

Compare the effects of 8 weeks of plyometric training on body composition and physical fitness of Tae-kwondo players in different age categories

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Abstract Introduction: There is an important problem for athlete to use plyometric exercises to help them for achieve peak performance. The purpose of the present study was to compare the effects of 8 weeks of plyometric exercises on body composition and physical fitness of Taekwondo players in different age categories.

Materials and Method: This is a semi-experimental study; for this purpose, 90 Tae-Kwondo players in different age categories were voluntarily ed as a sample as follow: 45 participants in the experimental group (Children (n=15 with mean age 8.80 ± 0.5 years), adolescents (n=15 with mean age 12.80 ± 0.4 years) and young adults (n=15 with mean age 16.50 ± 0.6 years)) and 45 controls (Children (n=15 with mean age 8.75 ± 0.21 years), adolescents (n=15 with mean age 12.3 ± 0.5 years) and young adults (n=15 with mean age 16.30 ± 0.7 years)) The experimental group trained 3 days per week for 8 weeks of plyometric exercises. Physical and performance variables were measured at the beginning and at the end of the training period. For data analysis, independent t-test and one-way ANOVA were used at significant level (P

Keywords : Key Word: plyometric exercises, body composition, physical fitness, Tae-kwondo players, different age categories

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