

Destyne Villalobos  
*Music's in the Heart*

The purpose of this experiment was to determine if the volume that people listen to music, specifically using ear buds, has an effect on heart rate. The study was conducted by having voluntary subjects find their resting heart rate and then listen to an iPod on low, medium, and high and find their heart rates after each. The average change in heart rate of subjects was calculated for the low, medium and high volume. There was an average 4.4 beats per minute increase at the higher volume whereas the lower volume had an average increase of 2.9 beats per minute and medium volume had an average of 3 beats per minute increase. As indicated by the results, there was a relationship between volume level and heart rate; the higher the volume the more the heart rate increase. This may have health consequences as people continue to use devices such as iPods and gaming devices.