A PROGRAMMING COMPARISON: THE APRE VS LINEAR PERIODIZATION IN SHORT TERM PERIODS

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ABSTRACT

This study compares the effectiveness of improving absolute strength and power for Linear Periodization and Autoregulatory Progressive Resistance Exercise (APRE) protocol in short term periods in Division One Football Bowl Subdivision athletes. The study examined changes in the Squat, Bench Press, Hang Clean, 225 Bench Press Repetitions test, and vertical jump converted to power using the Sayers equation. Also examined was the difference between somatotypes as to how they gained strength differently.

The research identified the APRE as being significantly more effective at improving strength for the Squat, Bench Press, Hang Clean as well as power. There was no significant difference found between groups for the 225 repetitions test. There was no significant difference found between the different somatotype groups.