

# Want to improve your putt? Try listening to jazz

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Clarkson University Assistant Professor of Physical Therapy & Physician Assistant Studies Ali Boolani putts.

Listening to jazz music while putting can boost your performance on the

putting green, according to new university research.

While any kind of music improves [performance](#) compared to listening to no music at all, jazz is the most effective musical genre for improving putting, according to a study, which was recently published in the *Journal of Athletic Enhancement*.

The 22 participants in the research were university Division I golfers, an average of 20 years old with at least eight years of golf experience. Each of them completed a series of six trials, which comprised attempting five putts at four pre-designated locations around a hole. In a randomized order, [participants](#) were required to listen to either no music or a [musical genre](#) that included classical, country, rock, jazz, and hip hop/rap while putting.

Clarkson University Assistant Professor of Physical Therapy & Physician Assistant Studies Ali Boolani says that music can enhance performance in other sports too. "Other research has shown that country music improves batting, rap music improves jump shots and running is improved by any up-temp music. But the benefit of music in fine motor control situations was relatively unknown. Hopefully, this is the first step in answering this question."

Boolani conducted the study along with Assistant Professor Timothy Baghurst, Assistant Professor Tyler Tapps, and Regents Professor Bert H. Jacobson of Oklahoma State University, and student Richard Gill of Tennessee State University.

The paper indicates that future research will be needed with a larger sample to see if the findings can be replicated.

**More information:** The paper is available online: [scitechnol.com/the-](http://scitechnol.com/the-)

[influence-o ... atory-study-vMmE.pdf](#)

Provided by Clarkson University

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