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# The impact of rope jumping exercise on physical fitness of visually impaired students

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### Abstract

The main purpose of this study was to investigate the impact of rope jumping exercise on the health-related physical fitness of visually impaired students. The participants' physical fitness was examined before and after the training. The exercise intensity of the experimental group was controlled with Rating of Perceived Exertion (RPE) (values ranging from 11 to 15), while the control group did not participate in the exercise. A dependent samples *t*-test indicated significant differences in both groups between pre- and post-training. Through ANCOVA analysis, there was a significant difference ( $p < .05$ ) in the flexibility and aerobic capacity for the experimental group and a significant improvement on their physical fitness ( $p < .05$ ).



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## Keywords

Rope jumping; Visually impaired; Health-related physical fitness

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