



## Sport and art

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*Conflicts of Interest: The author(s) has no conflict of interest to declare.*

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*Ethical Statement: It is declared that scientific and ethical principles have been followed while carrying out and writing this study and that all the sources used have been properly cited.*

(Date Of Received): 03.04.2024 (Date of Acceptance): 27.07.2024 (Date of Publication): 31.08.2024

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### Abstract

The purpose of this paper is to thoroughly examine the interactions between sports and the arts, highlighting how each domain influences and enriches the other. The need for a comprehensive review of the intersection between sports and the arts is increasing in the literature, as the synergy between these two fields can contribute to a better understanding of cultural and social dynamics. Such an examination provides innovative perspectives for professionals in both sports and the arts while also contributing to academic and cultural discourse. Sports and the arts are two interconnected phenomena that are performance-based, serve societal culture and humanity, and have seen increasing popularity and high engagement rates throughout history. The pursuit of excellence in both fields is represented through various forms and concepts such as movement, harmony, aesthetics, and synchronization, particularly by professionals. The strong relationship between sports and the arts is further highlighted in applications such as posters, sculptures, designs, paintings, and media, as well as in competitions and events. While sports and the arts have always complemented each other, their relationship remains a continually relevant topic of debate. Some argue that sports is fundamentally an art form, while others contend that they are distinct and independent concepts. Our primary focus is not on whether art is a sport or sport is an art, but rather on the relationship where sports and the arts intersect. This paper addresses the harmony, interaction, and contributions of sports and the arts to humanity as a review study. A thorough literature review was conducted, and findings were discussed in relation to similar publications and research. The results indicate that performing in both sports and the arts contributes to human development in physiological, psycho-social, and physical contexts, demonstrating a coherent and integrated relationship.

**Keywords:** Sport, art, graphic design, recreation.

### Spor ve Sanat

#### Özet

Bu makalenin amacı, spor ve sanat arasındaki etkileşimleri derinlemesine inceleyerek her iki alanın birbirini nasıl etkilediğini ve zenginleştirdiğini ortaya koymaktır. Literatürde spor ve sanatın kesişim noktalarına dair kapsamlı bir

incelemeye olan ihtiyaç giderek artmaktadır; çünkü bu iki alanın birlikteliği, kültürel ve sosyal dinamikleri anlaşılmasına katkıda bulunacaktır. Bu tür bir inceleme, hem spor hem de sanat alanında çalışan profesyoneller için yenilikçi perspektifler sunarken, akademik ve kültürel çalışmalara da katkı sağlayacaktır. Spor ve sanat, her ikisi de performansa dayalı, toplum kültürüne ve insanlığa hizmet eden, tarih boyunca popüleritesi giderek artan ve tutulum oranı oldukça yüksek iki birleşik fenomendir. Her iki alanda da etkin olan mükemmeliyetçi arayış, özellikle profesyoneller tarafından hareket, uyum, estetik, senkron gibi farklı biçim ve kavramlarla temsil edilmektedir. Spor ve sanat adına gerçekleştirilen poster, heykel, tasarım, resim ve medya uygulamalarında, yarışma ya da müsabaka gibi organizasyonlarda spor ve sanat arasındaki güçlü ilişki daha dikkat çekici bir hal almıştır. Spor ve sanat her zaman el ele olmuş ve birbirini tamamlamıştır ancak bunun yanında sanat ve spor birlikteliği her dönem güncelliğini koruyan bir tartışma konusu olmaktan da çıkamamıştır. Bir kesim sporun tam anlamıyla bir sanat olduğunu savunurken aksini iddia eden hatta birbirinden bağımsız kavramlar olduklarını savunanlar da olmuştur. Bu noktada bizim savunucusu olduğumuz esas konunun sanatın bir spor olup olmadığı ya da sporun bir sanat olup olmadığından çok spor ve sanatın ortak paydada birleşen ilişkisidir. Makalede spor ve sanatın uyumu, birbirleri ile etkileşimi ve insanlığa olan katkıları derleme bir çalışma olarak ele alınmıştır. Araştırma için gerekli literatür taraması yapılmış, bulgular benzer yayın ve araştırmalar ile birlikte tartışılmıştır. Sonuç olarak, sporda ve sanatta performans sergilemenin fizyolojik, psiko-sosyal ve fiziksel bağlamda insan gelişimine katkı sağladığı ve bağdaşık bir bütünlük sergiledikleri görülmüştür.

