

Symposium 47

Symposium title: I've Got the Music in Me: Scientific Basis and Application of Music in Sport and Exercise
Organizer/Convener and Chair: Prof. Peter C. Terry
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<p>Music is almost omnipresent in sport and exercise environments, and is recognized by researchers and practitioners alike as having the potential to produce significant benefits for physical performance and associated psychological responses. This symposium addresses the use of music in sport and exercise from several different perspectives. The first paper, presented by Dr. Costas Karageorghis, establishes the conceptual basis for music benefits in sport and exercise; discussing conceptual models that explain underlying processes and introducing a revised scale for rating the motivational properties of music. The second paper, presented by Prof. Peter Terry, describes the findings of a meta-analysis of the entire research literature that has tested the purported benefits of music in sport and exercise environments. The meta-analysis confirms significant benefits of music and identifies moderating effects of several personal and situational variables. The third paper, presented by Mr. Garry Kuan, evaluates the effects of unfamiliar music on psycho-physiological measures during imagery, with a view to identifying whether relaxing or arousing music enhances or detracts from the impact of imagery rehearsal on sports performance. The fourth paper, presented by Dr. Costas Karageorghis, re-evaluates the relationship between exercise heart rate and music tempo preference. The final paper, presented by Prof. Peter Terry, reflects on the what, why and how of music interventions with elite performers, based on his experiences as an applied practitioner over the past 25 years. Prof. Tony Morris will act as discussant to stimulate audience participation in an interactive session once the formal presentations are concluded.</p>