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Biology 125

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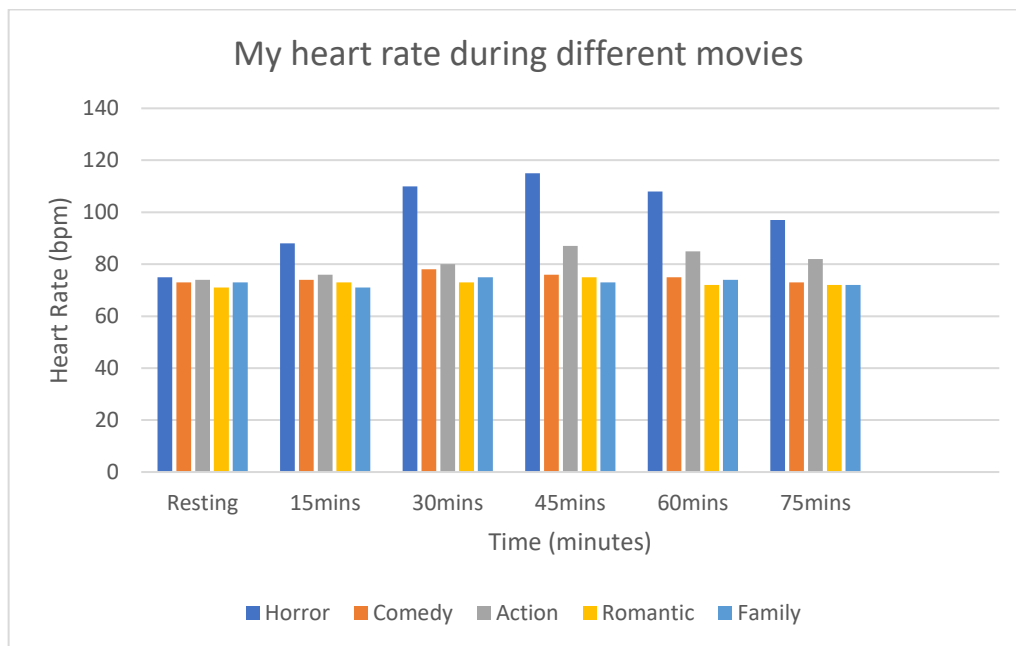
Independent Project: Movie Genre Effects on Heart Rate

Purpose: The purpose of this experiment is to test if heart rate changes occur while watching different genres of movies. As we all have learned through some of the experiments we've done in class lab, heart rate changes can occur upon both physical and emotional stressors. But does the type of movie we watch have any impact on our heart rate?

Procedure:

1. Select 5 movies of different genres.
2. Watch one movie each day around the same time and in the same place over a 5-day period.
3. Obtain your resting heart rate prior to starting the movie and record.
4. Record your heart rate every 15 minutes for 75 minutes.
5. Avoid any caffeine, alcohol, or sugar while you're watching the movie to avoid any influence on your heart rate.
6. Compare results.

Results:



Discussion:

I really enjoyed conducting this experiment. I did this experiment over a 5 day period, watching a different genre each day. I tried to keep the same factors in to play as far as the place and time I watched these movies. I did not have any popcorn or beverages during any of the movies so there wouldn't be any other contributing factors to my heart rate. The hardest part was selecting the movies that I was going to watch. Aside from that my results were expected. I am terrified at the thought of watching any type of horror or scary movie so I knew that my heart rate would be the highest during that genre. However, I was surprised that the action movie also raised my heart rate significantly. Based off my data it also appears that longer into each of the movies my heart rate increased. Things I would have done differently include; adding more participants and watching movies I had never seen before. I think that yes, this experiment did show that heart rates can change depending on the type of movie you are watching but it probably also depends on the type of person you are and your preferences. Some people might really enjoy watching horror movie and might not have any changes in heart rate.

Conclusion:

- Heart rates can change based on genre of movie.
- Movie preference could attribute to heart rate changes.
- The higher your heart rate, the harder your heart is working.