# Effects of Core Endurance Training on Athletic Performance Indicators in College-Aged Individuals

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Core training has recently been a popular topic in strength and conditioning and rehabilitation research. This is due to the role core musculature plays in the prevention and rehabilitation of injuries, as well as the execution of sport-specific skills. The purpose of this study was to identify the relationship between core endurance training and performance on the T-Test for agility and the 12-minute Cooper's Test for endurance. A sample of convenience was taken from healthy men and women aged 18-30 who participate in "medium activity", as defined by the CDC. Baseline testing was administered for the T-Test and Cooper's Test, followed by a 6-week core endurance exercise program for the experimental group. Follow-up results demonstrated a non-significant improvement in both the T-test and Cooper's Test in the experimental group, and in the T-test for the control group. The control group, however, demonstrated decreased performance in the Cooper's Test.