

The effects of music on the human body during physical exercise

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Abstract

From the multitude of existing arts, music is the nearest one to the human soul, considered as being an inherent element in social life, conscience and human nature. The relation between music and the movement of the body seems very natural, the most available argument being the fact that in all of the cultures on the planet, dance is accompanied by music. Generally speaking, music may improve the performance in physical activity and especially in sports by the beneficial effects it can have on some physiological (heart rate, blood pressure, body temperature) and psychological parameters (rating or perceived exertion) and even on some elements of physical performances (400 meters sprint, the grip strength, endurance capacity, anaerobic capacity). Additionally, it has been seen that slow music and fast music have different effects on the body's reaction in physical exercise and the selection of proper music constitutes the key factor in obtaining some beneficial effects. The intention of this material was to inform the readers about the beneficial effects that music can have on the human body during physical exercises, in order to be used by athletes as a training tool to improve sports performance.

Keywords: music, physical exercise, physical performance.