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Exclusive review of balance tests in partially deaf society among endomorph, endo-mesomorph and ectomorph girls

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Balance plays a vital role in everyday life, especially in people who suffer from hearing problems and weaker in keeping bady balanced. Body type, is also known as an important factor in balance. Therefore, the purpose of this study was to assess balance tests in partially deaf society regarding to body type. With institutional ethics approval, 36 girls (12 endomorph, 12 endo-mesomorph, 12 ectomorph) with hearing impairments were participated in this study. All participants performed three static, semi-dynamic and dynamic types of balance tests for 3 times interspersed with 72 hours. Intraclass Correlation Coefficient (ICC) statistic method was used for studying group's differences at a significance level of $0.05 \ge P$. Results shown that endo-mesomorph group has got the greatest scores in two static tests –Angle (opened-eyes: 20.2, closed-eyes: 10.7) and BESS (16.9)-, all semi-dynamic tests –Star (16.9)-, Modified Star (right-leg: 16.9)- and two dynamic tests – TUG (16.9)- and TBT (19.9)- while ectomorph group has shown better performance in Romberg static test (19.9)-, semi-dynamic Modified Star test (19.9)-, and Tandem dynamic test (19.9)-. Results can help sport coaches in choosing athletes for deaf society related competitions and sport teachers in designing the best sport program for partially deaf people. Furthermore, sport coaches and teachers can use tests used in this study to assess their athlete balance condition and help them to improve performance and prevent injuries resulted from lack of good balance condition.

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