



CALIFORNIA STATE SCIENCE FAIR 2015 PROJECT SUMMARY

Name(s) Tria T. Nguyen	Project Number 35074
Project Title How Do Different Types of Music Affect Your Heart Rate?	
Objectives/Goals The purpose of my project is to determine which genre of music will give a noticeable difference in heart rate. I will learn if the genre of music has an effect on a person's heart rate. From my investigation, I will have a better understanding of what the effects are of music on the heart. My goal is to see if music can help patients, students, or just about anyone. Abstract Methods/Materials In my science fair project, I will be conducting an experiment on the human heart. I will use different genres of music and see which types slow down or speed up heart rate. First, I will get the average heart rate of all test subjects. Next, I will gather the five musically trained subjects and five musically untrained subjects; get them settled in on the couch with eye masks, and go to the quiet room where the experiment will take place. Then, the doctor or nurse will come to supervise. After each song is played, I will measure their heart rate and note the difference. Results In my project, I found that classical music increased the heart rate of my musically trained test subjects. Whereas, my non-musical subjects had a draw between electronic and pop music as their increase. I believe that classical had an effect on the musical people because all of them played the piano and the classical song was played by a piano. For the non-musical people their genre is more common so they hear those songs more often. My conclusion is that the music the subject is more used to hearing is the one to increase their heart rate. Conclusions/Discussion After my experimentations, I've learned that #calming# music may help relieve stress but doesn't necessarily lower your heart rate. That is when it comes down to musically trained people. My research has taught me the effects of music that people never give mind to. I see science can be tied to anything. In conclusion, with my research all in all it depends on the subjects' background with music. It also relies on their opinion to music in general. This determines which songs they will get excited to and when their heart rate will go up or down.	
Summary Statement My project's focus is to find out whether or not different genres of music can significantly affect your heart rate.	
Help Received Mom, Family friend who is a nurse to supervise the experiment with the subjects	