



Sing! Vocal Theory and Exercise Instructions

Worksheet 1

Chapters 1-4

1. If you are having vocal problems, what should you consider before embarking on a course of vocal study?

2. What are the main components of singing?

3. Vocal exercise is an athletic activity.

True

False

4. What three things do you need to address in order to use the correct form for the vocal exercise?

5. How does body weight exercise apply to vocal training?

6. Which three muscle groups need attention when learning to sing?

7. Pronunciation is the term used to describe internal movement in the mouth.

True

False

8. Exercise through exaggeration helps with vocal training by:

Creating a loud sound

Increasing the strength and flexibility of the articulation

Making sure you are understood

Developing confidence in your singing

9. Acoustic Resonance is developed by:

Singing through a paper towel tube

Holding one hand over one ear and the other in front of your mouth

Cupping your hands around your mouth

Creating a place for the sound wave to develop inside your mouth and throat

10. Why would singing feel relaxed? Should it ever? If not, why?

11. You will always use exaggerated movement when you sing.

True

False

12. What is an example of functional fitness?