ABSTRACT

The purpose of this study was to examine the most common physical challenges that senior (50+) adult amateur flutists are confronted with and what pedagogical tools work best for these challenges. Flute instructors from the New Horizons Organization and the online Facebook group, the Flute Teachers Network were surveyed. The survey asked the following questions:

1) What physical challenges do senior adult amateur flutists experience while playing the flute?
2) What effective pedagogical tools do you use to help them overcome these challenges?

The results indicated that the majority of senior adult amateur flutists suffer from (a) impaired mobility of hands; (b) decreased breath support; (c) incorrect posture; (d) impaired vision; (e) lack of endurance/stamina; (f) inability to form correct embouchure; and (g) dry mouth. The findings of this study suggest a variety of recommendations for how to approach these challenges and incorporate them into daily practice and instruction. All of the results presented in this study will assist in teaching this particular group of students.