

Athletes and the Arts:

Integrating the science of sport and the performing arts

ATHLETES AND THE ARTS links the communities of sport athletes and performing artists through collaborative exchange and programs focusing on wellness, training and performance research. ATHLETES AND THE ARTS recognizes that many performers are athletes whose health and performance can benefit from knowledge, programs and techniques developed for sport athletes.

GOALS:

- Create opportunities for performing artists and sport athletes to access and benefit from the established research, training and education of each discipline.
- Provide access to resources that meet the unique wellness, health care and performance needs of performing artists.
- Create a sustainable national initiative addressing the needs of performing artists.

BOTH ATHLETES AND ARTISTS:

- Practice or play every day
- Play through pain
- Perform at all times of day or night
- Compete in challenging environments
- Enjoy little “off-season”
- Feel strong pressure to succeed
- Risk career-threatening injury

ARTISTS FACE ADDITIONAL CHALLENGES:

- Noise-induced hearing loss
- Focal dystonia
- Performance anxiety

KEY AREAS OF RESEARCH:

- How to measure optimal performance?
- How much practice is too much?
- Metabolic aspects of performing (To better tailor nutrition and physical training needs)
- Can basic core, aerobic exercise and flexibility increase longevity and performance? (Consider the instrument weight and posture needed to play)
- Applicable cross-training to minimize overuse
- Hearing safety and prevention

HOW YOU CAN GET INVOLVED:

- Help one of the 600+ schools certified by the National Association of Schools of Music develop health and wellness standards
- Write a blog for the Athletes and the Arts website
- Use Athletes and the Arts educational information within your local community
- Spread the word within your social media networks



www.athletesandthearts.com

ATHLETES AND THE ARTS - Integrating the science of sport and the performing arts for mutual benefit.

A collaborative initiative of: American College of Sports Medicine (ACSM), Loyola University (New Orleans) Center for Music Arts Entrepreneurship, Performing Arts Medical Association (PAMA) and supporting organizations— American Medical Society for Sports Medicine (AMSSM), American Osteopathic Academy of Sports Medicine (AOASM), Artists House Music, Conn-Selmer, Drum Corps International, Healthcare for Artists, Music Teachers National Association, National Hearing Conservation Association, and New Orleans Musicians' Clinic.