
WONDEROPOLIS INQUIRY PROJECT

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Are there Benefits Listening to Music Before a Sporting Event?

Have you ever wondered...

- Are there benefits to listening to music before a sporting event?
- Who are some well-known athletes that listen to music before a sporting event?
- What are the playlists of some famous athletes?

Did you know?

Turn up the radio or in this case, put on your headphones or put in your earbuds! Some doctors believe there are benefits to listening to music before a sporting event. They suggest that it takes your mind off of the **distraction** from the crowd and may even improve your blood's **oxygen** flow and may even lead to more **motivation**.

If you were able to catch the London Olympics, you would see Michael Phelps with his rockin headphones on listening to music before his swimming race. He takes his headphones off just before he dives in the water. Some other athletes that listen to music are LeBron James, Danell Leyva, Abby Johnston, Lolo Jones and Ryan Lochte for many different reasons, like taking their mind off of everything, **relaxing** and getting them pumped up.

So you might not know what a playlist is? A **playlist** is an album-like music list that you put together with a whole bunch of songs that you like. You might be surprised what's on there playlists. Like Danell Leyva does **gymnastics** and he listens to Lil Wayne. Ryan Lochte, Olympic gold medalist, also likes Lil wayne and Lo lo Jones, track runner, likes headbanger rock and roll. Abby Johnson, Olympic diver, has lots of country on her playlist. These are just a few people that listen to music before a swim, run or **acrobatics**.

So before you go on your next run you may want to put on your ipod shuffle and plop in your earbuds and jam out to some awesome tunes to improve your time!

Wonder words to know and use:

- oxygen
- relaxing
- motivation
- distraction
- playlists
- gymnastics
- athletes
- acrobatics