

Music Appreciation



Welcome to the ARTSQUAD Project music resources. These resources have been developed to demonstrate how music can be used as an educational medium to build key competences. provide students with an awareness and appreciation of music and practical experience of making and performing music through fun and creative activities.



An enjoyable learning experience is one that provides challenges that are attainable in an environment which is 'sufficiently flexible to facilitate the development of creativity and self-expression.'



Tempo

Research has identified emotions and moods associated with different tempi. The most relaxing tempo, it has been discovered, is 60 beats per minute (bpm). Brainwaves and heart rate synchronise with a continuous rhythm of 60bpm: this frequency has been shown to be more effective at stress relief than a massage.



As a rule, tempi slower than 60 bpm promote such emotions as tension or despair while tempi exceeding 60 bpm are stimulating. Soul music is normally played around 75–90 bpm. House music is around 120–128 bpm and trance music ranges from 125 to 150 bpm while trash metal usually ranges between 150–180 bpm.



Not only does the style of music define the tempo but the culture where the music emanates can also have an impact. In different cultures throughout the world like Latin American, African, Indian and even the traditional music of your own country will have a distinct tempo.



Theme & Lyrics

Throughout the generations music has been used as a powerful medium for the expression of ideas and music in all its forms has had a real and lasting impact on political, social and cultural values.



Representing a rebellion of post war liberal expression rock n roll... Iconic figures like Elvis, Chuck Berry and Buddy Holly were in the vanguard of this new genre.



Rhythm n Blues is associated with protest songs of musician such as Nina Simone, Sam Cooke and Curtis Mayfield who participated in the Black Power Movement of the 1960s and '70s. These, and other artists, used rhythm and blues in an effort to empower the black community to take responsibility for its own survival.



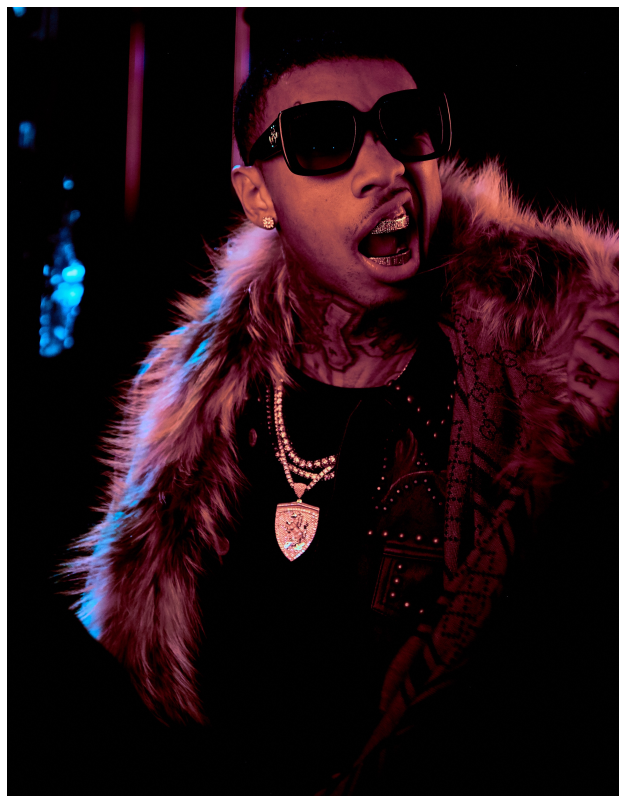
Folk and Reggae brought to life the political songs of the 1960's and 1970's reflecting what was happening socially and politically in those decades. The Vietnam war and civil rights movement in the USA inspired musicians such as Marvin Gaye, Bob Marley, Bob Dylan, Joni Mitchell to pen some of the most famous protest songs and promote social awareness (Sample)



In the UK the 70's saw the emergence of punk rock with bands such as The Clash and The Sex Pistols who provided a voice for disenfranchised youth protesting the status quo.



Last, but by no means least, the rap artists who emerged at the end of the 21st Century like Eminem, Tupac Shakur, The Notorious B.I.G. represent the expression of marginalisation and gang sub-culture through their music.



Music is a powerful form of communication which transcends many social and cultural barriers, uniting people and providing common ground to build relationships and promote learning. Music has a positive impact on the intellectual, social and personal development of children and young adults when participants are engaged in a fun, active and supported manner.



ARTSQUAD



Salvați Copiii
Save the Children Romania



SIHTASUTUS NOORED TEADUSES JA ETTEVÕTLUSES
YOUTH IN SCIENCE AND BUSINESS FOUNDATION



Erasmus+

This project has been funded with support from the European Commission.

This publication and all its contents reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

Project Number : 2016-3-CY02-KA205-000876