TACSM Abstract

Effect of Partner and Individual Exercise on Motivation and Fitness

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ABSTRACT

Research has shown that motivation is a key component for exercise adherence. Some have reported that exercising with a partner is more effective to obtaining goals rather than working out individually. PURPOSE: To assess motivation and fitness levels between individual and partnered workouts after four weeks of training. METHODS: Sixteen participants (age: 24.3±2.2, height: 67.4±3.2, weight: 187.9±44.6) performed baseline testing, four weeks of circuit training, and post testing in either individual (IG) or partnered (PG) sessions. The participants were also given a motivation questionnaire pre and post tests. ANOVAs were used to determine differences in how long they lasted on the Bruce, Bruce submaximal RPE, and Bruce submaximal HR from pre- to post-testing between IG and PG. Significance was set with Alpha < .05. RESULTS: There was no significant difference for any of the measured variables between the groups, p > .05. CONCLUSION: In this convenient sample, exercising alone or with a partner did not affect motivation or fitness variables after four weeks of training. Motivation may be affected by personality, competitiveness, social insecurities, or other variables.