**Anahtar Kelimeler:** Spor, sanat, grafik tasarım, rekreasyon.

## INTRODUCTION

Human development is a process that begins with birth and completes its evolution with some changes over time. Some age-related changes affect the functionality of the body. Especially the growth and development period until the age of twenty is a serious reflection of the subsequent developmental periods. Therefore, being prone to sports and arts or engaging in sports or art-related practices will open the door to a healthy, fit, dynamic and productive future life.

Youth and childhood are very critical periods for societies in raising modern, yet strong, energetic, successful and healthy individuals who embrace their values. In this sense, the inclusion of art activities and sports training within the scope of "Positive Youth Development (PYD)" is seen as a very effective program. Positive Youth Development, from the perspective of life skills, refers to the process of equipping young people with the competencies necessary for leading a healthy and successful life both individually and socially. This approach focuses on enhancing youths' abilities to recognize and manage their emotions, strengthen social relationships, and improve problem-solving skills. Positive youth development aims to provide individuals with the life skills needed to realize their potential and live harmoniously within society (5). Sports and arts are ideal means to fulfill the feelings and expectations of youth such as proving themselves, developing self-confidence, being recognized and appreciated. Therefore, in order to raise athletes and artists, sports and arts need to be structured and presented to the society.

Human beings always strive to be physically, mentally and intellectually perfect. Today's modern people want to be distinguished by high intelligence, artistic talent and skill, combining in themselves whatever is different for development (4, 28).

The combined harmony of sports and art gave this privilege to the individual and was first seen in Ancient Greece during the Olympics (1, 21).

Plato, the leading supporter of approaching sports and art as a whole, discussed the basic abilities of the individual, the contributions of music to the development of wisdom and sports to the development of the body, and argues that these two should be developed in harmony. Plato, who stated that music and gymnastics, the two talents God gave to humans, are required for temperament, and wisdom is required for love, claimed that gymnastics without the art of music seems very crude and soulless. According to Plato, when music and sports are used together, spiritually and physically harmonious and ideal people grow up (32, 34).

Coubertin drew attention to the connection between sports and art and pointed out many times that these two are complementary to each other and need to be strengthened. He emphasised that "art is a close neighbour to sports, that sport should be seen as the source and cause of art" and that it is a necessity for

athletes and artists to be in alliance (33). The "Book of Five Rings" written by the great Japanese warrior Miyamoto Musashi described the strategy of a warrior. According to Musashi, a warrior must first have a developed sense of rhythm since a free movement can only be created with a good sense of rhythm. Dancing and using a wind or string instrument are important steps in setting the tempo in music. Rhythm is also associated with martial arts, archery, rifle shooting and horse riding. The important thing here is to analyse the rhythm in the background. Movements without rhythm lose their clarity (19, 34).

Kozin O.B. explained sports as the embodiment of art and emphasised that the ability to perceive develops creative, unconventional thinking, thus there is a great connection between sports and art that requires mastery. He also explained that athletes who engage in different types of art to develop technical skills will benefit from this interest, and in this way they can improve concentration, creative skills and perception. Many modern athletes widely use musical accompaniment during training and are independently engaged in various types of art, especially drawing, singing, playing musical instruments (20).

Today, it is possible to see the integrated relationship between art and sports in almost all major sports organisations. Stage shows and creative festivals are combined with sports to create a more impressive visual feast. Many sports such as rhythmic gymnastics, figure skating and synchronised swimming are accompanied by music and choreography and presented with artistic visuals. Therefore, elegance, flexibility and aesthetics are important components of athlete performance (31, 30).

Lemus-Delgado (2021) discussed the similarities and differences between sports and art and stated that creativity and imagination are common in both fields (23). While art transforms sports organisations into a visual and aesthetic show, sports can be seen as a work of art on its own (22). In addition, the expressive power arising from this magnificent unity of art and sports offers the audience the opportunity to understand world cultures. Especially in international sports organisations, the effects of intercultural sharing arising from the integrated unity of sports and art are quite remarkable. Another issue other than physical harmony between sports and art is the sense of rhythm that human beings have had in their movements since their existence. Rhythmic sounds are sensory timers of movement and have strong physiological effects related to brain functions on time control, coordination, execution and sequencing of movement (36).

Rhythmic sounds can also reduce the response time of the muscle to stimuli by shortening the excitation time of spinal motor neurons through a number of connections (7). Rhythm, which forms the basis of music and movement education, is the basic harmony that exists not only in music and sports but also in calligraphy, dance, ceramics, sculpture, graphics, cinema and theatre, in short, in every field of visual, auditory and dramatic arts. When the application phase of movement in sports is combined with music, the harmony of aesthetics and elegance brings the visual to a different dimension (9).

