

Effects of Synchronous Music in Gymnastics' Motor Skill Performance among Undergraduate Female Students in Physical Education College

Authors : Sanaa Ali Ahmed Alrashid

Abstract : The present study aimed to investigate the effect of synchronous music in gymnastics' motor skill performance among undergraduate female students in physical education college at Basra University. The researcher used an experimental design. 20 female students of physical education divided equally into two groups, (10)experimental group with music, (10) control group without music. All participants complete 8 weeks in testing. Data analysis based on T-test shows a significant difference at ($\alpha = 0.05$) in all skills level between experimental and control groups in favor of the experimental group. Results of this study contribute to developing the role of synchronous music in improving gymnastic skills performance.

Keywords : performance, motor skill, music, synchronous

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