

# Determining the Effect of a Neuromuscular Training Course on Men's Basketball Fitness

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**Abstract Reza Dehghan Background and Aim:** The aim of the current study was to investigate the effect of a neuromuscular training program on physical fitness of male basketball player. **Methodology:** The population consisted of 30 male basketball player (mean age  $26.53 \pm 7.62$ , height  $182.16 \pm 5.79$ , weight  $83.20 \pm 19.14$ ), who were ed through initial screening, and were randomly divided into 2 equal groups of experimental and control groups. The total duration of the study lasted 8 weeks and training was performed with a 3 sessions of neuromuscular training program and the control group consisting of non-exercise intervention. Prior to the start of the exercise, the participants completed written consent and medical health forms. Prior to training, a series of tests were performed such as the aerobic power tests: (Cooper test), anaerobic power: (vertical jump) (Sargent jump), speed: (40-yard dash), Balance: (stork Stand test), agility: ( Illinois Test and Coordination (Stick Flip test). Finally, 48 hours after the end of the exercise, the aforementioned tests were repeated. The correlation t-test was used to compare pre and post-test results in each group and in order to compare the results of the two groups was used independent t-test. The significance level was determined at P

**Keywords :** Key Words: Neuromuscular, Physical Fitness, Male Basketball Players

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