

The Acute Effect of Moderate Intensity Stair-Climbing on Postprandial Blood Glucose

NCT Number: Not assigned yet

February 24, 2016

Sample size was determined with G*power3 based on the results from pilot data of 0, 3 and 10 min stair climbing bouts (32 steps up and down) at self-selected stepping rate following consumption of a 75 g glucose drink. Specifically, with an effect size of $\eta^2 = .144$ and average correlation among repeated measures for the glucose area under curve of $r = -.26$ we calculated that a total sample size of $N = 22$ would be necessary to achieve power $(1 - \beta) \geq 80\%$ at the predetermined α . Allowing for an attrition rate of 25% we will enroll a total of 30 participants.

Data will be analyzed with a 4 way repeated measures analysis of variance. The Level of significance will be set a priori at $\alpha \leq .05$