

Agile Seed Funding 2023 (round 1) - Recipient Report

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Project title: Physical readiness of music students, post-pandemic.

Abstract: A new generation of musicians is beginning post-secondary studies with almost three years of their development under physical and social restrictions imposed by the pandemic, raising questions about their physical readiness to perform. This pilot study consists of a fitness screening with post-secondary music students to gather baseline data on levels of fitness (cardiovascular and respiratory capacity, strength, endurance), sedentary behavior, health literacy and injury status. This study will inform applied initiatives and generate new questions for research on musicians' physical health, playing stamina and movement efficiency. The funding will support a student assistant and the acquisition of testing equipment.

Project Activities

1. Physical and Hearing Health Screening for music students – two rounds, Total participants = 33

Each session was 1.5hrs and consisted of a series of fitness and hearing health tests. It involved circa four student assistants and two leading researchers per session, and a collaboration with the department of Kinesiology and Physical Education (McGill) and the School of Audiology from Université de Montreal.

Fall, 2023: Total sessions available: 49; Total sessions delivered: 27. Participants: 13 undergraduate students (48.1%); 14 graduate students (51.9%), Total = 27

Winter, 2024: Total sessions available: 26; Total sessions delivered: 15. Participants (with consent) = 6

2. Musicians Health survey N = 40

Project Status

We reached our goal in terms of participants and planned research activities. All data collection and preliminary analysis have been completed. More detailed analysis and writing of journal articles to be conducted by the team is planned for Summer of 2024.

Use of Funds

80% of the Agile Seed Funding was used to hire student research assistants (new or existing student members of CIRMMT):

- Christopher Keach and Matthew Chan assisted with the organization of the screenings, including preparing materials for recruitment (posters and social media), managing schedule, liaising with participants and the research team, assisting with data collection and analysis.
- Aline Parreira Gonçalves assisted with the design of the health survey, preparation of ethics application, preparation of recruitment materials (e.g. posters) and data analysis.

20% of the funds were used to acquire equipment and materials used in the screening including a fitness equipment (e.g. step box, exercise mats, hear rate monitors) and stationery.