

RPE-FUN ANALYSIS

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Data Preparation and Analysis Background

Data were averaged between both sessions of HIIT and PLAY. The time spent in the 5 HR zones were split between Vigorous, Moderate, and Light (5/4, 3/2, and 1 respectively). All subjects with missing values were excluded at this time.

2-Sided t-tests with Bonferroni adjusted p-values

##		test	est	raw_p	bon
## mean difference	Time HIIT vs PLAY	-12.214285714	1.160883e-01	1.000000e+00	
## mean difference1	RPE HIIT vs PLAY	0.532142857	4.168298e-05	3.751468e-04	
## mean difference2	FUN HIIT vs PLAY	0.785714286	3.188423e-13	2.869581e-12	
## mean difference3	Vig % HIIT vs PLAY	-0.266928571	8.961970e-32	8.065773e-31	
## mean difference4	Mod % HIIT vs PLAY	0.182857143	4.684226e-15	4.215804e-14	
## mean difference5	RPE HIIT Sex	0.779816514	9.168659e-03	8.251793e-02	
## mean difference6	FUN HIIT Sex	0.009174312	9.681084e-01	1.000000e+00	
## mean difference7	RPE PLAY Sex	0.660550459	3.852142e-02	3.466928e-01	
## mean difference8	FUN PLAY Sex	-0.247706422	1.743412e-01	1.000000e+00	

Linear Mixed Effect Models

HIIT.RPE

##	Value	Std.Error	DF	t-value	p-value
## (Intercept)	4.86633671	0.33775697	219	14.4078056	1.508734e-33
## PLAY.FUN	0.05488515	0.07825204	219	0.7013894	4.838047e-01

##	Value	Std.Error	DF	t-value	p-value
## (Intercept)	4.0081352	0.34069880	219	11.764454	4.385963e-25
## PLAY.RPE	0.2211875	0.05638045	219	3.923124	1.170005e-04

##	Value	Std.Error	DF	t-value	p-value
## (Intercept)	3.6285876	0.33468776	219	10.841710	3.340351e-22
## HIIT.FUN	0.4439288	0.06784725	219	6.543064	4.204705e-10

##	Value	Std.Error	DF	t-value	p-value
## (Intercept)	3.733440	0.4570806	218	8.168012	2.522719e-14
## HIIT.MOD.PERC	1.043468	0.4508013	218	2.314696	2.156019e-02
## HIIT.VIG.PERC	2.124335	0.4432950	218	4.792147	3.050952e-06

##		Value	Std.Error	DF	t-value	p-value
##	(Intercept)	3.75397878	1.5345379	220	2.4463252	0.01521687
##	AGE	0.08714219	0.1050502	58	0.8295287	0.41020645