

Effects of Vertimax Training on Agility, Quickness and Acceleration

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Abstract : In total, 29 students studying in Selçuk University Physical Training and Sports School who are recreationally active participated voluntarily in this study which was carried out in order to examine effects of Vertimax trainings on agility, quickness and acceleration. 3 groups took their parts in this study as Vertimax training group (N=10), Ordinary training group (N=10) and Control group (N=9). Measurements were carried out in performance laboratory of Selçuk University Physical Training and Sports School. A training program for quickness and agility was followed up for subjects 3 days a week (Monday, Wednesday, Friday) for 8 weeks. Subjects taking their parts in vertimax training group and ordinary training group participated in the training program for quickness and agility. Measurements were applied as pre-test and post-test. Subjects of vertimax training group followed the training program with vertimax device and subjects of ordinary training group followed the training program without vertimax device. As to control group who are recreationally active, they did not participate in any program. 4 gate photocells were used for measuring and measurement of distances was carried out in m. Furthermore, single gate photocell and honi were used for agility test. Measurements started with 15 minutes of warm-up. Acceleration, quickness and agility tests were applied on subjects. 3 measurements were made for each subject at 3 minutes resting intervals. The best rating of three measurements was recorded. 5 m quickness pre-test value of vertimax training groups has been determined as $1,11 \pm 0,06$ s and post-test value has been determined as $1,06 \pm 0,08$ s ($P < 0,05$). 5 m quickness pre-test value of ordinary training group has been determined as $1,11 \pm 0,06$ s and post-test value has been determined as $1,07 \pm 0,07$ s ($P < 0,05$). 5 m quickness pre-test value of control group has been determined as $1,13 \pm 0,08$ s and post-test value has been determined as $1,10 \pm 0,07$ s ($P > 0,05$). Upon examination of 10 m acceleration value before and after the training, 10 m acceleration pre-test value of vertimax training group has been determined as $1,82 \pm 0,07$ s and post-test value has been determined as $1,76 \pm 0,83$ s ($P > 0,05$). 10 m acceleration pre-test value of ordinary training group has been determined as $1,83 \pm 0,05$ s and post-test value has been determined as $1,78 \pm 0,08$ s ($P > 0,05$). 10 m acceleration pre-test value of control group has been determined as $1,87 \pm 0,11$ s and post-test value has been determined as $1,83 \pm 0,09$ s ($P > 0,05$). Upon examination of 15 m acceleration value before and after the training, 15 m acceleration pre-test value of vertimax training group has been determined as $2,52 \pm 0,10$ s and post-test value has been determined as $2,46 \pm 0,11$ s ($P > 0,05$). 15 m acceleration pre-test value of ordinary training group has been determined as $2,52 \pm 0,05$ s and post-test value has been determined as $2,48 \pm 0,06$ s ($P > 0,05$). 15 m acceleration pre-test value of control group has been determined as $2,55 \pm 0,11$ s and post-test value has been determined as $2,54 \pm 0,08$ s ($P > 0,05$). Upon examination of agility performance before and after the training, agility pre-test value of vertimax training group has been determined as $9,50 \pm 0,47$ s and post-test value has been determined as $9,66 \pm 0,47$ s ($P > 0,05$). Agility pre-test value of ordinary training group has been determined as $9,99 \pm 0,05$ s and post-test value has been determined as $9,86 \pm 0,40$ s ($P > 0,05$). Agility pre-test value of control group has been determined as $9,74 \pm 0,45$ s and post-test value has been determined as $9,92 \pm 0,49$ s ($P > 0,05$). Consequently, it has been observed that quickness and acceleration features were developed significantly following 8 weeks of vertimax training program and agility features were not developed significantly. It is suggested that training practices used for the study may be used for situations which may require sudden moves and in order to attain the maximum speed in a short time. Nevertheless, it is also suggested that this training practice does not make contribution in development of moves which may require sudden direction changes. It is suggested that productiveness and innovation may come off in terms of training by using various practices of vertimax trainings.

Keywords : vertimax, training, quickness, agility, acceleration

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