

Health and safety in education

Aaron Williamon

Centre for Performance Science

Royal College of Music

Overview



- Risks and concerns
- Recent studies with students
- Toward solutions



Handelt ügyelősen. Fancsi stílusban. Mily óvatosan! A kőbíróságnak szolgálatában.



Chopin. George Sándor. Visszatértem. Edén szívesen. Hát, hallgatni is szerettem.

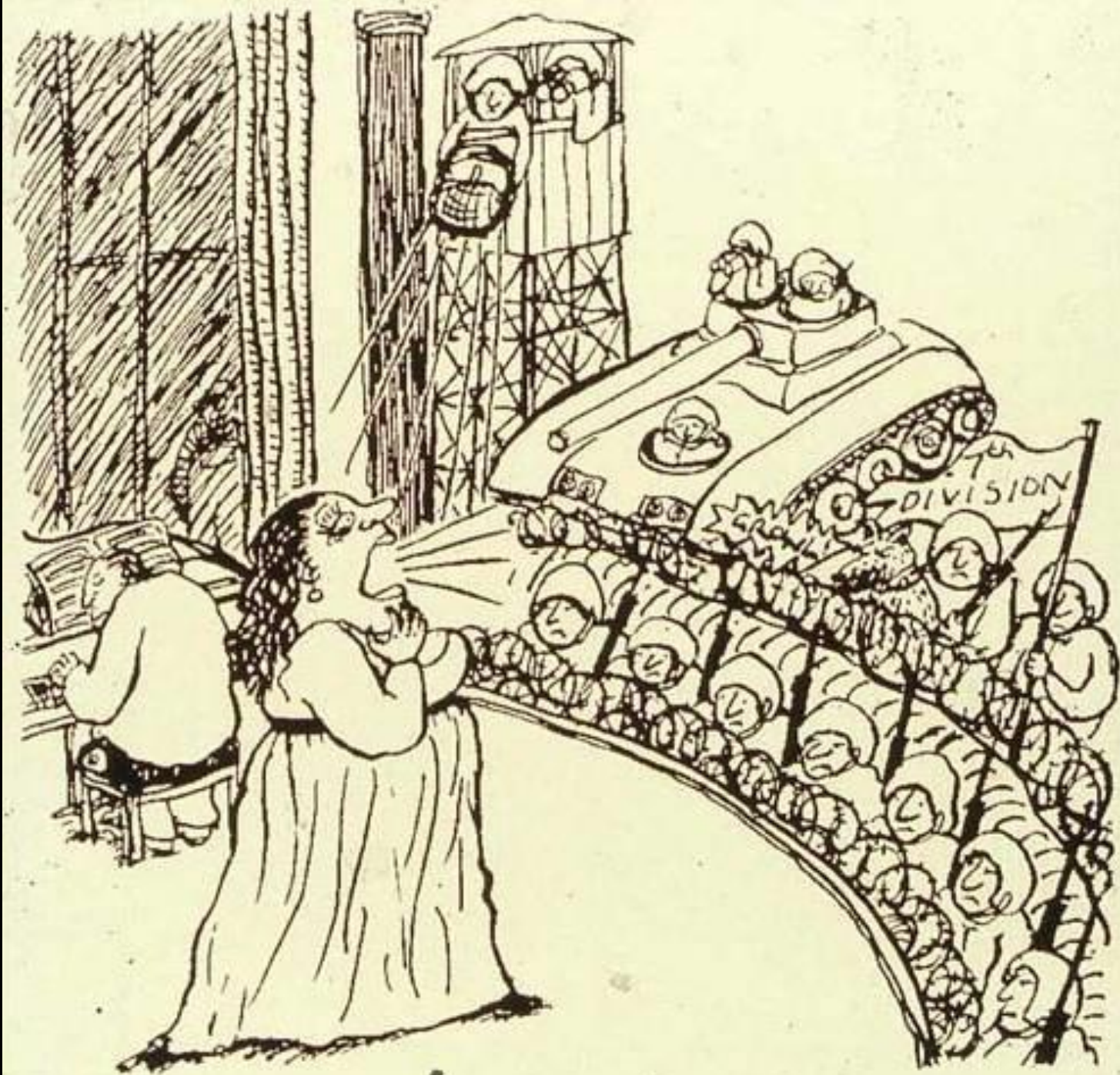


Dinoré. A poked. Az alkalmatlanság (állandó a magára is) jelezte. Látta igazságot. A poked kapott bevégző a szoborban. Hosszú!



Csak jött. Nem csak nekem, de velük is. Imponált. szociológussal kapja meg magát. Csakugyis tiszta, kékelté elfog.





