Music and Sport

1. **What kind of exercise do you do here in Canada and in your country?**

2. **Do you have an ipod? Do you listen to the music while you work out?**

3. **Have you ever tried yoga, pilates, zumba or kickboxing?**

4. **What's your favorite kind of music to work out to?**

5. **Do you think you can exercise harder, run farther or lift heavier weights in your listen to music?**

6. **What's your favorite sport team?**

7. **Does that team have a song?**

8. **How is the best way to warm-up before exercising?**

9. **Do you stretch before or after a workout?**

10. **What types of food should you eat before and after exercise?**

Advanced level words

Word	Part of Speech	Definition	Sample Sentence
adapt	verb	personalize change	Leanne sometimes **adapts** grammar exercises from the internet for her students.
analogous	adj	similar	Ice is analogous to a diamond.
interpret	verb	opinion my understanding	When I first met her, I **interpreted** her as rude.
adopt	verb	take take care of	She **adopted** a baby from South America.
distinct	adj	different	Korean and English are distinct languages. from each other.
perform/performance	v / n	show act	I performed I was in a performance.
aid	verb	help	
determine	v	decide	
regulate	v	control	
motivate	v	inspire encourage	
statistically significant	adv phrase	The numbers are: remarkable important interesting	
apparent	adj	clear easy to see	
promote	v	advertise make something bigger, more famous, stronger	Eating vegetables promotes a healthy heart.
divert	v	separate change the direction/focus	

enhance	v	improve	

Music and Sport at a Glance...

Although quite outdated, the rock song *You'll Never Walk Alone*, was probably the first major pop-rock hot to be **ADAPTED/** by the sporting world. In 1963, soon after its release, fans of Liverpool - an elite soccer team in the English Premier League **PROMOTED/INTERPRETED** the song's lyrics as **REGULATE/ANALOGOUS** to their feelings for their favourite team. Liverpool fans began to sing this song in unison (together) before the start of home games. This became a typical thing at Liverpool matches. *You'll Never Walk Alone* quickly defined itself as one of the first of many sports anthems to be **ADOPTED/MOTIVATE** by teams and fans around the world, and in various sports.

Sports anthems exist for a variety of reasons. They provide entertainment for fans while athletes warm-up, they maintain a tradition and they provide motivation for athletes to perform at their best. Music, it seems, is in that it provides athletes with an extra rush of adrenaline that allows them to prepare for an athletic **PERFORMANCE/INTERPRET**, and, as a result of this added focus, allows them to **PERFORM** better. But, is this statement actually true?

Athletes seem to enjoy listening to music while training or preparing to compete, whether it's hip hop or hard rock, or calmer music listened to with earphones. Many athletes believe that music **ADAPT/AIDS** relaxation or helps them get into a rhythm necessary for a smooth workout. There is also the belief that uptempo music can actually help individuals move faster during a training session, leading to a higher-quality workout.

Music, Sport and Science.

But is music really that beneficial? To **DETERMINE** that actual effects of upbeat music on performance, scientists at Southern Connecticut State University recruited 12 female college basketball players to run on a treadmill to the point of near exhaustion. Their heart rates were **REGULATED/APPARENT**, and they performed at about 85 to 90 percent capacity on three different occasions.

Firstly, the athletes listened to popular, upbeat rock music while running; in the second, they listened to sounds from a nearby basketball game; and in the third, they listened to

nothing. The upbeat music was expected to **MOTIVATE/AIDS** the athletes and make it easier for them to deal with the stress of running. However, physical exertion and heart rate were the same in all three cases, indicating that the music did not make the exertions feel easier or lead to lower cardiovascular stress. Nevertheless, the athletes were able to stay on the treadmills about four minutes longer while listening to upbeat music. This effect was not **STATISTICALLY SIGNIFICANT/ANALOGOUS** , although may have been if a larger sample of athletes had been used.

Although upbeat music had no **APPARENT/MOTIVATED** physiological effect on the athletes, it did seem to **PROMOTE/DIVERT** longer exercise times, perhaps by making the athletes feel more energized or by **ENHANCING/DIVERTING** their attention from feelings of exhaustion. However, this research contradicts work carried out by Australia's University of Newcastle. This study indicated that music could improve the cardiovascular system, but that it would not necessarily lead to better athletic performance.

The Newcastle research was a continuation of a decade-long exploration of the effects of music on physical activity. During that decade, investigations had shown that fast-tempo music speeds up supermarket shopping, increases the chewing rates of cafeteria patrons, improves the physical performance of brain-injured children, and raises activity level in architectural jobs.

Unfortunately, few studies actually addressed the question of whether music **ENHANCES/STATISTICALLY SIGNIFICANT** athletic performance.