

Kate Kaczmarek

*The Effect of Classical Music Tempo on Competitive Run Times*

The purpose of this project was to test whether the tempo of classical music (bpm) affects a runner's 800m time (seconds). I hypothesized that if the tempo was slowed down the runner's time would also increase. This experiment involved having each runner run a 400m warm up lap, stretch, run three 800m's, one with no music, one with slow music (79bpm), and one with fast music (120bpm). They then completed a cool down. The times were then averaged and inputted into a table. The data collected did support the original hypothesis. These findings lead to the conclusion that the tempo of classical music (bpm) does affect a runner's 800m time. The slow music average time at 250 seconds, was the slowest average time. The fast music and no music times both averaged to 210 seconds. Therefore, it is reasonable to conclude, a slower classical music tempo did cause a slower time.