FIM (1997)

- Of 57 orchestras worldwide...
- 56% felt pain when playing
- 34% felt pain > once per week
- 19% stopped performing
- Pain in neck, shoulders, back
- 83% felt their training did not prepare them for physical and psychological stressors

James (2000), Survey of orchestras, in Tubiana *et al.* (eds.),
Medical Problems of the Instrumentalist Musician

Melvyn Tan (2012)



Cheltenham Festival



- J.S. Bach *English suite No 2 in A minor*
- Various *11 reflections on Bist du bei mir*
- Schumann *Fantasiestücke Op.12*
- Chopin *3 Mazurkas Op.59*
- Chopin *Scherzo No 2 in B flat minor*

Method

Low stress
performance



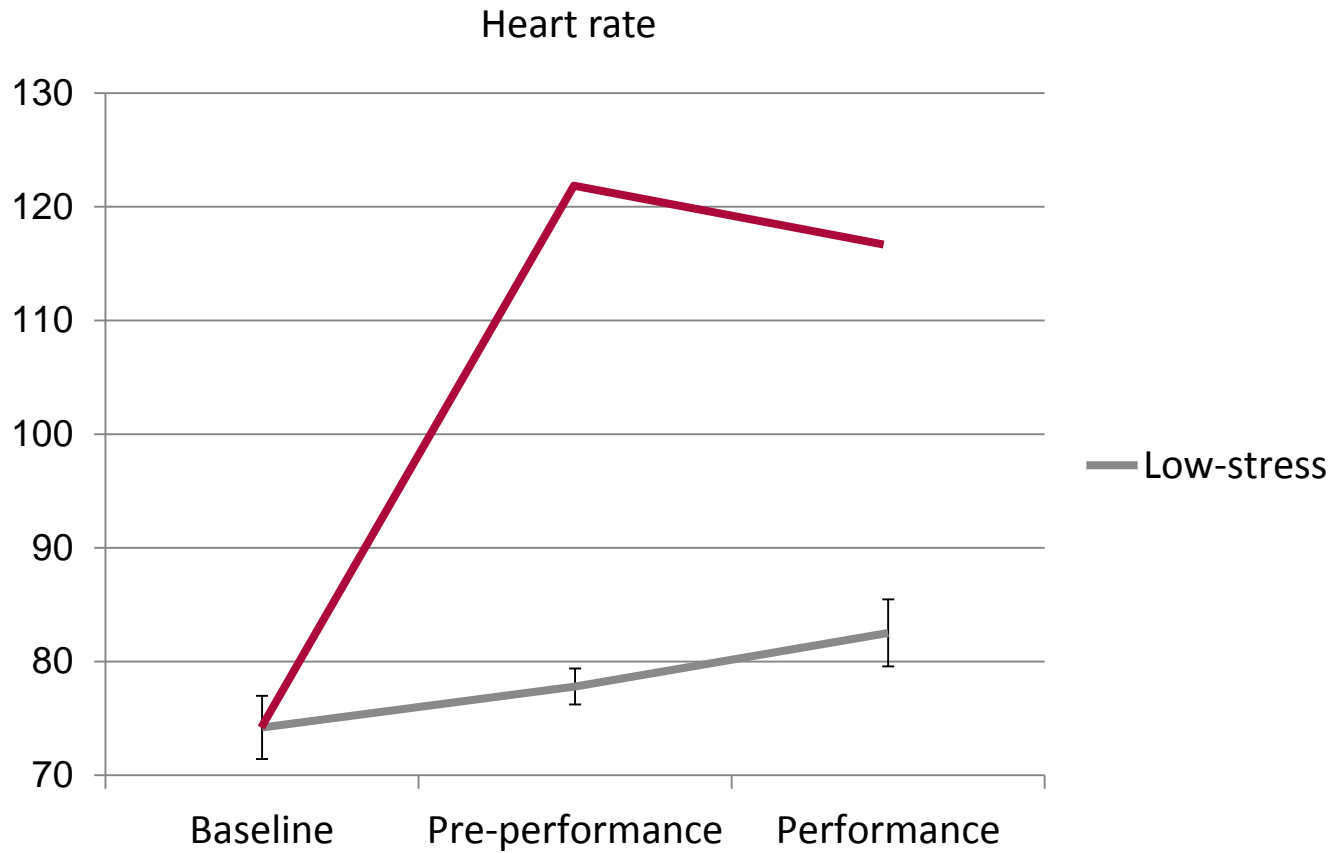
High stress
performance

Heart rate

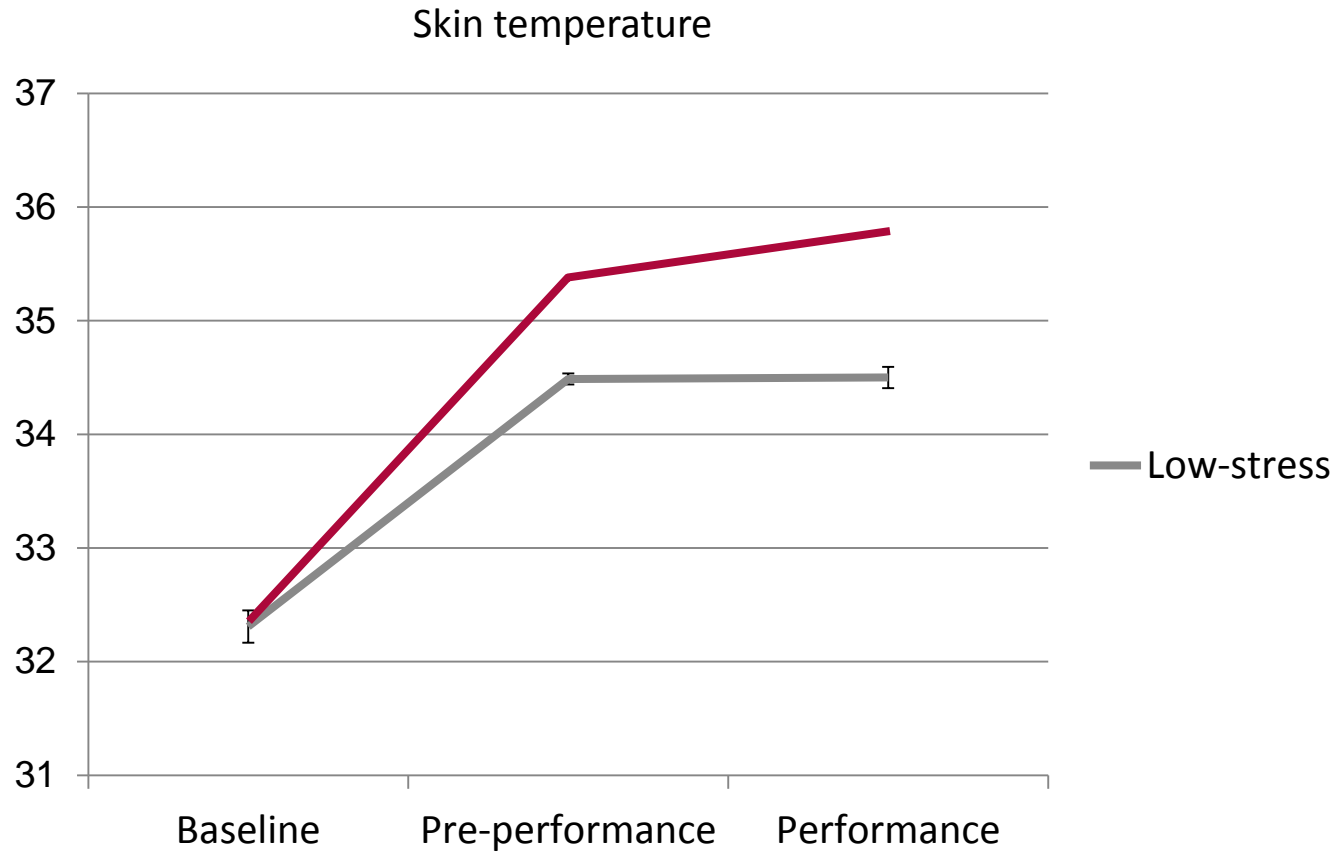
Respiration rate

Skin temperature

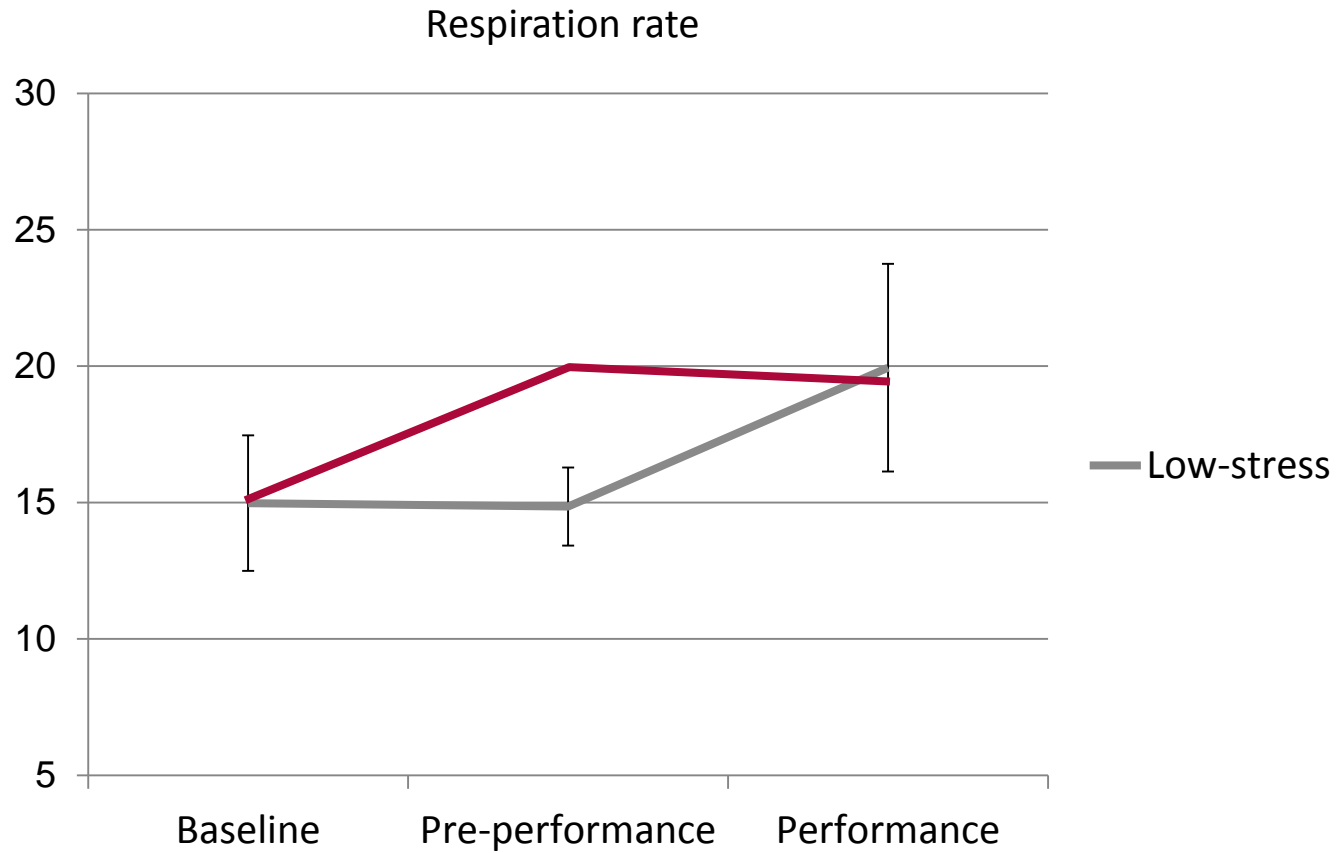
Results [1]



Results [2]



Results [3]



