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The Effects of Music on Perceived Intensity of Exercise During a Submaximal Treadmill Test

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Previous studies suggest that music has a positive effect in the perception of exercise intensity and with music subject experience less fatigue (RamezanPour, 2011). **PURPOSE:** To study the effects of music on the perception of intensity during submaximal treadmill exercise among recreationally active college students. **METHODS:** A total of 12 participants (Males = 7, and Females = 5; 21.8 years \pm 8 years) healthy physically active (as per ACSM guidelines) participants from Cabrini University and Valley Forge Military College volunteered for the study. Each subject completed a 20-minute treadmill exercise either “with music” or “no music” on two separate days. After the exercise, the overall rating of perceived exertion (RPE-O) was estimated using the Adult OMNI-Walk/ Run Scale. A paired t-test was used to determine differences between RPE-O for two conditions. **RESULTS:** There was no significant differences ($p=0.26$) for RPE-O between the music (4.75 ± 1.35) and no music (5.08 ± 0.9) conditions. The heart rates measured at 20 minutes were not significantly different either ($p=0.2$, $HR_{music}=157.8\pm 29$ beats.min⁻¹, $HR_{nomusic}=152.3\pm 30$ beats.min⁻¹). **CONCLUSION:** During submaximal treadmill exercise, music has no effect on the perception of exercise intensity among recreationally trained college students. Future studies should explore the effect of music during varied submaximal intensity exercise, intermittent exercise duration, and fitness levels.