

عنوان مقاله:

DESIGN AND MANUFACTURE OF SPECIAL BADMINTON AGILITY TEST AND EVALUATE CONVERGENCE WITH STANDARDIZED AGILITY TESTS IN TRAINED YOUNG MEN

محل انتشار:

اولین همایش ملی تازه های پژوهش در فیزیولوژی ورزشی (سال: 1400)

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خلاصه مقاله:

Background & Aims: Sport specific test protocols to measure the ability of different sports athletes is very important. The purpose of this study was to design an agility test in Badminton as well as evaluation of the designed test with the standardized agility tests in trained young men. Materials & Methods: ۳۰ trained young men participated in this study with a mean (Age \pm SD 21.56 ± 1.61 Years, Height 173.56 ± 3.82 Cm, BMI 22.46 ± 2.78 Kg/m², fat percent 7.30 ± 2.70). Participants performed all of the agility tests in one session with the ۱۰ min rest intervals. The performances of the participants are recorded immediately after test administrations. Descriptive statistics were used to classify the collected data. Shapiro-Wilk test was used for checking normality of the data and we used of Pearson correlation coefficient test for analysis of research hypotheses. Results: The finding of study showed that there is a significant correlation between X agility test and tests of agility (Simo, Two diagonal, Illinois, ۴*۹m shuttle run, Compass Drill) T-test) which this correlation coefficient was significantly high. Conclusion: The results of this study indicated that the .designed X agility test is a valid test and it can be used as a test for evaluating agility in badminton

کلمات کلیدی:

Agility, Badminton, Test

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