

## **CHAPTER 6**

### **6. CONCLUSION**

The results of this study indicate that when comparing submaximal cycling with and without music:

- No significant differences were found with regard to physiological measurements: heart rate and change in lactate
- There were no significant differences in Borg scale ratings. This was in contrast to the results from many previous studies.
- Of all the subjects, 67% perceived the cycling session with music to be easier than the cycling session without music, according to the post-test questionnaire.