

# Groovy CD teaches anatomy, physiology

## Anatomically correct tunes help students bone up on terminology

By Val Van Meter  
*The Winchester Star*

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*Give me some bones,  
spongy and compact  
Look at dem bones,  
a flesh and fluid rack  
Articulate & alive, not bland  
from your ischium to your hand  
Bones, bones, bones,  
give me some bones  
— From “Give Me Some Bones”*

**Stephens City**— Is your hippocampus groovin’?

That’s part of the purpose of a new CD that Lisa Jones-Bromfield and her husband Bill created to help students of anatomy and physiology learn some of the concepts in those fields.

*She called me ankle jerk  
Tapped my calcaneal tendon  
Excited my tibial nerve  
Caused plantar flexion  
— From “Jerking Me Around”*

It started as a project for Lisa’s anatomy and physiology lab class at Lord Fairfax Community College in Middletown.

Professor Ramon Selove urged his class to come up with a creative and innovative way to present anatomical information.

For Lisa, a professional musician teaching in Clarke County while studying for a nursing degree, putting words to music was a natural.

“I was just stunned. I had no idea she was such a good musician,” said Selove — until Lisa, with classmates as backup singers, regaled him with “The Celiac Blues,” a song about celiac disease, a digestive problem of young children.

Selove first suggested that such songs would be great teaching tools for those studying anatomy and physiology. “A memorized list doesn’t have the meaning it takes to have the recall,” he said.

His subject matter is “the toughest class at school,” Selove said, and learning the material is stressful on the students and the teacher.

*Liquid lines of sustenance  
Transport oxygen, hormones and nutrients  
Blood line, lifeline, feel fine  
Keep time, steady rhyme, blood line  
— From “Bloodline, Lifeline”*

Music is a method of helping the brain remember, Selove said.

Lisa could identify with that. As a special-education teacher, she had first-hand experience that music can help children to remember words.

After talking to her husband, an independent producer who works with singers and songwriters to ready their work for distribution, the Bromfields decided to create a CD of songs full of accurate information about brain and body functions.

Which meant writing 14 songs and the music for them.

*The ballad of Cap and Corona  
2 gametes carefree and haploid  
travelling the tube-ways and ducts  
to fill a chromosomal void  
— From “The Ballad of Cap and Corona”*

Selove became a consultant on the project.

“We got his viewpoint on the list of topics, things students struggle with,” Lisa said.

“I went over all the lyrics,” Selove said, “to make sure they were accurate” and to avoid leading students astray in the science.

“Lisa doesn’t know about the mistakes students make. She’s not the sort of student who makes mistakes,” he said.

Lisa showed her mastery of the subject by writing all the songs and playing the music on her guitar.

She drafted her husband to add the other instruments used on the CD, and to help her with a couple of duets.

### **A musical partnership**

This is a partnership they've had going for almost 20 years.

They met in 1991 in Silver Spring, Md., when Bill was working on an album of his own and needed a female singer.

"He ran an ad in the paper," his wife said. "He got more than he bargained for!"

"She was the right voice," Bill added, but he had a problem. "I couldn't afford to pay her."

So she made him an offer: "You'll have to go out and play live with me."

Just back from Japan, "she had booked all these performances," in the Washington area and needed a musician. "It was a good thing," Bill added, "to promote the album ['On the Edge']."

The couple also played with Stella and the Stanleys after moving to the Winchester area.

*Nutrients, salts exit  
Body needs it, gets it  
Solutes leave in pieces  
Solute concentration decreases  
Water follows the flow  
Then more solutes go  
On the Proximal CT line  
— From "Groovin' on the Nephron Line"*

Bill joked that, in the duets on the new CD, he often didn't know what he was singing about.

Lisa said writing them wasn't too difficult.

"It's really much easier with such definite topics," she said, especially when referring to what can be life-changing events.

She also enjoyed suiting the music to the subject matter. A song about "fertilization" got a "smoky, jazzy style," she said.

The song outlining the workings of reflexes was created as a duet to allow the two voices to jump back and forth, she said.

"We didn't want it to be just educational," Bill said, and Lisa added: "We wanted it to be fun."

*Homeostasis is vitally important  
It means keeping conditions the same  
An organism affects its internal environs*

*Preserving its function, its life and its name*  
— From “Homeostasis”

### **Educational, perhaps profitable**

What it may turn out to be is profitable.

“[Bill] was a little dubious,” Lisa said, about a return on the investment in the CD. But Selove suggested that the couple take their work to the May Convention of the Human Anatomy and Physiology Society in New Orleans.

Lisa gave a presentation to about 400 professionals there from the United States and Canada, most of them teachers in the field.

“They were thrilled,” said Selove of his fellow teachers. “They were all over it.”

At their convention booth, where the couple had a boom box and headphones, people “came and listened and laughed,” Bill said. “They were laughing at parts I still don’t get!”

But students don’t have to worry about that, he added.

Those who play the CD on their computers can open and print out the lyrics to the songs, to make it easier to sing along and learn the words.

“If you learn the song, then it will take you through the sequence you need to know to pass the class,” Bill said.

The hard copy is important for another reason, Lisa said.

“You’ve got to get the spelling,” she said. “My professor took off points if you spelled it wrong.”

Those who want to try out the material can download individual songs from [www.lisajonesbromfield.com](http://www.lisajonesbromfield.com) for 99 cents.

“All the extra material on the CD is available on the Web site,” she said.

About 30 percent of the teachers who attended the convention bought copies of the CD, Lisa said and now orders are coming in from college bookstores which want to stock it.

Selove sees the song list as a unique method of learning anatomy and physiology.

And, he said, the Bromfields have “added enough musical talent to make it kind of cool!”