



College of Fine Arts

presents a

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**