

## ABSTRACT

### COMPARING PERCEPTION OF EXERTION AND ENJOYMENT BETWEEN EXERGAMING AND TREADMILL EXERCISE

There is an increasing physical inactivity problem in the United States. This study compared exergaming to traditional treadmill walking in an attempt to determine if it would be a viable exercise alternative. Rate of perceived exertion (RPE) and enjoyment between isocaloric bouts of Dance Dance Revolution (DDR) and treadmill walking exercise were compared. In addition, this study evaluated the effect of exergaming on reaction and movement time. Eighteen, 18-28 year old students participated in the study. Participants were novices at DDR, and all participants practiced the game for two, 30-minute practice sessions prior to testing. An OMNI RPE scale and Likert enjoyment scale were utilized to determine RPE and enjoyment differences in exercise modes. Pre and post-participation reaction time and movement time were also compared. Although the RPE was not significantly different ( $p>.05$ ) between exercise modes, enjoyment was significantly higher ( $p<.05$ ) following the exergaming session. Reaction and movement time were significantly lower following participation in DDR. Due to its rising popularity and favorable enjoyment rating, exergaming is a valuable alternative to traditional modes of exercise for increasing physical activity participation.

Lisa Janzen Leininger  
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