

Winter 2010/11 Workshop Programme

The Scientific Application of Music in Sport and Exercise

Wednesday 13 October 2010, 10.00am - 4.00pm

Room HW223/4, Heinz Wolff Building (2nd floor), School of Sport and Education,
Brunel University, Kingston Lane, Uxbridge, Middlesex UB8 3PH

9.30 -10.00	Arrival and refreshments
10.00 - 11.00	The theory underlying the application of music in sport and exercise Dr Costas Karageorghis
11.00 -11.15	Break
11.15 - 12.30	Using asynchronous and synchronous music as a training aid (practical) Dr Costas Karageorghis
12.30 - 1.30	Lunch
1.30 - 2.45	The use of music to manage emotions prior to and during athletic performance: evidence from distance running and tennis (mini-experiments) Dr Daniel Bishop
2.45 - 3.00	Break
3.00 - 3.45	Recuperative music, imagery and hypnosis (practical) Dr Costas Karageorghis
3.45 - 4.00	Summary, Workshop Evaluation and Certificate Distribution
4.00	Thanks and depart



Please return your badge as it can be re-used. Thank you