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Importance of music learning and musicality in rhythmic gymnastics

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Abstract

Music plays an important role for sports events such as rhythmic gymnastics, synchronized swimming, skating and so forth. From a musical perspective, it is found that the lack of congruence between music and movement is observed through videos such as the Olympics and the Commonwealth Games. Interviews were conducted with coaches and the study reveals the limitations faced by coaches including the musical background of gymnasts and the editing of music for a routine. Since the correlation between movement and music is important, this paper suggests that fundamental music learning should be implemented in the training of gymnasts.

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Keywords: rhythmic gymnastics, congruence, music, musicality

1. Introduction

In general, music can be regarded as an audio embellishment which enhances the ambience of an event, or it can be used to produce an ergogenic effect to enhance the performance of sportsmen (Karageorghis, 2010). Another important role of music is to accompany sports routines which comprise choreographic elements, such as rhythmic gymnastics, synchronized swimming, figure skating, martial arts and so forth. For this category of sports, music is indispensable in any form of competition event and has a great influence on an individual routine. Acrobatic skills or certain movements of the sportsmen do not contribute the major winning factor, but the correlation between choreography and music indirectly affects the entire performance. Spectators of various fields and backgrounds may or may not focus on this issue, but from a musicological perspective we posit that the correlation between the music selected and choreography deserves attention in scholarship. This includes issues such as the selection of music, editing of music, genre of music, correlation between movement and musical aspects, and so forth. Notwithstanding, the approach of music applied to choreographic sports depends greatly on the individual coach and gymnast, and their understanding of musical elements becomes a prime concern.

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