

Phase 1 – Summer Sessions with DISD Music Educators: TCPAH NIH Grant Project

July 2019

After receiving this grant from the National Institutes of Health, the Texas Center for Performing Arts Health (TCPAH) partnered with Denton Independent School District (DISD) to begin developing strategies to disseminate health information in fine arts classrooms. DISD Fine Arts Administrators, Jackie deMontmollin and Eddy Russell met with TCPAH Co-Directors Kris Chesky and Sajid Surve, and Graduate Students Meghan Taylor and Roger Hoverson to begin working towards our project goals. With their recommendation, the TCPAH and DISD selected music educators, Amy Woody, Travis Harris, Michael Burris, Tyler Fox, Kevin Rybowicz, and Ryan Napier, to serve as content experts representing middle and high school band, orchestra, and choir.



Dr. Stephen Austin (left) discusses vocal health concepts with DISD music educators during a summer session.

Through nine sessions, these educators, graduate students, and TCPAH faculty met to discuss



Dr. Sajid Surve (left), Travis Harris (center), and Dr. Kris Chesky (right) discuss musculoskeletal health concepts during a summer session.

Performing Arts Health topics and worked to establish best-practices in delivering health concepts during ensemble-based instructional activities. Each day, educators were presented with information on musculoskeletal health, vocal health, hearing health, mental health, hygiene, or hydration from industry experts. All representatives were charged with discussing what students should know about these areas and how much content teachers should understand in order to be able to address these health concepts in the classroom. Over the course of

the summer, we reached a consensus about the content for each performing arts health area to help these educators meet the state mandates regarding the inclusion of health concepts



in fine arts classrooms in Texas. The results of Phase 1 informed the Health in Fine Arts Professional Development Workshop (Phase 2) that took place in October 2019.

