UNISANGIL LANGUAGE INSTITUTE

READING COMPREHENSION ACTIVITY

People have known for a long time that music affects our motivation to exercise. But only in the past ten years have researchers understood why exercise and music go so well together.



Music distracts the brain during exercise. When you begin to feel tired or sore, your brain tells you to stop or slow down. Music competes with this information and can help you overcome the impulse to take a break. Listening to music has other effects, too. It lifts your mood. It increases endurance. It may even make your body more efficient. Music can help you swim faster, run farther, and pedal longer without even realizing it. It is so powerful that some organizations ban music during marathons so that no runner gets a competitive edge.

Different types of music have different tempos-or the speed at which music is played. For example, jazz is played at about 110 beats per minute (bpm), hip-hop and pop at 110-140 bpm, and techno at 120-160 bpm. To get the maximum benefit, match the music to the type of exercise you are doing. When walking at a moderate speed, most people favor music around 125 bpm. When running, they prefer music at 160 bpm.

But choosing the most effective music is not as simple as filling up your phone with fast songs. For many people, how much they identify with the singer's emotional state determines how motivated they feel to keep moving. In short, if you find a song gets you moving, play it!

SECTION 1: Reading for Principal Idea

1. What is the main topic of this text?

a) How to choose good songs
b) The relationship between music and exercise
c) Different types of music
d) How to run faster

2. The text is probably from:

a) a cooking magazine
b) a science or health website
c) a fashion blog
d) a history book

3. What is the best title for this text?

a) "How to Win Marathons"
b) "Music: Good or Bad?"
c) "The Power of Music in Exercise"
d) "Learning to Play Music"

SECTION 2: Reading for Specific Information

1. What does your brain tell you when you feel tired?

a) To sing louder
b) To stop or slow down
c) To change the song
d) To run faster

2. What tempo do people prefer when running?

a) 110 bpm b) 125 bpm c) 140 bpm d) 160 bpm

3. Why do some organizations ban music during marathons?

a) Because music is too loud
b) Because it's dangerous
c) So no runner gets a competitive advantage
d) Because runners don't like it

pageborders.org
LIVEWORKSHEETS

7. According to the text, what determines how motivated people feel?

a) The singer's name
b) How much they identify with the singer's emotional state
c) The length of the song
d) The price of the music

SECTION 3: True / False / Not Mentioned

1. Scientists have known for over 50 years exactly why music helps exercise.
True False Not Mentioned

2. Music can help you forget that you are tired.
True False Not Mentioned

3. Music makes your body work better.
True False Not Mentioned

4. All runners are allowed to listen to music in every marathon.
True False Not Mentioned

5. Techno music is always faster than hip-hop music.
True False Not Mentioned

6. Walking fast requires music at 160 bpm.
True False Not Mentioned

7. The text mentions that classical music is good for swimming.
True False Not Mentioned

SECTION 6: Inferencing

1. Why could someone choose a song that is not very fast for exercise?
a) Because they don't like fast songs
b) Because the emotional connection is more important than speed
c) Because fast songs are expensive
d) Because slow songs are banned

2. If two runners are in a race, and one listens to music while the other doesn't, the text suggests:
a) they will run exactly the same speed
b) the one with music could have an advantage
c) the one without music will always win
d) music doesn't matter in races

3. The writer probably believes that:
a) everyone should listen to techno music
b) the best exercise music is different for each person
c) fast music is always better than slow music
d) music should be banned in all sports

4. If you feel tired while running and want to stop, music can help you by:
a) making your legs stronger
b) distracting you from the feeling of tiredness
c) giving you water
d) making the run shorter

5. Based on the text, which person would probably exercise best with music at 125 bpm?
a) Someone running fast
b) Someone walking at a normal speed
c) Someone swimming
d) Someone sleeping

pageborders.org
LIVEWORKSHEETS