

INFLUENCE OF CLASSIC MUSIC ON FITNESS SESSIONS

*Sergeev S.V., Postgraduate student of group 6215M, Volga Region State Academy
of Physical Culture, Sports and Tourism*

Scientific Supervisor – Candidate of Pedagogic Sciences, Associate Professor

Volchkova V.I.

Abstract. In this article, we study the influence of classical music on fitness classes, in particular in the gym. We conducted a survey and an experiment. The results showed that effectiveness of training of athletes who listen to classical music is higher than those who do without it or to the music of another genre.

Keywords: classical music, fitness, gym

Introduction. For a start, we'll analyze what fitness is and why we consider it from all sports.

Fitness is a quite popular kind of physical activity in recent times. If you go into the theory of what fitness is, it turns out that this is a whole science that studies the mechanisms of human motor activity and its effect on the body. The purpose of fitness is to improve the indicators of strength, flexibility and endurance due to the accumulation of plastic and energy substances. At the same time, the human body functions, providing full physical and psychological comfort.

Fitness originated in the US as an alternative bodybuilding type of exercise.

Also we understood what is classical music: It does not have a strict meaning, this term does not exist, mainly it is the academic music of the outstanding composers of the era of classicism (17-19 cc), such as: Antonio Vivaldi, Johann Sebastian Bach, Wolfgang Amadeus Mozart, Ludwig van Beethoven, Felix Mendelssohn, Frederic Chopin, Johann Strauss, Peter Ilyich Tchaikovsky and others.

The results of the study. For the experiment, we also took the compositions by Group Ashram, The Piano Guys and composer Ludovico Einaudi.

Once we had decided what fitness and classical music was we studied influence of music on fitness classes.

Studies have shown that the properly selected music can help an athlete much better than doping. And the forbidden means of increasing the ability to call it really can not. Meanwhile, the effectiveness of training, accompanied by music, is increased by about 20%. Classical music helps not only in sports, by also, listening to creations of the genius Mozart contribute to the increase of brain activity and the rapid assimilation of new information. Migraine can be removed by listening to Oginsky's Polonaise, Liszt's Hungarian Rhapsody, or L.Bethoven's Fidelio. To improve your sleep you should to listen to the works by Grieg, Tchaikovsky and Sibelius. The music by Antonio Vivaldi (in particular his cycle "The Seasons") helps to improve memory significantly. Thanks to classical music, the level of cortisol (a stress hormone) decreases, the heart rate is balanced and blood pressure indicators improve [1, p. 239].

There a group of European scientists decided to analyze the influence of different musical directions and works on athletes and their professional results. As a result, it was established that Ludwig van Beethoven's Symphony No. 4, Part 4 had the greatest positive impact on athletes.

We conducted a survey in the gym one of the popular fitness clubs in Kazan - the Alfa Gym.

Number of people / percentage

	Prefer to listen to classics	Prefer to listen to other music	Engage in music	Total respondents
Coaching staff	3/25%	8/66%	1/9%	12
Professionals (Male)	4/20%	9/45%	7/35%	20
Professionals (Female)	7/35%	2/10%	11/55%	20
Amateurs	0/0%	25/83%	5/17%	30
Beginners	0/0%	23/57%	17/43%	40

Total	14/11%	67/55%	41/34	122
			%	

As we see, most respondents prefer to listen to music of other genres; 41% of those surveyed do not have music; only 14% listen to classical music during class in the gym and most of them are professional women.

To confirm the survey data, we decided to conduct an experiment consisting of two exercises: bench press lying on the bench and running 1 kilometer on the treadmill (after warm-up).

The experiment was attended by 4 people, 2 professionals of which and 2 amateurs who had been engaged for more than 3 years.

Pr. - professional; A. - an amateur; M - man; W - woman

* The data was possibly rounded to multiples of 5

Categories	Without music				Classical music				Music of a different genre			
	r. M	r.	.	.	r. M	r.	.	.	r. M	r.	.	.
Pull-up	0	0			5	0	0		2	2	1	
Sit-ups	5	5	5	0	0	0	0	0	5	5	5	5
Push-ups	5	0	0	5	5	5	5	0	5	0	5	5

From the experiment it follows that without music a person does not have any additional incentives. As we see, classical music adds motivation and physical indicators rise.

Conclusion. In order to experience the beneficial effects of classics, it is enough to include it as a background in training. It is noteworthy that other styles of music did not have such a positive effect on athletes, and some well-known pop

and rock compositions on the contrary - increased the number of heartbeats at the wrong moment.

Recommendations of the author: in order to experience the favorable influence of music, try to put any of the compositions recommended by us from the very morning, from the moment you woke up. Do the usual things: do 10-15-minute morning exercises, take a shower and have breakfast. Do everything to classical music. Observe your feelings and mood throughout the day. Repeat this several days in a row and see positive changes in your daily mood and mood for work.

References:

1. Mandrikov V.B. Ways of formation of a healthy way of life of students / Ushakova I.A., Mitsulina M.P. – Volgograd, 2006. – 469 p.