A COMPARISON OF SOME PHYSICAL AND PHYSIOLOGICAL PARAMETERS OF FEMALE STUDENTS STUDYING AT ATATURK UNIVERSITY

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Abstract

The aim of this study is to compare some physical and physiological properties of 16 female students who have got 8-week quick power training with 11 sedentary female students. 27 female students from Department of Physical Education and Sports, Education Faculty, Ataturk University, have voluntarily joined this study. In the study, ages, heights, weights, vertical jump distance, anaerobic power, and standing long jump distance have been measured with measuring instruments. Statistical analysis of the data acquired from the subjects has been made with t-test on paired and unpaired groups. The average age and height of the females in the experimental group (n=16) are 20,87 years and 1.66 meters. The average age and height of the females in the control group (n=11) are 20,27 years and 1,66 meters. As a result of the study, a significant rising has been found on the levels of vertical jump distance, standing long jump distance and anaerobic power of the experimental group (p<0,01 and p< 0,05).

Keywords: Physical parameters, Anaerobic power, Jumping, Coordination.
References