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The relationship between anthropometric features and dynamical-statical balance values of competitor sporters

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Aim: This study aims that searching whether hemispheric differences do any effects into dynamical-statical balance levels and anthropometric features or not on the spotters who had active sport-life.

Methods: 98 spotters who have done exercise at least 6 days and 2 hours each day have been included in the search. Anthropometric features were measured of study group. Dynamical-statical balance levels were measured by using KAT 2000 (OEM Medical, Carlsbad, California, USA) balance system. Evaluated databases were analyzed using by SPSS 20 for Windows. P significance was taken as 0.01 and 0.05.

Results: There were no statistical significant difference between right-handed, left-handed or two-handed active sporters and dynamical-statical balance and anthropometric features on all sportsmen/women ($p < 0.05$).

Conclusion: Two-handed sporters had more advantages as to handedness. Tiredness does not affected by side-using handed. Fatigue does affect statical balance. There are no significant differences between right-handed and left-handed according to balance.

Biography

Ahmet Gökhan Yazıcı has completed his primary and secondary education in Erzurum in 1991 and completed his higher studies from Gazi University of Physical Education and Sports Department in Turkey. He completed his master's degree with a Youth Activity in the Period of National Struggle and Youth-Education and Sports in Atatürk University and currently working as a lecturer at the same university.

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