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Walking football for health

Submission date 13/08/2024	**Recruitment status** No longer recruiting	[_] Prospectively registered [_] Protocol [_] Statistical analysis plan [X] Results [_] Individual participant data
Registration date 14/08/2024	**Overall study status** Completed	
Last Edited 02/11/2026	**Condition category** Other	

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

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Additional identifiers

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

Primary study design
Interventional

Study design
Multicentre non-randomized single-arm study

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
Results article		30/10/2026	02/11/2026	Yes	No