

Comparison of reaction times of high and low fitness level groups before, during and after treadmill exercise

College of Health, Physical Education and Recreation, University of Oregon - Respiratory Responses to Exercise — PT Direct

Table 2. Anthropometric characteristics and dependent variables (Mean ± SD) for each group at pretest.

Variables	PLY Group (n=12)	Control Group (n=12)	t	p
Age (years)	20.75 ± 1.42	20.83 ± 1.19	-0.155	0.878
Body height (cm)	176.08 ± 4.48	176.83 ± 4.97	-0.388	0.702
Body mass (kg)	71.98 ± 3.57	71.08 ± 3.43	0.475	0.639
Body fat (%)	18.42 ± 2.53	18.13 ± 2.84	0.265	0.793
CMJ (cm)	35.36 ± 1.55	36.06 ± 1.77	-1.028	0.315
VL (%)	102.21 ± 6.87	102.76 ± 9.29	-0.164	0.871
VM (%)	109.39 ± 5.19	110.72 ± 4.99	-0.646	0.525
GAS (%)	104.38 ± 4.58	106.74 ± 7.22	-0.957	0.349

No significant differences between groups (p>0.05).

Description: -

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Notes: Thesis, MSc in physical education, Graduate School, Eastern Illinois University, 1972.

This edition was published in 1974



Filesize: 47.101 MB

Tags: #Maximal #Estimated #Cardiorespiratory #Fitness, #Cardiometabolic #Risk #Factors, #and #Metabolic #Syndrome #in #the #Aerobics #Center #Longitudinal #Study

No evidence of the effect of cognitive load on self

All studies were level 4, except for one level 1 RCT and a level 5 case study. Neurosci Lett 431: 62—65 Available:.

Does Exercise Affect Reaction Time?

All participants were familiarized with the scale, since they had already participated in previous similar studies. Thus, we are confident that even if homozygotic participants had been over-represented in the SIM group this could not explain their better performance. In total, participants heard each vocabulary pair 4 times in total.

The effects of exercise training on physical capacity, strength, body composition and functional performance among adults with spinal cord injury: a systematic review

An interaction between age and fitness condition also emerged in ET movement time from the home key to the response key. Poor functioning can compromise independence and QoL. The accuracy was significantly higher in the high-fitness group than in the low-fitness group before exercise in the 1-back and 2-back tasks.

Dietary flavanols improve cerebral cortical oxygenation and cognition in healthy adults

No participants reported history of neurological disease or major surgery in the year preceding the study. Muscle Nerve 2008; 38: 1304—1311.

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