

Tittel: The SUPER project – an Educational Turn towards a more SUsustainable PERformance Development within Performing Arts and Aesthetic sports

Internal KUF-funded project: Development of an application to the Norwegian Research Council

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Results: A fully developed Research Application for external funding for the SUPER project

Abstract:

The SUPER project is an interdisciplinary and comparative research project positioned in performance science and the educational context of talent identification and development systems (TIDS) within performing arts and aesthetic sports. Human capital is proposed to represent one of the most important investments for future innovation and societal growth, and the cultural sector has shown to contribute to national identity, quality of life and health for the general population. Sustainable performance development in the performing arts and aesthetic sports is a prerequisite to ensure quality performance, maintenance, and growth in the Norwegian cultural sector. However, alarm bells are ringing as the hazardous trademark of the elite performance culture has been found to be unsustainable and unhealthy. Research has stressed that participation in the educational setting of TIDS, which often comes at the expense of personal development and well-being, are echoing the professional culture. Hence, there is need for an educational turn. The TIDS in Norway are popular and has a wide range of participants as they are set both in the formal educational system (e.g., specialized high schools, public municipal schools, and higher education) and settings outside schools like sport clubs, private leisure activities, and national teams. The impact in a long-term perspective is vital as new students continuously will come and go, while the educational systems remain. Contrary to research-based pedagogical practices often observed in public schools, TIDS are grounded in highly experienced-based, often hierarchical, apprenticeship cultures. As such, students are often exposed to professionalized and intensive training practices, which might undermine health, well-being, and performance development. Hence, there is need for an educational turn, and therefore, the SUPER project aims to develop a knowledge-based intervention that promotes sustainable performance development.

Primary objective:

To develop a knowledge-based intervention that promotes a sustainable performance development.

Work Package 1: To identify key stressors and health problems that are threats to the fulfillment of a sustainable performance development.

Work Package 2: To identify the key biopsychosocial factors associated with a sustainable performance development and investigate their interrelations and changes through different development phases.

Work Package 3: To pilot, develop and evaluate a high quality and relevant intervention program to promote sustainable performance development in pre-professional performers.