Overview

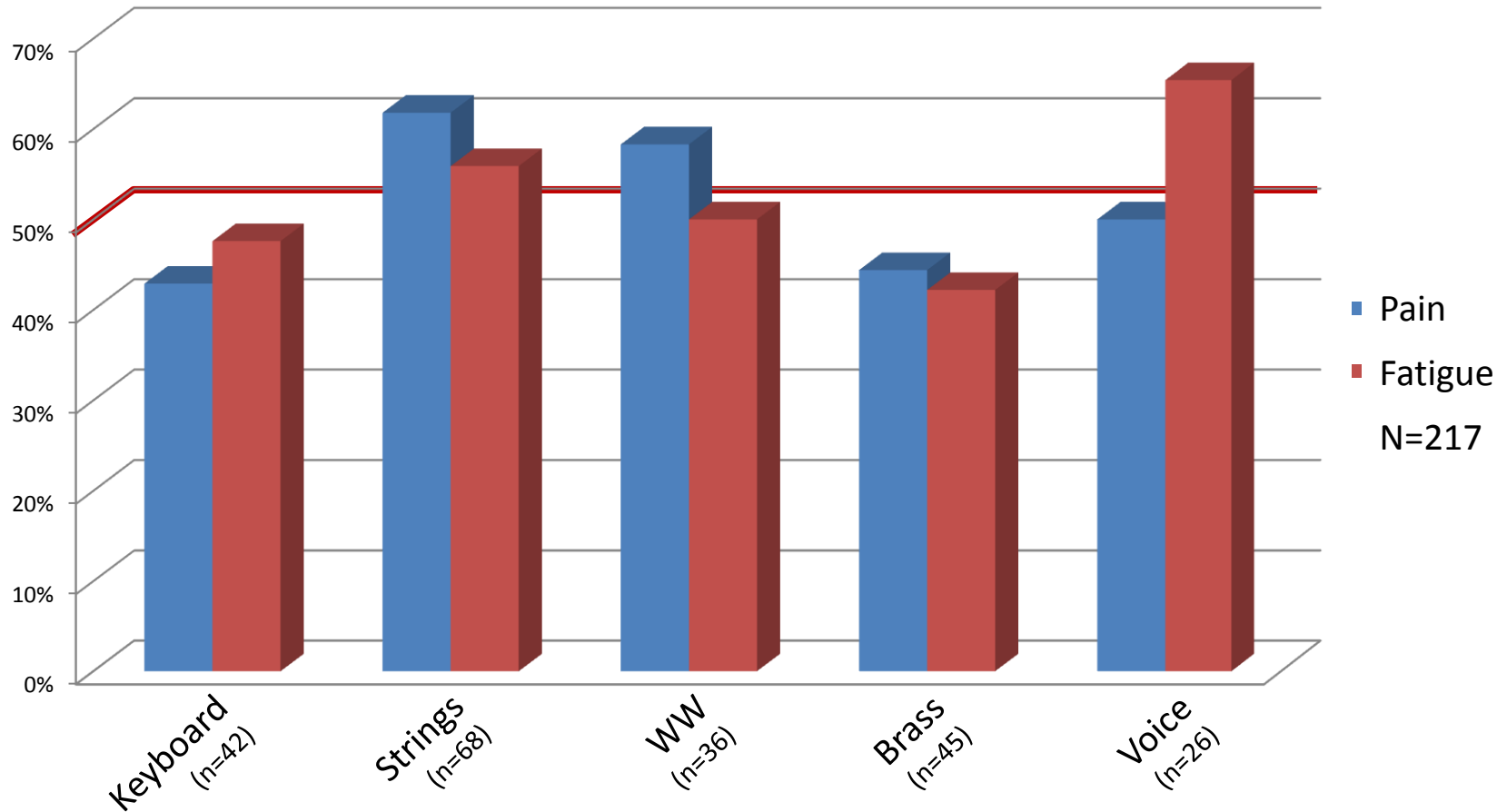


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RCM studies

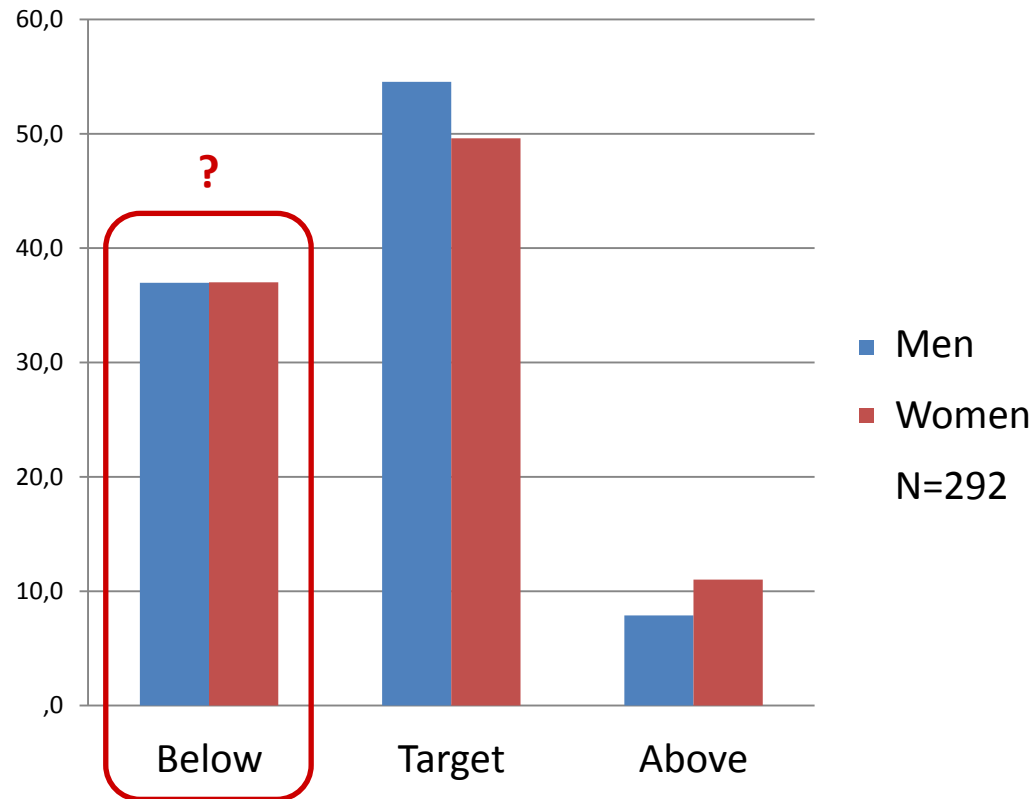
- Self-reports of pain and fatigue
- Body mass (BMI)
- Cardiovascular fitness
- Health promoting behaviours