Some statistics, on the other hand, have proved that young people with good appearance are much more successful in coping with the difficulties encountered in life than those who do not. It is accepted that physiologically and psychologically dynamic individuals with a strong musculoskeletal structure have a special protective shield against diseases (24). The American Heart Association has announced that obesity, high blood pressure, LDL (bad cholesterol), the risk of stroke and other cardiological diseases are more common in sedentary people (24). We have to accept that some professions enforce sedentary working lives. In this study conducting a comparative analysis of art and sports, we see that a painter is forced to maintain certain body positions for a long time in front of an easel, a musician at his instrument, a graphic designer at his computer, a ceramicist or a sculptor with his work in his hands.

We observe the effect of the separation of male and female gender for a number of reasons, especially in conservative segments throughout history. However, art and sports meet again at this point. Beyond biological differences, gender discrimination resulting from social impositions causes deep damages in arts and sports, and successful women remain behind the scenes. The concept of gender creates socio-cultural differences, and therefore the perspective on sports and art is seen as one of the factors that decreases the development levels of traditional societies. Fortunately, thanks to technological developments, the need for men's muscle power has been met by machines and women have become more visible in public institutions or organizations. However, in sport and the arts, women are not yet as visible as men. In societies where strong and patriarchal

mentality prevails, women are not encouraged enough to participate in sports and arts (10). When the literature on art and women is examined, it is noteworthy that modernist art historians, in particular, ignore women's art, associate women's works with crafts and remember them only in works that require manual dexterity, and gender inequality stands out as one of the common points in art, as in sports. Throughout history, women have been engaged in a feminist struggle due to the uncertainty of their role in art, protested in museums and art academies to show that they have equal rights and opened their own exhibitions, galleries and art schools (8).

Sports and arts have an integrative cultural structure in two separate structures that are owned by the society, but which are not disconnected from each other. Both cultures are dominated by the desire to improve and enrich society, to open up to the world and to act together with other societies regardless of religion, language and race. Neither art nor sport has a defined medium. Art may not always require a canvas, a stage or an instrument. Likewise, sports do not require a hall, a field, a ball or a bar. Sometimes a street or a road may be enough. This is how street art and street sports came into existence. Among the seven branches of art and most branches of sports, the streets are perhaps the most independent, courageous and effective medium with their closeness to the public. They can appear at any time, unexpectedly, and affect us in a remarkable, awareness-raising format. They may even constitute a stance against violence, the plague of our time, in societies. Streets are the barest places where cultures are experienced and exhibited. Therefore, by bringing sports and art to the streets, street culture can be eliminated from being a problem that we cannot overcome.

Like artists using urban space as a backdrop, people who engage in street sports can make the city more attractive by reintroducing freedom and fun. Like the graffiti artist, the street athlete maintains a passionate and fused relationship with urban space" (3). Streets generally exist and are used for transportation, but artists and urban athletes offer different alternatives and present them to us as more desirable and powerful spaces (11, 15). "Street Arts" and "Street Sports" have the ability to reverse the known images of cities.

Hughson, J., argued that the Olympic Games are cultural celebrations and therefore sports games should be accompanied by artworks and art performances. Considering that sports is inspired by art and art is inspired by sports, he stated that it is an excellent way to bring the connection between art and sports to the attention of the public at the Olympic Games (13).

Art is a form of culture in which emotional, intellectual and conscious actions are reflected in behaviour, and aesthetic creativity is dominant. Sports, like art, is an integral part of culture, dominated by aesthetics and creativity. Both are personal and collective. They can be recognised in some national symbols, but they are also international. This characteristic therefore makes them accessible and understandable to all nations of the world. Just like sports, art has the power to bring together and unite people from all over the world (8).

Physical activity and various sports, integral to human history, have significantly influenced the artistic designs in the architecture of sports facilities over time (14). Hughson (13) argued that humanity is in a continual quest for excellence in both sports and art. This interrelationship was further explored in a 2013 survey, which assessed how individuals perceive the relationship between art and sports. Out of 618 respondents who were asked whether they view skating more as an art or a sport, the results indicated that skating is seen as a combination of both disciplines (29). This study highlights the many commonalities between sports and art, particularly in their shared focus on performance.

