

Walking football for health

Submission date 13/08/2024	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered <input type="checkbox"/> Protocol
Registration date 14/08/2024	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
Last Edited 21/01/2026	Condition category Other	<input type="checkbox"/> Individual participant data

Plain English summary of protocol

Background and study aims

Walking football is a new form of exercise football that is played at a walking pace and has grown in popularity around the world in recent years. The aim of this study is to evaluate the effects of 12 weeks of walking football on physically inactive older age adults.

Who can participate?

Men and women over the age of 60 years with low physical activity and no previous experience of playing walking football

What does the study involve?

Participants played walking football twice a week (2 x 40 minutes) for 12 weeks. Laboratory tests were conducted before and after the intervention to measure fitness, strength, balance, and body composition.

What are the possible benefits and risks of participating?

Possible benefits include improved physical health and social contact. Sustaining an injury could be a possible risk, but medical doctors are connected to the project and will assist if an injury is sustained by a participant.

Where is the study run from?

The project is a collaboration between the Department of Nutrition and Sports Science and Sahlgrenska University Hospital at the University of Gothenburg, the Swedish School of Sport and Health Sciences in Stockholm, Umeå University and the Swedish Football Association.

When is the study starting and how long is it expected to run for?

September 2022 to December 2024

Who is funding the study?

The Swedish Football Association

Who is the main contact?

Dr Andreas Caspers, andreas.caspers@gu.se

Contact information

Type(s)

Public, Scientific

Contact name

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Principal investigator

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Additional identifiers

Clinical Trials Information System (CTIS)

Nil known

ClinicalTrials.gov (NCT)

Nil known

Protocol serial number

V1.0

Study information

Scientific Title

Walking football for men and women 60+: a 12-week intervention

Acronym

WFH

Study objectives

Physically inactive older adults will increase several cardiometabolic and physiological variables after 12 weeks of two sessions of walking football per week.

Ethics approval required

Ethics approval required

Ethics approval(s)

1. approved 10/06/2023, Swedish Ethical Review Authority (Box 2110, Uppsala, 75002, Sweden; +46 (0)10-475 08 00; registrator@etikprovning.se), ref: 2023-02309-01
2. approved 11/12/2023, Swedish Ethical Review Authority (Box 2110, Uppsala, 75002, Sweden; +46 (0)10-475 08 00; registrator@etikprovning.se), ref: 2023-06704-02

Study design

Multicentre non-randomized single-arm study

Primary study design

Interventional

Study type(s)

Safety, Treatment, Other

Health condition(s) or problem(s) studied

Physical inactivity

Interventions

Walking football played twice per week (2 x 40 minutes) for 12 weeks

Intervention Type

Behavioural

Primary outcome(s)

Measured at baseline and after the completion of 12 weeks of walking football:

1. Estimated VO₂Max measured using submaximal cycle ergometer test (Monark 828 Varberg, Sweden). Mean steady-state heart rate was registered during the last minute at two work rates
2. Blood pressure (mmHg) measured two consecutive times with an automatic blood pressure cuff (Omron M3 Comfort 2020, Omron Inc, Kyoto, Japan)
3. Waist circumference measured with one decimal precision in centimetres, midway between the lower rib margin and the iliac crest using a tape measure

Key secondary outcome(s)

Measured at baseline and after the completion of 12 weeks of walking football:

1. Body mass measured using DXA scanner
2. Fat mass measured using DXA scanner
3. Fat-free mass measured using DXA scanner
4. Bone-mineral density measured using DXA scanner
5. HDL-cholesterol measured from a blood sample
6. LDL-cholesterol measured from a blood sample
7. CRP measured from a blood sample
8. Triglycerides measured from a blood sample

9. HbA1c measured from a blood sample
10. Jump height (cm) measured with the software My Jump 2 on a portable unit (iPad or iPhone)
11. Grip strength (kg) measured with a hand dynamometer
12. Balance (number of foot rests) measured with a modified flamingo test
13. Mobility (seconds) measured with the Timed Up and Go

Completion date

31/12/2024

Eligibility

Key inclusion criteria

1. Self-reported low level of physical activity
2. 60 years of age or older
3. No previous experience of regularly playing walking football

Participant type(s)

Healthy volunteer

Healthy volunteers allowed

No

Age group

Mixed

Lower age limit

60 years

Upper age limit

100 years

Sex

All

Total final enrolment

39

Key exclusion criteria

Use of walking aid

Date of first enrolment

01/06/2023

Date of final enrolment

01/08/2023

Locations

Countries of recruitment

Sweden

Study participating centre

Idrottshögskolan

Skånegatan 14B

Gothenburg

Sweden

411 40

Study participating centre

The Swedish School of Sport and Health Sciences

Lidingövägen 1

Stockholm

Sweden

11433

Sponsor information

Organisation

University of Gothenburg

ROR

<https://ror.org/01tm6cn81>

Funder(s)

Funder type

Other

Funder Name

The Swedish Football Association

Results and Publications

Individual participant data (IPD) sharing plan

The datasets generated during and/or analysed during the current study will be available upon request from Dr Andreas Caspers (andreas.caspers@gu.se)

IPD sharing plan summary

Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article		06/02/2025	21/01/2026	Yes	No