




# The psychophysiological effects of different tempo music on endurance versus high-intensity performances

Maria Vittoria Patania<sup>1</sup>,  Johnny Padulo<sup>2</sup>, Enzo Iuliano<sup>3</sup>,  Alen Miletić<sup>1</sup> and  Andrea De Giorgio<sup>5\*</sup>

<sup>1</sup>Faculty of Kinesiology, University of Split, Croatia

<sup>2</sup>Department of Biomedical Sciences for Health, University of Milan, Italy

<sup>3</sup>Faculty of Psychology, University of eCampus, Italy

<sup>4</sup>School of Exercise and Sport Science, Department of Neurosciences, Biomedicine and Movement Sciences, University of Verona, Italy

<sup>5</sup>Faculty of Psychology, eCampus University, Italy

2020年2月

持久力と高強度のパフォーマンスに対する  
テンポの異なる音楽で心理生理学的効果が出る研究