TACSM Abstract

Do Kayakers Perform More Proficiently On a Rowing Ergometer Than Rowers Perform On a Kayak Ergometer?

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Category: Undergraduate

ABSTRACT

Purpose: The purpose of this study was to determine whether there was a cross-over effect between rowing and kayaking ergometer times in elite rowers and kayakers. **Methodology :** Subjects (N=23; height (HT)= 180.34cm ±8.53; weight (WT)= 75.93kg ±14.19) were kayakers and rowers from high performance and/or colligate teams who volunteered for this study. After a ten-minute warm up, subjects were asked to complete 1000 meters on the kayak and the rowing ergometers in order. Attempts were separated by a fifteen-minute break. Subjects' times were recorded; and a one-way ANOVA was used to analyze results. **Results:** Analysis yielded differences in kayaking time between groups ($p<.001$), however no statistical significance was noted between groups in rowing time ($p<.685$). **Conclusion:** Results suggest that greater motor skills and practice are required to master kayak technique than are required to master rowing technique. Additionally, kayakers may be able to row just as quickly as rowers because of the simplicity of the rowing technique, and the fact that kayakers may have a higher level of overall fitness. However, further research is required to elucidate the mechanisms that account for these differences.