Welcome to University of Nevada Las Vegas College of Fine Arts!

Neuromusculoskeletal health is essential to your lifelong success in the performing arts.

The CFA Consortium for Health and Injury Prevention will work with you to keep you healthy.

Practicing and performing is physically demanding.

Performers are susceptible to numerous neuromusculoskeletal disorders.

Many neuromusculoskeletal disorders and conditions are preventable and/or treatable.

Some musculoskeletal disorders are related to behavior; others are genetic; still others are the result of trauma or injury. Some genetic conditions can increase a person’s risk of developing certain behavior-related neuromusculoskeletal disorders.

Day-to-day decisions can impact your neuromusculoskeletal health, both now and in the future.

Sufficient physical and mental warm-up time is important.

Proper body alignment and correct physical technique are essential.

Regular breaks during practice and rehearsal are vital in order to prevent undue physical stress and strain.

It is important to set a reasonable limit on the amount of time that you will practice in a day.

Avoid sudden increases in practice times.

Know your body and its limits, and avoid “overdoing it.”

Maintain healthy habits. Safeguard your physical and mental health.

Since muscle and joint strains and a myriad of other injuries can occur in and out of school, you also need to learn more and take care of your own neuromusculoskeletal health on a daily basis, particularly with regard to your performing medium and area of specialization.

If you are concerned about your personal neuromusculoskeletal health, talk with a medical professional.

If you are concerned about your neuromusculoskeletal health in relationship to your program of study, consult the CFA Consortium for Health and Injury Prevention, and/or UNLV Student Wellness Center at: www.unlv.edu/studentwellness/health-center.

To learn more about health issues of performing artists, and how to avoid injury, then consider enrolling in one of the following courses currently offered by the College of Fine Arts:

- DAN 108 Pilates
- DAN 351 Dance Kinesiology
- DAN 451 Prevention of Injury
- MUS 417, 746 Vocal Pedagogy
- MUS 480, 580 The Healthy Musician
- MUS 748 Music Wellness