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The Effect of Static Balance Enhance by Table Tennis Training Intervening on Deaf Children

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Abstract : Children with hearing impairment have deficits of balance and motors. Although most of parents teach deaf children communication skills in early life, but rarely teach the deficits of balance. The purpose of this study was to investigate whether static balance improved after table tennis training. Table tennis training was provided four times a week for eight weeks to two 12-year-old deaf children. The table tennis training included crossover footwork, sideway attack, backhand block-sideways-flutter forehand attack, and one-on-one tight training. Data were gathered weekly and statistical comparisons were made with a paired t-test. We observed that the dominant leg is better than the non-dominant leg in static balance and girl balance ability is better than boy. The final result shows that table tennis training significantly improves the deaf children's static balance performance. It indicates that table tennis training on deaf children helps the static balance ability.

Keywords : deaf children, static balance, table tennis, vestibular structure
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