

# The SEKWONDO (SEniors do taeKWONDO) Study;Effects of Taekwondo training on aerobic capacity, balance, locomotion parameters, and cognitive speed in senior persons.

Published: 07-09-2009

Last updated: 15-05-2024

To investigate whether a one year Taekwondo training one hour a week improves dynamic locomotion aspects and balance parameters in middle-aged, healthy persons. Cardio-respiratory function and static movement components will also be measured.

<b>Ethical review</b>	Approved WMO
<b>Status</b>	Recruitment stopped
<b>Health condition type</b>	Other condition
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON33200

### Source

ToetsingOnline

### Brief title

SEKWONDO STUDY

### Condition

- Other condition

### Synonym

ageing

### Health condition

gezonden

## **Research involving**

Human

## **Sponsors and support**

**Primary sponsor:** Medisch Universitair Ziekenhuis Maastricht

**Source(s) of monetary or material Support:** Ministerie van OC&W

## **Intervention**

**Keyword:** balance, physical fitness, seniors, taekwondo training

## **Outcome measures**

### **Primary outcome**

To investigate whether a one year Taekwondo training one hour a week improves balance parameters in middle-aged, healthy persons.

### **Secondary outcome**

To investigate whether a one year Taekwondo training one hour a week improves cardio-respiratory capacity , static and dynamic movement components, and some aspects of cognitive speed.

## **Study description**

### **Background summary**

The quality of locomotion decreases with age, and especially its so-called dynamic components, which are conditional for normal walking ability. Programs aiming at improving locomotion quality mainly direct at the static components, whereas Taekwondo training aims to improve especially dynamic movement components.

### **Study objective**

To investigate whether a one year Taekwondo training one hour a week improves dynamic locomotion aspects and balance parameters in middle-aged, healthy

persons. Cardio-respiratory function and static movement components will also be measured.

### **Study design**

Intervention study, with each participant serving as his/her own control

### **Intervention**

One year Taekwondo training, at least one hour a week.

### **Study burden and risks**

generally, the intervention, Taekwondo training is, even in seniors, experience not only not as a burden, but great fun. There is a small chance of minor bruises. The measurements are not invasive, and are in regards to duration and intensity unlikely to be experienced as burdensome.

## **Contacts**

### **Public**

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### **Scientific**

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## **Trial sites**

### **Listed location countries**

Netherlands

## Eligibility criteria

### Age

Adults (18-64 years)

Elderly (65 years and older)

### Inclusion criteria

healthy men and women between 40 and 75 years

### Exclusion criteria

- Psychiatric affliction (under current psychiatric treatment)
- Disease of nervous system or locomotion that are expected to interfere with training
- Use of oral anticoagulants
- Negative judgment of any treating physician, program neurologist or cardiologist, after respective investigations, including the exercise ECG test

## Study design

### Design

**Study type:** Interventional

Masking: Open (masking not used)

Control: Uncontrolled

Primary purpose: Other

### Recruitment

NL

Recruitment status: Recruitment stopped

Start date (anticipated): 15-09-2009

Enrollment: 24

Type: Actual

## Ethics review

Approved WMO

Date: 07-09-2009

Application type: First submission

Review commission: METC academisch ziekenhuis Maastricht/Universiteit Maastricht, METC azM/UM (Maastricht)

Approved WMO

Date: 28-10-2009

Application type: Amendment

Review commission: METC academisch ziekenhuis Maastricht/Universiteit Maastricht, METC azM/UM (Maastricht)

Approved WMO

Date: 24-02-2010

Application type: Amendment

Review commission: METC academisch ziekenhuis Maastricht/Universiteit Maastricht, METC azM/UM (Maastricht)

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

### Other (possibly less up-to-date) registrations in this register

ID: 22354

Source: NTR

Title:

### In other registers

Register	ID
CCMO	NL28788.068.09
Other	volgt
OMON	NL-OMON22354