

APPLICATION – please follow the format provided below.

- A. **Abstract:** (100 word limit using Microsoft Word – please post word count at the end of your abstract) Describe briefly how the funds for which you are applying will be used. If funded, the abstract will be posted to the CoTA website.

CoTA fund will enable me to attend Thirteenth International Oxford Round Table Symposium on Health, Aging, and Nutrition. This is a by-invitation event and a repeated invitation of my work (2014, 2016); both papers are published (2017, 2019). The Round Table members have participated at the Third USF-PAMA Conference and contributed chapters to our upcoming book, Music, Movement, and Medicine: Perspectives in Performing Arts Medicine Practice (2019 by Springer Publishers), thereby reciprocating and supporting USF's leadership in the emergent inter-professional field of performing arts medicine. My association with The Oxford Round Table plays an important role in USF's continued leadership. (100)

- B. **Proposal:** (500 word limit using Microsoft Word – please post word count at the end of your proposal) Describe the goals of your project / activity / conference and the areas in which your project supports the strategic goals and objectives of the unit, college and university.

My work on performing arts medicine is unique and innovative, challenging and inspiring students to excel in their music performance. *Fit to Play: Mind-Body Integration for Musicians* is an elective course (2-hour credit) for collegiate musicians, focusing on career-related issues in becoming a competent performer. It is offered once a year in the fall semester at the school of music to graduate and upper-class undergraduate music performance majors. *An Integrative Intervention program for college musicians and kinematics in cello playing* is a report of research embedded in the course that examined the effectiveness of the program.

College musicians preparing for performing careers must sustain physical-mental fitness as deficiencies can cause pain and injury and compound stress and anxiety. **Methods:** The program included yoga, physical therapy exercises, and mental fitness & improvisation practices. Data were collected from a purposive sample of 34 over six semesters. We assessed the effects of the program by comparing pre-post data of 1) physical strength-flexibility-endurance tests and 2) psychometrics containing health-practice inventory (HPI), physical-musical efficacy (PME), and mental fitness and improvisation (MFI). Nonparametric Paired Sample Wilcoxon Signed Rank Tests were used to assess statistical significance of pre-post changes and Matched Pair Rank Biserial Correlation r was applied to demonstrate the effect size. 3) We observed kinematics of string players by plotting pre-post motion capture. **Results:** Physical strength showed significant changes with left pectoral minor length ($p=.01$, $r=.64$) and deep neck flexor strength/endurance ($p<.001$, $r=.92$). HPI revealed healthy practice habits and life style in our collegiate musicians. Survey results showed significant changes in all PME and MFI composite indices: *physical awareness* ($p=.002$, $r=.66$) and *comfort* ($p=.004$, $r=.60$), *musical awareness* ($p=.01$, $r=.68$) and *comfort* ($p=.001$, $r=.74$), *calm mind* ($p=.043$, $r=.49$), *mental practice* ($p=.028$, $r=.51$), *calm recital* ($p=.002$, $r=.74$), *recall recital* ($p=.022$, $r=.53$), *comfort improvisation* ($p=.001$, $r=.78$), *in-the-moment improvisation* ($p=.004$, $r=.72$), and *satisfaction improvisation* ($p<.001$, $r=.85$). Kinematics showed positive changes in range of motion and fluency. **Conclusion:** College musicians' integrative intervention program was effective except a modest postural change.

2019 invitation to The Oxford Round Table is a third invitation to this Symposium of my work. In 2014, I presented a paper on “Hand Biomechanics in Skilled Pianists Playing Eight Tasks” which was published in Piano Bulletin, Special International Edition of Piano Bulletin EPTA Netherlands, Volume 34, No.1, 116-120, 2016. “Integration of fMRI, and nEMG, Hand Biomechanics, and MIDI in a Professional Pianist with Focal Dystonia” presented at the 2016 Oxford Round Table Symposium will be published in an upcoming book, Music, Movement, and Medicine: Perspectives in Performing Arts Medicine Practice (Springer 2019).

USF has established international leadership in this emerging inter-professional field of performing arts medicine through hosting conferences (2014, 2015, 2018), creating courses and programs, and publication of a new book. The Oxford RoundTable plays an important role by embracing this new field of research among the broader health, aging, and nutrition dialogue. (476)

C. Anticipated Benefits: (250 word limit using Microsoft Word – please post word count at the end of your anticipated benefits) Describe the ways in which the proposed goals will be used to enhance your research and the impact/significance of the research to your discipline.

Attending the Oxford Round Table and sharing our novel inter-professional research on performing arts medicine will help advance the new field of discipline in the international platform. This opportunity assures USF’s leadership in the field and increases USF’s reputation globally. My studies have received wide readership, citations, and invitations over the recent decades (ResearchGate). The third-year participation in this prestigious by-invitation opportunity will strengthen USF’s continued leadership.

USF-Performing Arts Medicine Collaborative is made up of over 45 professors, administrators, and community experts in multiple disciplines from the Colleges of The Arts, Morsani College of Medicine, College of Public Health, School of Nursing, School of Physical Therapy and Rehabilitation Sciences, College of Engineering, College of Behavioral and Communications Sciences, College of Education, Florida Hospital-Wesley Chapel, Potentia Therapeutics, Florida E.N.T. & Allergy, Gannon Athletic Training program, and others. With rich human creative resources and strong collective motivation to advance performing arts medicine, we are currently working on establishing a Center for Performing Arts Medicine with goals of Research, Education, and Service, to create Performing Arts Medicine clinic, certificate programs, concentrations, and courses for arts and medical students.

As the executive director, my research presentation and networking opportunities at the Oxford Round Table Symposium will have tangible benefits such as publications and further invitations as well as broader impact that responds to CoTA’s Vision of “international recognition” and CoTA’s values of “innovative,” “rigorous,” and “significant” research. (233)