



LECTURE SERIES

# MUSIK & MEDIZIN

Music, Entrainment and the  
Mind–Body Connection:  
Implications for Health and Physical  
Activity

Costas Karageorghis  
(Brunel University London, GB)

January 27, 2021

18.00 Salzburg (CEST) | 17.00 London (GMT)

Online Lecture



EINE KOOPERATION VON



MUSIK&MEDIZIN

# Music, Entrainment and the Mind-Body Connection: Implications for Health and Physical Activity

Costas Karageorghis (Brunel University London, GB)

From the very dawn of human civilization, ancient cultures sought to combine sounds in a manner that influenced the human psyche. Given the recent advances in digital technologies, music applications have rapidly become *de rigueur* in the realm of exercise and physical activity. Ergonomically-designed personal listening devices are considered by runners to be as essential as their running shoes, and music programmes are routinely streamed into public gymnasia by use of complex algorithms. The presenter will explore the structured and systematic use of music as a means by which to enhance the exercise experience and promote public health. This interactive lecture will be peppered with examples from the presenter's applied work at the intersection of exercise science and psychomusicology.

Costas Karageorghis is Professor and Divisional Lead for Sport, Health & Exercise Sciences, Department of Life Sciences at Brunel University London. His expertise lies in psychomusicology.

The new Salzburg lecture series **MUSIK&MEDIZIN** represents scientific and artistic contributions from leading international experts in various disciplines to explore the interactions and mechanisms behind the experience, processing and psycho-physiology of music in humans and to understand how music may promote health and wellbeing.

This lecture is part of an interdisciplinary course in which invited speakers discuss topics in their respective fields of research.

**Concept and Direction:** Katarzyna Grebosz-Haring (Systematic Musicologist | Programme Area (Inter)Mediation, Focus Area Science & Art | University Mozarteum Salzburg / University of Salzburg) – **In Cooperation With** Günther Bernatzky (Biologist | University of Salzburg) and Leonhard Thun-Hohenstein (Head of University Department for Child and Adolescent Psychiatry | Christian-Doppler-Klinik / Paracelsus Medical Private University Salzburg) – **Contact & Information:** ingeborg.schrems@sbg.ac.at | Tel. +43 662 8044 2380



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**Webex Login Details:**

<https://globalpage-prod.webex.com/join>

Meeting number (access code):

137 605 0362

Meeting password: P5BdHPQXX93

Participation free of charge



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