The Experimental Study of the Influences of Music Preference In Exercise Duration. As an Example of the Cardovascular...

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ABSTRACT

The purpose of this study is to investigate the influence of music preference in exercise duration. According to recent studies Karageorghis and Terry, 1997）, listening to music while exercising can effect peoples’ exercise duration. But little attention has been given to the point that whether music preference is considered as the important factor in exercise duration. The criterion of within-subjects design is adopted in this study, and the experiment is based on the F.I.T.T. principle. The study applied these concepts to select suitable subjects for the implementation of this experiment. The experimental condition can be classified into three main groups including group without music, group with background music and group under the treatment of music preference. The main findings of this research were concluded as the followings: 1. The majority of the subjects prefer listening to popular music with faster tempo. 2. Different types of music had significant different effect in the exercise duration.

Keywords : music preference, exercise duration, cardiovascular fitness.

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