

## The Effect of the Musical Accompaniment on Learning of Gymnastics Skills

**Abstract:** The starting point in choosing this theme was the belief that the use of music during the gymnastics lesson is a step towards improving it, and a deep study of this matter could be an argument for generalizing this methodology. The current pilot study was designed to investigate the effect of a musical accompaniment on the learning of some basic gymnastics skills. Seventy-six Egyptian male college physical education students were enrolled in one semester gymnastics learning. The experimental group learned gymnastics with music for 120 minutes two times a week. Gymnastics practicing evaluation were done at baseline, and at the end of the learning program. The current study suggests musical accompaniment is much more effective in gymnastics skills learning compared with the traditional method without music. Both of these methods were found to be beneficial to develop the performance level of the students in gymnastics. Yet, the use of music showed relatively much more benefits in gymnastics skills learning as compared with the traditional one. **Keywords:** music, learning, gymnastics, sport student, Egypt.