

## THE ROLE OF MUSCLE MEMORY IN MUSIC AND PHYSICAL EDUCATION

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Muscle memory is when the brain learns a motor task very well and can perform it without conscious effort. Yusuf (2022) asserted that when the task is performed long enough, the muscle memory will remember the effects of exercise even if one may stop doing the activity. The brain will eventually memorize the motor skills that guarantee the retention of learning.

In school, particularly in music and physical education, muscle memory is beneficial among the students as they learn to improve their motor skills. Different kinesthetic activities like playing sports, instruments, and dancing will enhance the skills through muscle memory as the brain help an individual to adjust the movements of various muscles.

The best-known example of muscle memory in physical education is dancing. There is a need to do several things simultaneously, where the dance steps should be precise and complement the rhythm. Hence, when the students, even those who do not have kinesthetic intelligence, may develop a good performance when they repeatedly practice the fundamentals and elements of dancing. Moreover, the best example of muscle memory in music is playing instruments. The teachers may nurture the students' musical intelligence when they repeatedly practice playing the instrument until the muscles memorize the various movements.

According to Wilmot (n.d.), utilizing "muscle memory" can be a good learning strategy. It is especially true for children who have a difference between learning and thinking. All children have different learning abilities. Some people are good at absorbing

information through sight and hearing, while others are good at absorbing information through physical activity. Thus, multisensory teaching is essential. By receiving information in various ways, children can learn by making the most of their strengths. They also acquire "muscle memory" in the process. The children can utilize this muscle memory as they learn. Nevertheless, the way to do this is to use the same learning techniques they studied in the classroom.

### *References:*

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