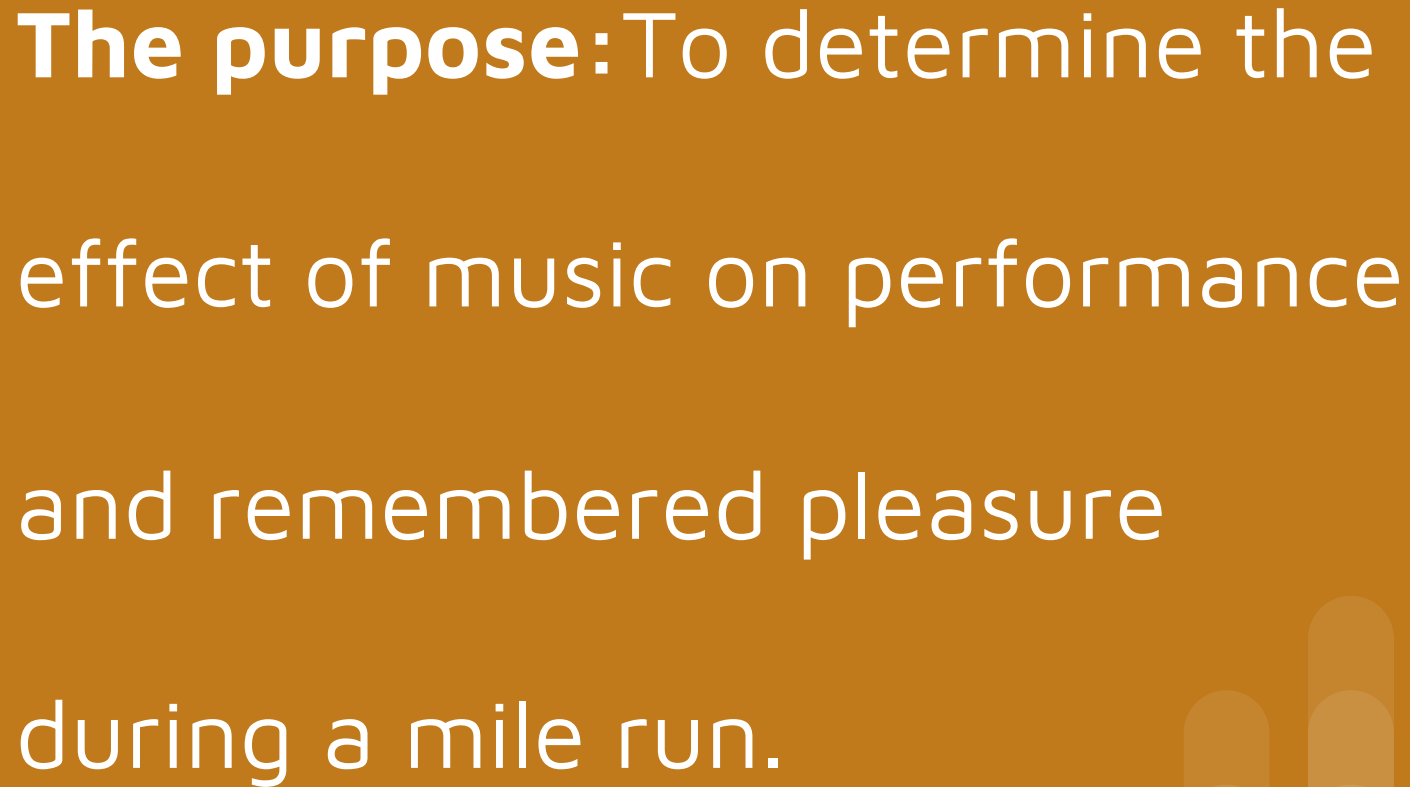


Music and the Mile

measuring athletic performance
coupled with the power of music





The purpose: To determine the effect of music on performance and remembered pleasure during a mile run.



The Need to Increase Pleasure

- Increasingly obese and sedentary society
- Research teams in multiple fields of social science have been seeking ways to increase both the amount of exercise and the motivation to exercise regularly, as both are extremely prominent social issues (Hutchinson, Jones, Vitti, Moore, Dalton, & O'Neil, 2018).



Introduction

Question 1: How does music affect the time required to run a mile?

Independent variable: the presence/absence of music during a mile run

Dependent Variable: amount of time for the subject to complete a mile run

Hypothesis: the presence of music will result in a mile being run in a shorter amount of time

Question 2: How does music affect one's attitude towards a mile run?

Independent Variable: The presence/absence of music during a mile run.

Dependent Variable: the attitude the subject has towards their mile run.

Hypothesis: the presence of music will result in a higher level of remembered pleasure

Most studies in this subject are done with athletic participants. This study seeks to establish if music will help the sedentary lifestyles.



The Current Study

- Done at the ARC on Utah State University campus.
- 3 weeks of data collection:
 - Week 1: Baseline Data
 - Weeks 2 & 3: No-music/music conditions (randomly assigned order for each participant).
- Participants will run one mile each week under the described conditions.

**“When I hear music, I fear no danger. I am
invulnerable. I see no foe.”**

- Henry David Thoreau

Impacts for the future

- If significant results are found, a new tool will be added to help our society fight an increasingly dominant sedentary lifestyle.
- Better cardiovascular health.
- A greater number of out future generations who enjoy exercise, not just tolerate it.





Thanks!

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