason why this is also called family violence
* **Suicide** – Suicide is the **act of directly killing oneself due to severe depression or other mental illness**. The main risk factors for suicide are the following: having severe depression, experiencing substance abuse disorder, a family history of mental heal disorder, experiencing sexual abuse, and having a medical illness.
* **Sexual Abuse** – **Sexual abuse is sexual behavior such as gestures, contact, and inappropriate sexual remarks that can happen to a person without his or her consent**. The following are some examples of sexual abuse:
* **Molestation** – **Molestation is the sexual abuse of a person, either a child or an adult, for sexual pleasure or profit**. The perpetrator sees the person as a sexual object and gratifies sexual urges and fantasies by subjecting the victim to undesirable or improper sexual advances or activity. These activities include child pornography, child prostitution, sodomy (sex involving oral or anal), and fondling (gentle touching).
* **Rape** – **Rape is sexual assault by sexual penetration without consent or when the victim is not capable of giving consent**. The rapist us force to threaten or intimidate the victim. Penetration may be by par of the body or an object. Another kind of rape is statutory rape, which is committing a sexual activity with someone underage.
* **Incest** **- Incest is a sexual relationship between close relatives**. Commonly, incest cases happen in the form of an older family member sexually abusing or having a sexual relationship with a child or an adolescent. In incest, adult offenders are always at fault, and the young victims need to understand that they are not to be blamed.