Doctoral Lecture-Recital
A.J. Merlino, percussion

PROGRAM

I. The Percussionist Bodybuilder: Optimizing Performance through Exercise and Nutrition
   A. Statement Of The Goals As They Relate Directly To Percussion
      1. Purpose of research
      2. Personal interest in subject
      3. Need for research
   B. Methodology
      1. Comparative studies
   C. Current methodology of injury remediation
      1. Rehabilitation
      2. Stretching
   D. Parts of the percussionist's body that are susceptible to injury
      1. Median nerve
      2. Shoulder
      3. Forearm
      4. Wrist, hand, and fingers
   E. Common Injuries
      1. Carpal Tunnel Syndrome
      2. Tendonitis/Tendinosis
      3. Bursitis
      4. Focal Dystonia
   F. Diet/Nutrition
      1. Function of diet in achieving optimal performance
      2. Necessity of balanced nutritional profile for percussionists
      3. Elements of a balanced diet

This recital is presented in partial fulfillment of the requirements for the degree Doctor of Musical Arts in Applied Music.

A.J. Merlino is a student of Dean Gronemeier and Timothy Jones.

Sunday, April 27, 2013  5:30 p.m.  Room 147
Alta Ham Fine Arts
University of Nevada, Las Vegas