

Athletes and the Arts® The Teacher



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As a teacher you play an integral part in the health of the performing artist athlete. Athletes and the Arts® wants to equip you with an arsenal of tools to ensure your students have a long and healthy life with their art.

What you can do:

Promote Joy of Performance:

- Performing can be daunting for some of your students, show them the benefits of performing
- Provide a range of performance opportunities. When a student experiences various performance environments they will feel comfortable during future endeavors.

Care for the "Core Instrument:"

- Educate on the importance of hydration, sleep and nutrition
- Caring for the body will maximize health and longevity of the performer

Select an Appropriate Repertoire:

- It is important to challenge the student for growth in their work
- Selection should take performers physical and mental well-being into consideration, do not push them to extremes



Cathy Yeulet/Hemera/Thinkstock

Exercise is Medicine®:

- Encourage core strength, aerobics and flexibility to optimize performance

Show Students Effective Practice Strategies:

- Encourage students to problem-solve and avoid mindless practice: Practice with Purpose
- Break up practice sessions to enhance concentration & avoid overuse

If a Student is Injured:

- Ask appropriate questions to steer medical consultation if needed
- Work with medical professionals to determine the best process for their return to play



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.