ABSTRACT

TITLE:	Treadmill Versus Elliptical Running Machines and Their Effects on One Mile Race Times
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PRESENTED AT:	4th Annual Natural & Behavioral Sciences Undergraduate Research Symposium, Fort Lewis College

ABSTRACT: The purpose of this study was to examine the effects of elliptical versus treadmill running machines and their effects on one mile race times. Subjects were apparently healthy individuals with previous history of running, both male and female ages 20-65 years of age. Participants were separated into three sub-groups, assigned a four week exercise program of three times per week for thirty minutes, and were pre and post tested using digital stopwatches to measure time. A one way ANOVA was used to analyze data through Microsoft Excel with a p-value of < or = .05 being significant. Findings showed that there was no statistical significance between subgroups. However, a closer look at the data revealed that while there was no statistical significance, evidence showed there to be a relationship with the hypothesis: Elliptical running machines will decrease one mile race times more than that of the control and treadmill groups. It is suggested that there be additional studies comparing elliptical running machines to treadmills in order to find statistical significances between the two.