Effects of Synchronous and Asynchronous Music During High Intensity Training on Obesity and Metabolic Health in Singapore Women

Authors

DD salle, University of Malaya / Edith Cowan University

MS Aman, University of Malaya

MN Hashim, University of Malaya

FY Loo, University of Malaya

T Tran, National University of Singapore

Abstract

International Journal of Exercise Science 12(5): 1254-1264, 2019. Evidence suggests that high intensity exercise aided by music renders positive results in health related fitness components. However, less is known about the influence synchronous and asynchronous music may have on outcomes in overweight and obese women. A twelve-week, randomized-controlled trial was conducted using premenopausal overweight/obese (BMI > 24.9 kg/m²) adult Singapore women (n = 92) divided into three groups (exercise with synchronous, asynchronous, and no music, respectively). Pre-post clinical examinations, anthropometric, and fitness evaluations were conducted. Statistical analyses revealed that physical activity was effective in all groups with music or non-music. Body composition, particularly weight loss and BMI, fitness, and metabolic parameters improved. Non-music and synchronous music were ergogenically effective for curl-up fitness. This multidisciplinary study demonstrated positive results for obesity reduction, fitness, and metabolic health. This transdisciplinary, Asia-Pacific-centric research is important in behavioural epidemiology framework because of its direct impact on population health.

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