The campare dynamic, static stretching preliminary movment and PAP on anaerobic power , agility and balance in athlete students girls

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Abstract Purpose:The purpose of this study was to examine compare dynamic, static stretching preliminary movment and PAP on anaerobic power , agility and balance in athlete students girls 10 to 12 years. Methods: In this study, 20 athletegirls ranging in age 10 to 12 years were ed for this study. Criteria for the ion of the teenagers have at least 3 years of continuous practice and participate in sports competitions between schools, between clubs and provincial. Before the test, height (151/95 ± 5/55 cm) and weight (41/3 ± 8/26 kg) of athletes measured and body mass index(BMI) (17/8 ± 2/13 kg / m²) was calculated.Testing time for each participant was a week that one of the independent variables (static stretching, dynamic and PAP) was performedin any 48 hours. Every week, every day performed each the tests. Repeated measures ANOVA were used to data calculate thenconfidence normal distribution (Kolmogorov-Smirnov). Results: The results showed that PAP can improve performance in maximal and average anaerobic power and was significant effect (P=0.001, P=0.01respectively). Static stretching improves performance and significant effectin fatigue index (P=0.007) and dynamicstretching and PAP had the greatest impact on performance with significant effect in explosive power (P= 0.001). Static stretching improves performance and was significant effect in the balance (P=0.001). In all three methods and as well as static stretching improves performance and significant effect on agility (P=0.001). Conclusion:According to the results of this study, PAP preliminary movment causes more increases in maximal and mean anaerobic power and agility in participants.Also static stretchingwas more decrease infatigue and compared to other modes increase the subjects' balance index.In explosive power index, dynamic stretching and PAP was more effective than the other two modes. Keywords: PAP, anaerobic power, static stretching, dynamic stretching, balance,

agility.

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