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

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

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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 VO2 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.