

# Athletes and the Arts®

## Integrating the Science of Sport and the Performing Arts



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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



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### 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](http://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), Center for Music Arts Entrepreneurship, Loyola University (New Orleans), Performing Arts Medicine Association (PAMA) and supporting organizations— American Academy of Podiatric Sports Medicine (AAPSM), American Medical Society for Sports Medicine (AMSSM), American Osteopathic Academy of Sports Medicine (AOASM), Drum Corps International (DCI), Music Teachers National Association (MTNA), MusiCares, National Association for Music Education (NAFME), National Association of Teachers of Singing (NATS), National Athletic Trainers' Association (NATA), National Hearing Conservation Association, New Orleans Musicians Clinic, and The Voice Foundation.