

PACE-FITNESS-STUDY a scientific project of the German Sport University Cologne

The Department of Physiology and Anatomy of the German Sport University Cologne is carrying out a long-term epidemiologic project: the PACE-Study (Performance, Age, Competition, Exercise). Its aim is the documentation of complex interactions between training, age, motivation to engage in physical activity, lifestyle factors and physical performance.

Athletes from all age segments, sports and from all levels of performance are invited to participate in our online survey (www.dshs-koeln.de/pace).

Effects of training vs. effects of ageing

First results prove that Lifestyle-related factors have a considerably stronger impact on health and age related processes than biological ageing itself. Masters athletes in particular provide compelling evidence that extraordinary performance is possible even at an advanced age. However, a lot of questions remain unanswered as to how the athletes are able to attain and maintain this level of performance. This is the angle PACE tries to tackle the issue from: Important fact pertaining to Training regimen and competitive habits are collected from a broad selection of sport by means on an online-survey.

Calculate individual Data

Every athlete that has completed the survey will be able to calculate some interesting information based on his personal data (Body-Mass-Index; daily energy expenditure at rest work and sports; Heart rate frequency ranges for a more effective running training). Marathon- and half marathon-Runners can compare their personal results wit those of over 400.000 results from German races between 2003-2007.

Results online

More than 15.000 athletes have participated in the PACE survey to this date. Participants interested in the way their data is used can access the published results on our website..