

Effects of Static Stretching Exercises on Flexibility and Sprint Performance in Inactive Healthy Girls

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Abstract : The aim of this study was to examine the acute effects of static stretching exercises on the flexibility and sprint performance in 10-12 years old inactive healthy girls. A total of 27 girls were randomly divided into control group (n=15) and stretching group (n=12) who performed static stretching. Sit and reach flexibility and 30-meter sprint pre-tests were performed for both groups. Static stretching exercises were performed three times, 30 sec. practice and 15 sec. rest for each leg only on five muscle by stretching group. The post-tests were performed in five minutes after static stretching exercise. Paired t-test was used to analyze differentiations among the group parameters. According to research results, there is a significant difference between pre-test and post-test flexibility ($p < 0.05$) and sprint test results ($p < 0.01$). As a conclusion of the study, static stretching exercises improve flexibility but decrease sprint performance in 10-12 years old inactive healthy girls.

Keywords : flexibility, inactive girl, sprint, static stretching

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