Pain and fatigue

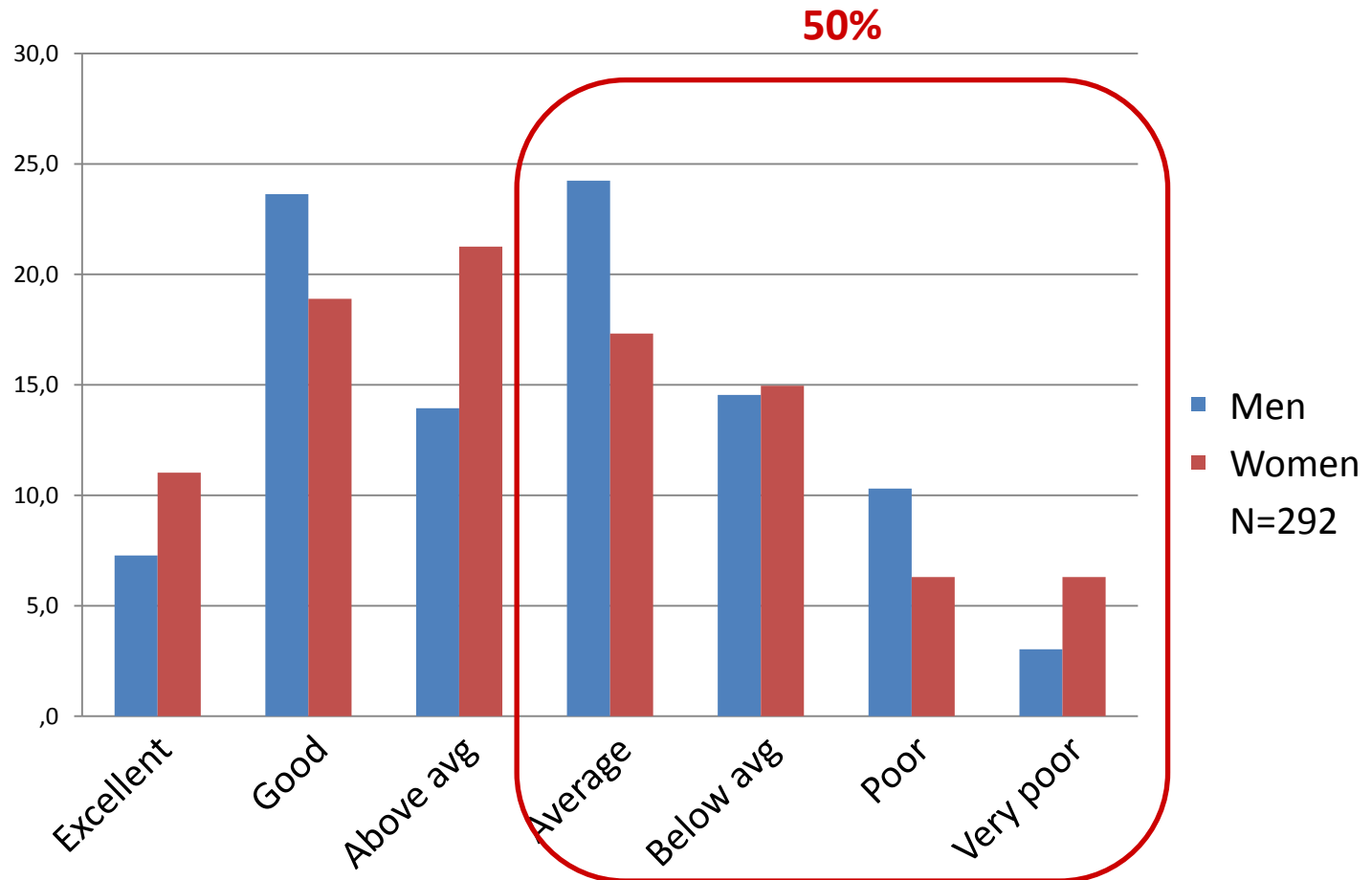


Kreutz, Ginsborg, Williamon (2008), *Med Probl Perform Art*, 23, 3-11

Body Mass (BMI)



