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# ***Go Skate! The Physiological Responses and Perception of Training on Inline Skates***

College of Education and Human Services

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## **Abstract**

It is unclear how inline skate training affects the performance and enjoyment of other modes of exercises.

**PURPOSE:** The purpose of this study is to determine if inline skating is an effective and enjoyable alternative method of exercise when compared to running and using the elliptical.

**METHODS:** Each participant's functional movement, body composition, and efficiency in running, skating, and using the elliptical was assessed before and after the skate training program at 80% of each participant's age-predicted heart rate. The skate training program consisted of three 45-minute training sessions for 6 weeks. After all training and testing was completed each participant was given a questionnaire regarding their perceptions of enjoyment and preferred method of exercise. A repeated measures ANOVA in IBM SPSS was used to analyze the differences between pre- and post-tests on exercise efficiency, body composition, and functional movement.

**RESULTS:** While there were no significant differences in weight or resting heart rate, there was a significant change in blood pressure, body fat percentage and lean mass. There were also significant improvements in the elliptical average heart rate, the skate VO<sub>2</sub> and the distance traveled during skating. In addition, there was significant improvement in the FMS trunk stability push-up. All of the subjects considered participating in inline skating in the future.

**CONCLUSION:** Inline skating is an enjoyable method of exercise that also provides an effective workout that carries over to other forms of exercise, and improves core strength.