

# MUSIC AND ATHLETICS:

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*An Inseparable Bond.*

# ATHLETICS | THE PHYSIOLOGICAL

- 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



# ANCIENT GREECE | MUSIC

- 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

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