Cardiovascular fitness



Health promotion

- Health responsibility ↓ ↓
- Physical activity ↓ ↓
- Nutrition ↑ -
- Interpersonal relations ↑ ↓
- Spiritual growth ↑ ↓
- Stress management ↓ ↓

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**Fitness
awareness
scheme**



Hearing awareness scheme

Peak performance workshops



Yoga

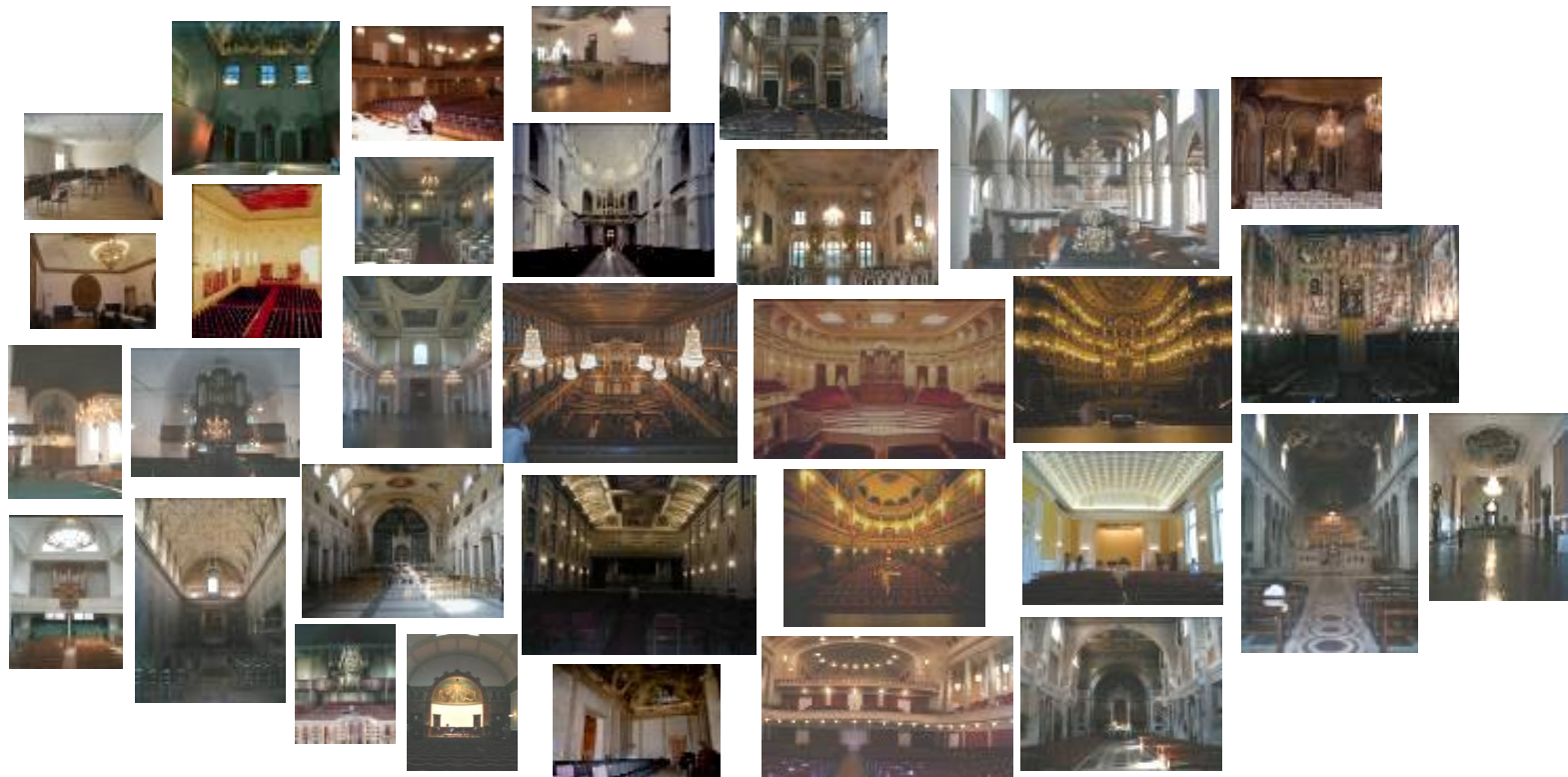
Pilates

Tai chi

Musical impact

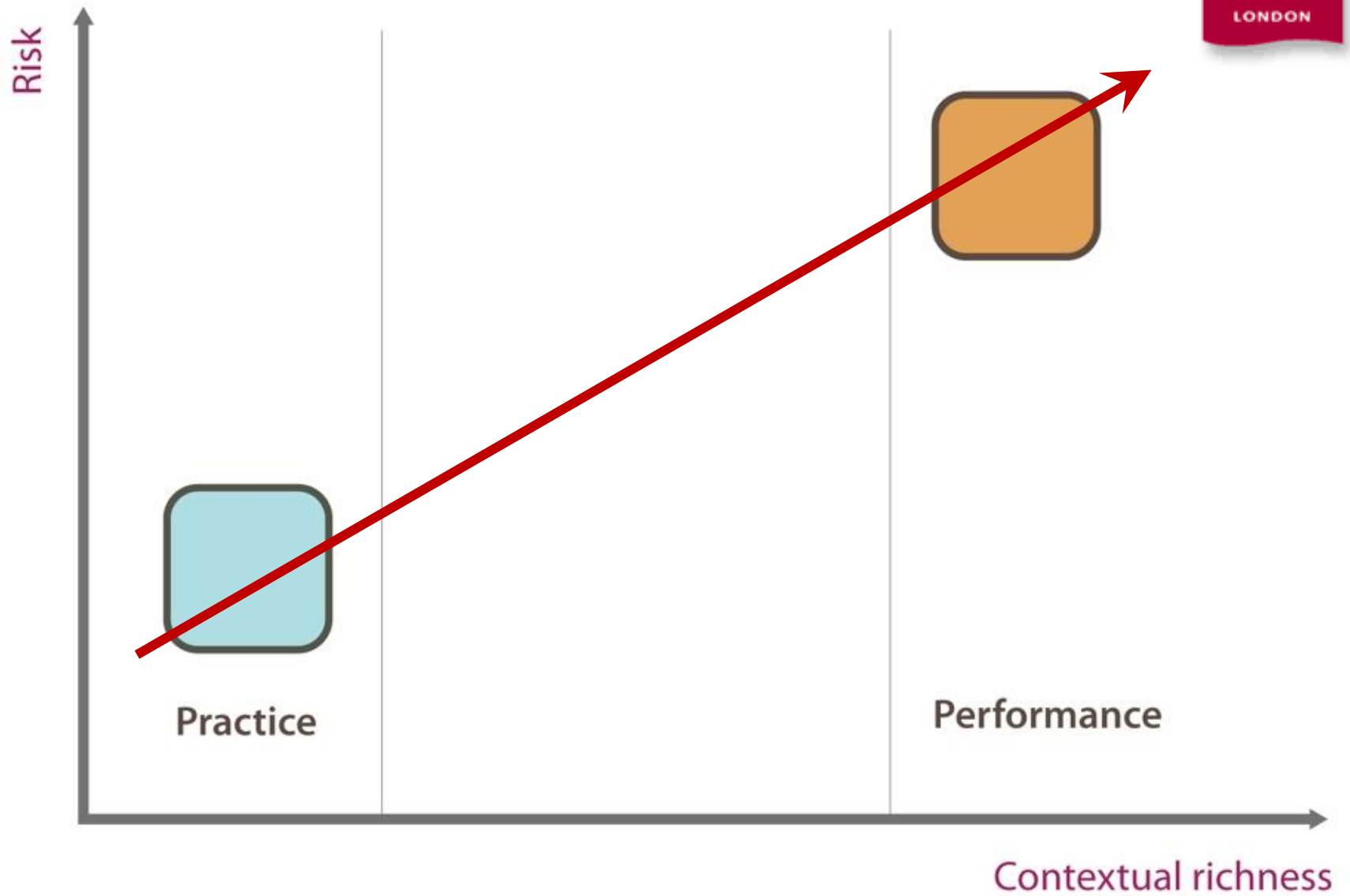
- A project of Conservatoires UK
- Large, longitudinal study over four years
- Health promotion and lifestyle behaviours
- Pain, injury and ill health
- General and instrument-specific fitness profiling
- Educational and scientific outcomes

Performance space











**ROYAL COLLEGE OF MUSIC
CLASSICAL PERFORMANCE SIMULATOR**

Equipment list:

- x2 Spotlights on tripods
- x1 set of speakers
- x1 laptop
- x1 projector on tripod
- x7 configurable panels (each 1m width x 2m tall)
- x1 small table

Design by
Studiohead.



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