

## A SPORTING CHANCE TO GET AHEAD WITH ATHLETIC TRAINING TECHNOLOGY

The School of Health Sciences recently received funding from the Sporting Chance Initiative to test the effectiveness of a new athletic training programme. The project was carried out in the RGU Human Performance Lab, using the School's state-of-the-art Vicon 3D Motion Analysis system, as well as Polar heart rate monitors.

Fit-Zone™ is designed to improve motor skills, reactive training, aerobic conditioning, muscular strength and endurance, flexibility and body composition. It involves stepping inside a square frame and provides the added option to perform upper torso body building movements, depending on the ability and fitness level of participants.

**The 45-minute Fit-Zone programme was found to be more effective than other more established programmes, as it achieved a higher rate of calories burnt combined with lower impact stress on joints during aerobic exercise.**

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