## Effects of auditory feedback for a running assist system

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Many people in recent years adopt running in daily life due to health-oriented influence. However, coaches are not always available for supervision in practicing a sport, thus people are often ended up with practicing alone. Sometimes it leads to breakdown at knee or waist by putting a burden on the body without proper knowledge of training. In this research, we employ a small sensor and a small computer to develop a practice assist system that supports people to exercise running through auditory feedback. This system focuses on the movement of the feet and gives users feedbacks with sound with some effects such as different amplitudes between left and right sound or tempo change based on a landing balance between the left and right feet or the foot contact time.

Expected users are people trying to run to maintain and improve their health. The exercise thus should not be intense for the modest effect of physical exercise.