MUSICAL ACCOMPANIAMENT – DETERMINANT FACTOR
IN THE BODY AESTHETICS AND EMOTIONAL EDUCATION

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Abstract
The benefits of practicing physical exercise, satisfactions of systematic practice aerobic gymnastics should always be underlined by the coordinating teachers to stimulate, fix and precisely understand the importance of practicing physical exercise.

The movement is developing certain unsolicited muscle groups, other get stronger and therefore a general good muscle tonus is obtained, giving the body a firm and imposing posture, and satisfaction of a well-worked body.

Musical accompaniment engages different dynamic movements, rhythms and tempos due to musical tempo diversity.

Musical accompaniment is the way to develop creativity, imagination.

Musical accompaniment facilitates the formation of a expressive motor, as complex as possible, outlining the artistic personality through expressive movements, enhancing the musical and artistic sensibility background of their psycho-physical peculiarities.

Keywords: musical accompaniment, aesthetics body, positive emotions

JEL classification: I00, I31

1. Introduction

Aerobics has become one of the most attractive and most efficient ways of obtaining good physical condition so necessary in everyday life.

The main purpose of any type of movement is maintaining optimal health, physically and mentally good tone and a good general condition.

The benefits of practicing physical exercise, satisfactions of systematic practice aerobic gymnastics should always be underlined by the coordinating teachers to stimulate, fix and precisely understand the importance of practicing physical exercise.

The physical condition is an expression that characterizes human biological availability to meet the requirements of everyday applications due to the external environment (Dinciu, C.C., 2014).

Discussion

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Due to a very good cardiovascular activity, the heart becomes stronger through sustained effort, pumping a larger amount of blood to your entire body. The result will be the ability to work harder with less effort, having a healthier heart.

An increased intake of oxygen into the lungs, were obtained by increased chest, due to the development of intercostal and diaphragm muscles that became stronger through a very good respiratory activity. Meanwhile, a larger quantity of oxygenated blood reaching the brain will result in a faster and more efficient thinking.

Movement "lubricates" the joints; prevent stiffness, thus improving mobility, all with stronger muscles and joints.

The movement is developing certain unsolicited muscle groups, other get stronger and therefore a general good muscle tonus is obtained, giving the body a firm and imposing posture, and satisfaction of a well-worked body.

Due to an intense activity, sustained beneficial effect of exercise may result in opening of reserve capillaries or the formation of new ones. In addition multiplication capillaries and muscle fibers grow, leading to a harmonious musculature and good exercise capacity.

The motor content specific to the aerobic gymnastics translates into a wide and complex range of movements. The great variety of techniques is combined in a permanent multitude of structures, varied combinations and choreographic compositions. The manner of composition of movements is characterized by a strong artistic, expressive, and communicative, such as movement, plasticity, fluidity and expressiveness body get aesthetic attributes. All attributes characteristics of motor behavior, totally undertake motor capacity.

As can be seen, aerobics is a complex activity, creative; involving intellect, emotions (the motivating force for expression) body, whose activity joints and muscles supplies the necessary external form and also peculiarities of human personality that animates these components with great significance.

Musical accompaniment engages different dynamic movements, rhythms and tempos due to musical tempo diversity.

Within curriculum of Physical Education and Sport in ASE there are lectures providing aerobics classes (once / week), carried in a special room with equipment and accessories (audio, video). Each session is 60 minutes and is mandatory or optional (depending on each faculty decision), for I and II grades students.

Component of fitness, aerobics gymnastic uses mainly exercises that address the body as a whole, but also certain areas. Mandatory presence of musical accompaniment adds tempo and rhythm giving comfort, accessibility and fun, which ensures a favorable mood. However, the introduction of a kinetic rate in an activity facilitates its implementation and on long-term causes less fatigue: music
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genuinely supports the effort needed. The total duration of an aerobics lesson is 60 minutes. The exercises used have some predefined order, but according to the specific objectives fundamental part may be some modifications or customizations.

Aerobic gymnastics and fitness in general aimed predominantly “biological machine”, paves the different dimensions of personality development issue, modeling alongside aesthetics (Ciomag, V, 2014).

Aerobic internationally recognized technical content and is proposed to students in ASE:
- Low Impact aerobics at a rate of 130-155 Bpm;
- High Impact aerobics at a rate of 140-160 Bpm;
- Hi-low at a rate of 140-160 Bpm;
- Cardio-Training at a rate of 140-170 Bpm.
- Tae - bo a rate of 140-170Bpm.

