

The Analysis of Two Different Types of Tapers on Exercise Performance

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ABSTRACT

The purpose of this study was to compare the differences in a step taper and an exponential decay taper across time. The subjects were randomly divided into two groups, the step ($n = 9$) or exponential decay ($n = 11$) group. The participant's baseline tested, trained for 4 weeks, pre tested, tapered for one week, and then post tested. The exponential group (15.56 ± 1.33 ; 10.64 ± 1.21) had a significantly lower RPE compared to the step group (16.20 ± 2.68 ; 11.13 ± 0.64) in stage 4 of the pretest and in stage 2 of the posttest ($p \leq .05$). The exponential group (107.22 ± 15.06 ; 127.33 ± 22.25) had a significantly higher HR compared to the step group (103.71 ± 7.41 ; 125.14 ± 13.50) in stage 1 and 2, of the pretest ($p \leq .05$). In conclusion, there is no significant benefit for one taper over the other.

