

Influence of tempo and subjective rating of music in step frequency of running

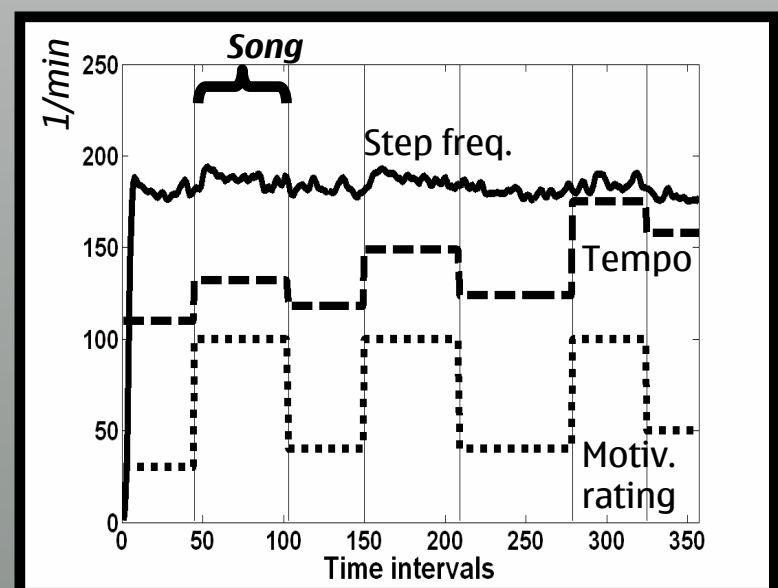
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The participants (n=8) were requested to bring their own music to the test and rate it according to the motivational effect of each song. The test was conducted on a sports field where the participants were asked to perform a 30 minute exercise without paying attention to the test setup.

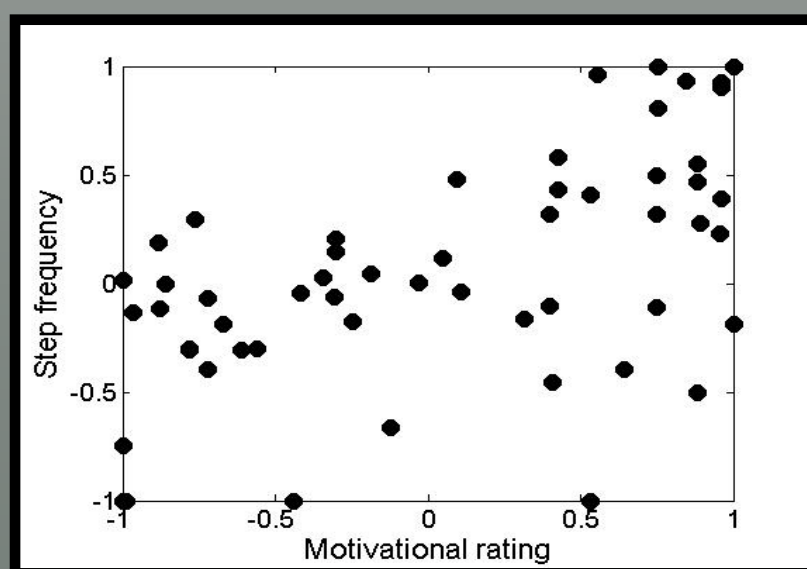


Sensor
HW

Music player
in Nokia
6630



Data log of a session



Subjective motivational
rating vs. step frequency

Significant correlation was found between the subjective motivational rating of music and step frequency, while tempo did not have any influence.