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COMPARISON OF FLEXIBILITY AND BALANCE PARAMETERS BETWEEN THE SPORT BRANCHES OF THE GIRLS AT THE FACULTY OF SPORTS SCIENCES

R. Nazım Saraçoğlu[1], Ahmet Şirinkan[1i], Sertaç Erciş[1], Nurcan Demirel[2]

[1]Atatürk University, Faculty of Sport sciences, Department of Recreation, Erzurum, Turkey

[2]Atatürk University, Faculty of Sport sciences, Department of Trainer Education, Erzurum, Turkey

Abstract:

Purpose of Study: The aim of this research is studying the 1st class of female sports students science faculty according to school entry branch flexibility and balance parameters of the end of the year (2015-2016 school year). **Material and Methods**: Research the faculty of sports science teaching, coaching, sports management and recreation section 1 and 2 of the teaching students. 155 students participated: 45 of the subject females and 110 males. Student faculty input branches of the winter sports (skiing, tobogganing, ice skating, ice hockey, curling), volleyball, gymnastics, basketball and handball students, with sit-and-reach flexibility, measurement tool for the study of static and dynamic balance measuring device was used. In addition, the flexibility of the students arm-back, reverse back flexibility were determined. Dynamic equilibrium in the balance measurements were static balance and one foot left-right balance measurements. Measurements were made before the 15-minute warm-opening-stretching. **Analysis:** The obtained data were recorded for between branches comparisons. The age of the subjects was analyzed section and the branch distribution. **Findings and Results:** According to research results, it is found that dynamic balance and static balance measurements of athletes who are interested in winter sports (skiing, tobogganing, ice skating, ice hockey, curling) are much better than dynamic balance and static balance measurements of athletes who are interested in team sports

[i] Correspondence: email asirinkan@hotmail.com

(volleyball, basketball and handball). Also, it is seemed that dynamic balance and static balance data of gymnastic branch students are better than team sport athletes' data.

Keywords: flexibility, balance, sport, parameters

1. Introduction

Sport is an area of work where basic motoric features are frontal. Features of people who is interested in this area as strength, speed, balance, skill, flexibility, coordination and promptness should be much more developed compared with other people's features.

It is important that these features of people, who want to be trained or be competitive, especially in a sports branch, are developed or sustainable for development. If a person will be directed to any sport branch at a young age, along with the basic motor skills of the children, the talents and interests should be investigated and talent selection should be made. The talent selection will determine children's future sport career.

Athletes, who are educated in TOHM (Turkish Olympic Preparation Center) which is instructor, guide the selection process and athlete training policy in our country in recent years, are scientifically prepared and trained for performing these issues. Most of TOHM athletes that take part in Turkish National Team show the efficiency of these centers.

Sport science students who participated to our research, especially interested in winter sports, should also be athletes in our national teams, reveal the significant results in dynamic balance and static balance data.

2. Material and Method

155 students, who are first and second grade student of recreation department, sport management, coaching, teaching in sport science faculty participated to research. The subjects are formed with 45 female and 110 male students. Students are the students of winter sports (skiing, tobogganing, ice skating, ice hockey, curling), volleyball, basketball and handball which were their school entry branch.

The sit-reach flexibility measurement tool and the static and dynamic measurement tool were used for research. Also, student's arm-back flexibility and reverse back flexibility were determined. In balance measurement, dynamic balance,

static balance and one foot right-left balance measurements were taken. Before taking measurements, 15 minutes warming-opening-stretching were done.

3. Findings and Analysis

Table 1: The Situation of Students' Age, Gender, Department and Grade Who Participated To Research

Situation		**N**	**%**
Gender	Male	110	70,9
	Female	45	29,1
Age	17-20	95	61,4
	21-24	25	16,3
	25-27	35	22,3
Department	Teaching	35	22,3
	Coaching	65	41,8
	Recreation	35	22,3
	Management	20	13,6
Grade	1. grade	20	12,9
	2. grade	50	32,4
	3. grade	65	41,8
	4. grade	20	12,9

Table 2: The Distribution of Students Who Participated To Research According to Branches

Sport Branches	**Departments**							
	Teaching	**%**	**Coaching**	**%**	**Recreation**	**%**	**Management**	**%**
Skiing	25	16	25	16	5	3,2	5	3,2
Tobogganing	10	6,4	10	6,4	5	3,2	10	6,4
Ice Skating	15	9,5	15	9,5	8	5,5	10	6,4
Ice Hockey	10	6,4	15	9,5	10	6,4	15	9,5
Curling	5	3,2	10	6,4	12	7,7	10	6,4
Volleyball	35	22,5	25	16	30	22,2	25	16
Gymnastic	15	9,5	10	6,4	15	9,5	10	6,4
Basketball	25	16	25	16	45	29	35	22,5
Handball	15	9,5	20	13,4	25	16	35	22,5

Table 3: The Dynamic Balance, Static Balance Distribution Situation of Students Who Participated To Research According To Branches

Sport Branches	Departments											
	Teaching	Dynamic balance	Static balance	Coaching	Dynamic balance	Static balance	Receation	Dynamic balance	Static balance	Managemnet	Dynamic balance	Static balance
Skiing	25	745-1250	425-755	25	845-1250	550-875	5	751-1250	650-975	5	850-1100	855-1150
Tobogganing	10	545-850	325-655	10	745-1150	450-675	5	651-1150	650-975	10	550-905	755-1100
Ice Skating	15	545-950	425-755	15	645-950	550-875	8	651-1150	650-975	10	750-850	855-1150
Ice Hockey	10	545-650	325-655	15	645-950	450-675	10	651-1050	650-975	15	550-705	655-800
Curling	5	745-1150	450-675	10	651-1150	550-975	12	425-755	425-755	10	550-905	650-975
Volleyball	35	425-755	655-800	25	651-1050	550-975	30	325-655	325-655	25	750-850	650-975
Gymnastic	15	325-655	650-975	10	650-875	550-670	15	545-850	325-655	10	425-755	655-800
Basketball	25	845-1250	525-655	25	425-755	550-975	45	545-950	425-755	35	325-655	650-975
Handball	15	545-950	425-755	20	325-655	550-975	25	845-1250	545-95	35	845-1250	545-95

If looking to the Table 3, it is seemed that dynamic and static balance data of athletes who are interested in winter sports (skiing, tobogganing, ice skating, ice hockey, curling and gymnastic) are much better than dynamic and static balance data of athletes who are interested in team sports (volleyball, basketball and handball).

3. Results and Evaluation

According to research results, it is found that dynamic balance and static balance measurements of athletes who are interested in winter sports (skiing, tobogganing, ice skating, ice hockey, curling) are much better than dynamic balance and static balance measurements of athletes who are interested in team sports (volleyball, basketball and handball). Also, it is seemed that dynamic balance and static balance data of gymnastic branch students are better than team sport athletes' data.

When examined the obtained data, it is achieved that the dynamic balance and static balance features in the skills of strength, balance and coordination which are required for winter sport athletes are much better than other sport branches.

In team sport athletes, the balance and static balance data are not negative. Just the data is less than winter sport branches.

In gymnastic sport athletes, the balance and static balance data are better than other sport branches.

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