MUSIC AND ATHLETICS:

An Inseparable Bond.
• Healthy resting heart rate: 60-100 bpm
• Athlete’s resting heart rate: 40-100 bpm
• Gymnast after routine: 160-190 bpm
MUSIC | THE PHYSIOLOGICAL

- Pulse: upbeat elevates and slower decreases
ATHLETICS | THE EMOTIONAL

- Baseball and Garner’s theory
MUSIC | THE EMOTIONAL

- Music induces emotion
- Effective channeling
ANCIENT GREECE | ATHLETIC COMPETITION

- Olympics – 776 B.C.
- “Athletics” → Athelon: one who competes for a prize
- Dorian invasion – a warlike, competitive spirit
Greek musical notation – 300 B.C.

Modes: “The modal scale is an abstract set of notes defined within a skeleton of fixed intervals, against which the note material of any actual musical piece can be matched.”

Music and Morality
THE INSEPARABLE BOND | MUSIC AND ATHLETICS

- Modes: Ionian, Phrygian, Lydian, and **Dorian**
- Plato, Aristotle, and the mode
- “Karneia” – Dorian festival
- Music and choral festival
- Military life in Sparta
Sports without music, it's nothing but a game. Music adds the emotion.

Ice Cube

PICTUREQUOTES.com