The Effects Of Music On A Submaximal Exercise Performance

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Abstract

The purpose of this study was to investigate the effects of music on a 30-minute submaximal exercise test on the cycle ergometer.

Methods

Five males (age 21.4 ± 1.62 yrs) of the UTA Kinesiology department, volunteered to participate in this study. Each subject had age, height, and weight recorded. The height of the seat of the cycle ergometer was adjusted so that there was a slight bend (5 ± 2°) in the knee of each subject. The subject was fitted for a mouthpiece and headgear for collecting the expired air. The subject began pedaling at 60 revolutions per minute as a warm up for about 2 minutes until the resistance was adjusted comfortably, then the test started. During each test heart rate was calculated and 70% of that number was used during the test. The height of the seat of the cycle ergometer was adjusted so that there was a slight bend (5 ± 2°) in the knee of each subject. The subject was fitted for a mouthpiece and headgear for collecting the expired air. The subject wore the mouthpiece and headgear for the duration of the test for collecting data. Each subject began pedaling at 60 revolutions per minute as a warm up for about 2 minutes until the resistance was adjusted comfortably, then the test started. During each test heart rate was calculated and 70% of that number was used during the test.

Data are means ± SD; *statistically significant (p < 0.05).

Conclusions

It can be concluded that during a submaximal exercise test music had a significant impact on bodily functions such as HR, RPE, distance traveled, and VO₂; however, when looking at calories expended it did not affect much.