The athlete's performance is usually accompanied by cheers from the fans. It has a wide audience due to the physical actions that contain competition and expect to be appreciated. The artist's performance is generally inspired by gymnastics and athletics sports, and is accompanied by models examining the human body. It can be accepted that sports and art are inseparable parts of a civilised culture which are embedded in the cultural memory through the contributions of artists, historians and poets. The athlete's performance is typically accompanied by cheers from the fans and attracts a broad audience due to its competitive physical actions, which are often intended to be appreciated and admired. Similarly, artistic performances, frequently inspired by gymnastics and athletic sports, are complemented by models that explore the aesthetics and dynamics of the human body. This interconnection suggests that sports and art are inseparable elements of a civilized culture, deeply embedded in cultural memory through the contributions of artists, historians, and

poets. As noted by Kleiner and Matz (2019), "Sports and the arts are integral to cultural development, reflecting and shaping societal values and aesthetics through their shared emphasis on performance and physical expression" (18).

Whether it is art or sports, live performances have a strong impact on the emotional behavior of individuals. Henry Dupont argued that emotions are not innate, but are formed later as a result of socialization and our interactions with other people, and are constructed as components of personality. Emotions are structures characterized by needs and values that change significantly during development (37). Therefore, it can be said that art and sports activities are great values for humanity and that we should make room for them in the center of life. Sports and art shows can meet emotional needs and sometimes create revolutions in individuals and societies with their existence. In these two areas that have no boundaries but are also different and offer a lifestyle and a culture to the society, the heroes of a show, a match or an exhibition can be actors, musicians, dancers, athletes, etc. who devote themselves to creating a world surrounded by beauty and sensitivity. Starting with their innate talents, artists/athletes aim to reach the masses by constantly renewing themselves (24).

Our brain, which refers to art when it comes to sports and to sports when it comes to art, has not been trained to provide this stimulus. The realization of this is the unity of art and sports, which is the subject of our study. Let's think of any dance. Each figure in it contributes not only to a healthy body but also to the development of a healthy soul. H. Sun conducted a study examining the effects of dance exercises on students' temperaments in terms of temperament and body shape, personal expression and self-confidence in sports (37). In addition, Q Lit supported that good posture and gait rhythm can be created through physical dance practice for adolescents (26). JiYoung conducted a three-month study on university students and found that exercise changes physical fitness, weight and psychological values, and argued that dance has positive effects on women's physical health (16).

XB Dong provided comprehensive physical dance training to over 200 physical education students, highlighting that dance can significantly enhance students' quality of life, self-esteem, self-confidence, and interpersonal skills (17). Similarly, JH Zhu noted that incorporating gymnastics training into physical dance instruction improves students' "aesthetic quality," alleviates negative emotions, and contributes positively to both physical and mental health (27). Further supporting these findings, J. Yao conducted a thorough bibliographic and analytical study on the role of sports dance in improving students' physiological well-being, athletic development, and physical appearance. Yao's research concluded that sports dance offers therapeutic benefits across these areas, demonstrating its positive impact on university students (38).

In a study conducted with children aged 9-12, T. Cheng analyzed statistical data (6) gathered from surveys and found that children who participated in sports dance showed significantly better physical health compared to their peers who did not engage in sports dance. Additionally, Cheng observed that these children demonstrated more optimistic and harmonious movement patterns, suggesting that sports dance positively influences both physical and emotional development.

## METHOD

In this study, the synthesis method has played a crucial role. It involves the integration and amalgamation of information from a broad range of sources to develop a comprehensive understanding of the relationship between sports and art. By synthesizing various perspectives and findings, the study provides a holistic view of the intersection between these two fields. This approach not only consolidates existing knowledge but also uncovers new insights by highlighting connections that might not be apparent from individual studies (12). Through a meticulous analysis of the literature, the study aligns its objectives with a thorough examination of the topic. By presenting the relationship between sports and art as a compilation of existing knowledge, the study contributes to a deeper and more nuanced understanding of the interaction between these domains.

## DISCUSSION AND CONCLUSION

As a result, there are few studies that examine sports and art together, and in parallel with these studies, it is seen that there is a close relationship between sports performance and art performance. It has been found that there is a common belief that art and sports have an effect on physical and mental health of individuals and that they have a greater effect on the mental health and that they have a significant effect on physical health by improving cardiovascular function, developing muscles and exhibiting strength and flexibility. Sport and the arts promote positive attitudes and health, and foster feelings of self-renewal and self-confidence. They create positive effects on interpersonal communication and understanding skills. Therefore, it is recommended that individuals engage in regular sports and artistic activities.

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