

**MUSIC TEMPO EFFECTS ON AEROBIC PERFORMANCE  
AMONG FRENZ UNITED FOOTBALL PLAYERS**

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## ABSTRACT

This is a review of current studies dealing with the use of music in sport as a motivational tool. Aerobic performance can be increase by adding music as an ergogenic aids. Different tempo of the music will give different in effect of aerobic performance. No published studies were found by the authors in assessing music effect on Malaysian youth footballer's aerobic performance (  $VO_2$ max, heart rate, stride frequency ). Furthermore, there has been much controversy which type of music that more suitable to increase aerobic performance. The aim of this study was to determine the effect of music tempo on aerobic performance and to investigate the relationship between stride frequencies on aerobic performance. This study is experimental study that need subjects to listen to the music ( no music, fast music, slow music ) before perform a test with control sampling of 30 footballers from Frenz United FC who were lived together more than one year. The aerobic performance were taken by estimated their  $VO_2$ max using a beep test. Maximum heart rate and stride frequency also were taken to investigate the relationship with the aerobic performance. As indicated by these results, the music tempo either fast music or slow music do not effect on aerobic performance.