Aerobic gymnastics objectives: improving cardiovascular function, respiratory, balance, body scheme, coordination and memory. Practicing rhythmic gymnastics at optimal intensity-duration-frequency increases concentration and memory capacity, regulate metabolism, develop the ability to self-awareness and relaxation of muscles, maintain weight within normal limits, develop aesthetic and creative feeling, ensure rhythmic movement and dancing pleasure, provides mental relaxation.

Related cu motricity skills it has been observed improved endurance, increased muscle strength, improved joint mobility and muscle suppleness, better adaptation to exercise.

One way of optimizing aerobics lesson is the choice of music. The presence of music creates a favorable emotional state, which largely removes tiredness; develop a sense of music of the performers and the rhythm of execution imposed by the music helps to support a longer effort. In terms of aesthetics, music produces positive emotions, while boosting students' overall culture and ensuring their development of expressiveness in execution, especially for aerobic gymnastics. Musical background helps development of the creative imagination through mobilizing effort during the physical exercise.

For specific activities derived from art, dance, ballet, gymnastics, it is very important to underline that the participant will better integrate in a role if there is song that accompanies. Affective participation and technical input will contribute to complete the performance. Imagination and creativity play an important role in the composition exercises in sports like: artistic and rhythmic gymnastics, figure skating, synchronized swimming, etc., originality and novelty in competitions are the main factor to distinguish excellent performances.
During the lessons we conduct with ASE female students, through the variety of structures taught, the originality chaining we bring more creativity, chasing monotony and stimulate thinking and imagination of the female students and memory refreshment and practicing it by the news. Active participation and conscious of the female students, is part of my plan, therefore I let them teaching as they started to understand the structures and basic steps. Presentation of different steps in different order is a test of students attention for courses taught but also is an encouragement of own contribution of the students to present model lesson.

The personality of the subject must be highlighted and promoted, revealing different skills from other students.

By this kind of movement, aerobics aims to "polish" the participants to improve body aesthetics, forming a firm, feminine, imposing posture.

Musical accompaniment brings a surplus of "polishing" through enhanced aesthetic emotions, imposing compliance with the rhythm, but at the same time adequately transposing the body movements according to the song. Thus a slower song will require more extensive executions, completed, supple, while a fast pace will cause high execution speed, short movements, juddering and a surplus of coordination, accurate execution according to music.

Musical accompaniment will be the "tool" for sharpening aesthetic education, something that can be achieved by fine shape, elegant artistic movements, artistic sensitivity training (G. Stoenescu, 1978).

The musical accompaniment (various types) help educate musical sensitivity and get the meaning of the musical content to better translate it into the expressive movement of their body. Musical accompaniment facilitates the formation of a expressive motor, as complex as possible, outlining the artistic personality through expressive movements, enhancing the musical and artistic sensibility background of their psycho-physical particularities. Aesthetic education will be achieved through the encouragement of artistic, creative imagination and expressiveness of movements. Educating special body expressiveness characterized by a higher level of communication means of expression covers all activities with artistic component, but under the magic musical accompaniment. "In terms of aesthetics, music performers cause positive emotions, while boosting their overall culture and ensuring their development moving expressivity" (V. Mociani, 1985). The music is the way to develop creativity, imagination. "Consistency between music and movement is manifested in two aspects: one in terms of music character and the second in terms of expressive means of music" (V. Mocian, 1985).

All these objectives to be pursued by the teacher should be finally achieved with a positive attitude for practicing aerobic for work environment together with musical accompaniment, for aesthetic sense of rhythm, coordination and strong emotion, the spirit of active and conscious involvement.
The beneficial effects of music on the human being: music has the ability to adjust subtle physiological functions, helping the body to find its balance. Music also has cathartic function being related to emotional discharge. Therefore, through the interconnected music and dancing, people can become detached from their problems, sufferings or other concerns of their inner perception. Also, the music has a number of beneficial effects on the body, such as the relaxation of muscle tone, decreased heart rate, blood pressure, respiratory rate regulation, increase in tolerance to pain (Iamandescu, I. B., 2002), as well as on the psychic: stimulate imagination, attention, memory, development of the perception, emotional balance, mental stress relief, relaxation.

The sensory stimulation has a favorable effect on the whole somatic-psychological development and anybody can further achieve the awareness of their own emotional experiences.

Movement in the rhythm of the music has advantages at affective motivational level, achieving easier coordination of breath with movement, decreasing the effort, the fight against monotony (which can lead to problems with boredom and fatigue), capacity building awareness of body and (through catharsis) releasing stress and physical and mental blockages. In terms of cognitive flexibility, attention, imagination and creativity are developing. In terms of emotional and energetic activator, a better expression of emotions (especially arising from conflicts) is allowed; Emotional awareness is achieved; reducing negative feelings (frustration, anger, fear, assertiveness, anxiety, depression etc.).

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