



Effects of Plyometric Training on the Agility, Speed, and Explosive Power of Male Collegiate Badminton Players

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Background: Plyometric training involves dynamic activities such as hopping, jumping, skipping, and bounding, and is used to improve dynamic muscle performance. The study aims to determine the effects of a 3-week plyometric training program on the explosive strength (standing broad jump [SBJ]), speed (30-meter sprint), and agility (t-test) of badminton players.

Methods: The study recruited 102 eligible subjects who were randomly divided into two groups (51 per group). Both groups were initially tested for agility, speed, and strength. Thereafter, the experimental group underwent the plyometric exercise program twice per week for 3 weeks with a 2-day recovery period in between sessions. During the 3 weeks, the control group continued its routine exercise without plyometric training. After 3 weeks, the study tested both groups for agility, speed, and strength.

Results: The agility of the experimental group after plyometric training (pre = 10.51 ± 0.35 vs. post = 9.74 ± 0.39 s) was significantly improved [$t(100) = 9.941$, $p < 0.001$] compared with the control group (10.65 ± 0.29 vs. 10.53 ± 0.33 s). Performance in terms of speed was significantly increased [$t(100) = 4.675$, $p < 0.001$] for the experimental group (pre = 4.58 ± 0.35 vs. post = 4.06 ± 0.45 s) compared with the control group (pre = 4.62 ± 0.29 vs. post = 4.47 ± 0.34 s). The experimental group (pre = 181.17 ± 6.05 vs. post = 178.30 ± 5.97 s) exhibited a substantial improvement [$t(100) = 4.95$, $p < 0.001$] in terms of explosive power compared with that of the control group (pre = 183.02 ± 3.89 vs. post = 183.88 ± 3.91 s).

Conclusion: The findings emphasize the benefits of plyometric training in increasing the performance level required during movements in badminton. Plyometrics can help badminton players enhance their agility, speed, and explosive power.

Keywords: Agility, Functional performance, Plyometric exercise, Power

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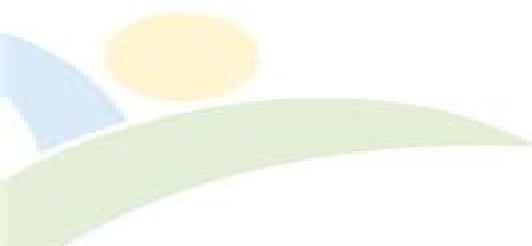
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and we decided with the publisher to transfer this knowledge to readers interested in the current understanding of the impact of biomechanics in the analysis of movement and its optimization The main objective is to provide some interesting articles that show the scope of biomechanical analysis and technologies in human behavior tasks Engineers researchers and students from biomedical engineering and health sciences as well as industrial professionals can benefit from this compendium of knowledge about biomechanics applied to the human body The American Reports Isaac Grant Thompsom,Irving Browne,1877

Strength and Conditioning Gavin L. Moir,Moir,2015-02-27 Written for both the undergraduate graduate level student as well as practitioners in the field this text incorporates all programming aspects of strength and conditioning including training methods to develop muscular strength and power flexibility and the development of effective warm up regimens Performance analysis techniques in sport are introduced while the constraints led approach to motor skills acquisition is presented as a framework that can guide the development of practices for the strength and conditioning practitioner The biomechanical and motor skill acquisition concepts introduced in the text are then applied to fundamental movements including jumping landing and sprint running Key Features Provides a solid introduction to biomechanics pertinent to the study of human movements Discusses the performance analysis techniques in sport that can be used by the strength and conditioning practitioner to determine the physiological mechanical and technical demands of specific sports and also the assessment of the techniques used in the execution of sport specific skills Includes a critical review of the different approaches to motor skill acquisition Incorporates clear learning objectives and worked examples in each chapter that allow readers to apply the concepts to real life situations Discusses the application of the most recent research pertinent to concepts in each chapter Includes appendices to expand on some of the more complex mathematical techniques required to perform biomechanical analyses and useful resources to aid the student in locating and evaluating scientific evidence

Strength Training for Lacrosse NSCA -National Strength & Conditioning Association,Joel Raether,Matt Nein,2024-12-06 The game of lacrosse requires athletes to be quick agile and powerful Resistance training contributes significantly to the development of speed agility endurance and strength ultimately making a lacrosse athlete more formidable on the field Developed with the expertise of the National Strength and Conditioning Association NSCA Strength Training for Lacrosse provides an overarching biomechanical analysis of lacrosse and specific analyses of the physical demands of each position defenders midfielders attackers and goalies Using these analyses you can design an effective training program that translates to performance on the field You will also find the following 10 detailed protocols to test strength power speed agility and high intensity endurance capacity 13 total body resistance exercises with 8 variations 16 lower body exercises with 10 variations 29 upper body exercises with 21 variations 20 anatomical core exercises with 19 variations 53 sample programs for off season preseason in season and postseason resistance training For each exercise you will find a series of photos and a detailed list of primary muscles trained beginning position and movement phases breathing

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Essentials of Strength Training and Conditioning NSCA -National Strength & Conditioning Association,2021-06 Developed by the National Strength and Conditioning Association NSCA and now in its fourth edition Essentials of Strength Training and Conditioning is the essential text for strength and conditioning professionals and students This comprehensive resource created by 30 expert contributors in the field explains the key theories concepts and scientific principles of strength training and conditioning as well as their direct application to athletic competition and performance The scope and content of Essentials of Strength Training and Conditioning Fourth Edition With HKPropel Access have been updated to convey the knowledge skills and abilities required of a strength and conditioning professional and to address the latest information found on the Certified Strength and Conditioning Specialist CSCS exam The evidence based approach and unbeatable accuracy of the text make it the primary resource to rely on for CSCS exam preparation The text is organized to lead readers from theory to program design and practical strategies for administration and management of strength and conditioning

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The Challenges of the Digital Transformation in Education Michael E. Auer,Thrasyvoulos Tsiatsos,2019-02-28 This book offers the latest research and new perspectives on Interactive Collaborative Learning and Engineering Pedagogy We are currently witnessing a significant transformation in education and in order to face today s real world challenges higher education has to find innovative ways to quickly respond to these new needs Addressing these aspects was the chief aim of the 21st International

Conference on Interactive Collaborative Learning ICL2018 which was held on Kos Island Greece from September 25 to 28 2018 Since being founded in 1998 the conference has been devoted to new approaches in learning with a special focus on collaborative learning Today the ICL conferences offer a forum for exchanging information on relevant trends and research results as well as sharing practical experiences in learning and engineering pedagogy This book includes papers in the fields of New Learning Models and Applications Pilot Projects Applications Project based Learning Real world Experiences Remote and Virtual Laboratories Research in Engineering Pedagogy Technical Teacher Training It will benefit a broad readership including policymakers educators researchers in pedagogy and learning theory school teachers the learning industry further education lecturers etc Navy Lifeline ,1982 Scientific and Technical Aerospace Reports ,1994-08 **Reports** ,1888

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