

Cycling with arms and legs.

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The primary objective of this study is to determine whether adding arm-propulsion to regular cycling, increases the total power output (arms and legs). The secondary objectives of this study are to determine differences in cycling efficiency (Work...

Ethische beoordeling	Positief advies
Status	Werving nog niet gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON26883

Bron

Nationaal Trial Register

Aandoening

N.A.

Ondersteuning

Primaire sponsor: Maastricht University

Overige ondersteuning: This study does not receive any funding.

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

The difference in total power output, in percentage, between the regular cycling test and the combined arm- and leg cycling test will be the primary outcome of this study.

Toelichting onderzoek

Doel van het onderzoek

The primary objective of this study is to determine whether adding arm-propulsion to regular cycling, increases the total power output (arms and legs).

The secondary objectives of this study are to determine differences in cycling efficiency (Work (Joule)/millilitre O₂), heart rate, muscle activation, VO₂, and rated perceived exertion (RPE) between regular cycling and combined arm- and leg cycling.

Onderzoeksopzet

After approval by MEC, inclusion will start. For each subject the trial will last approximately two weeks.

Onderzoeksproduct en/of interventie

The intervention in this study is cycling with additional arm propulsion. The control intervention is regular cycling, with only leg propulsion.

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

- Men and women aged 18 – 35 years.
- $19 \text{ kg/m}^2 < \text{BMI} < 25 \text{ kg/m}^2$.
- Able to read and understand Dutch.
- Playing sport/exercising.
- Informed consent (IC).

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

- Hypertension.
- (Previous) cardiovascular disease.
- (Previous) respiratory disease.
- Diabetes mellitus.
- Other assessed physical impairments that reduce performance during cycling.
- Performance of strenuous physical activity before the tests.
- Any condition that according to the researchers would interfere with the tests.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Cross-over
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd

Controle: Geneesmiddel

Deelname

Nederland
Status: Werving nog niet gestart
(Verwachte) startdatum: 06-04-2015
Aantal proefpersonen: 18
Type: Verwachte startdatum

Ethische beoordeling

Positief advies
Datum: 20-03-2015
Soort: Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

ID: 42125
Bron: ToetsingOnline
Titel:

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL4863
NTR-old	NTR5108
CCMO	NL52388.068.15
OMON	NL-OMON42125

Resultaten