Candidate: Neil Deochand
For the degree of: Doctor of Philosophy
Department: Psychology

Title: Assessing a Punching Bag Feedback Performance Device

Committee: Dr. R. Wayne Fuqua, Chair
Dr. Ron Van Houten
Dr. Anthony DeFulio
Dr. Derek Reed

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11 a.m. to 1 p.m.
2734 Wood Hall

Physical exercise has been integrated into treatment efforts in reversing the number of overweight and obese individuals (Ueno, et al., 1997). Furthermore, exercise extends mortality, enhances general quality of life (Fitterling, Martin, Gramling, Cole, & Milan, 1988), and it is a protective health factor for preventing the progression some mental health disorders (Strohle, 2009). Electronic athletic training equipment easily allows people to monitor their real-time physical activity, and to track their training progress. There are limitations to only using visual feedback (e.g., visual depictions of heart rate, speed, distance traveled, or calories burned etc.) to track and improve exercise and athletic performance, especially for some sports, such as boxing. This issue could be addressed by incorporating real-time audio along with visual feedback on crucial dimensions of a boxing workout. The
study proposed herein is designed to evaluate if the audio/visual feedback package using a multiple baseline design across subjects results in better workouts and improved athletic performance, when compared to a standard punching bag workout.