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The effects of short duration of sport specific high-intensity interval training on performance in young male futsal athletes**Nattapong Chaipatpreecha¹, Nuntapol Tongnillpant¹, Witid Mitranun² and Prasit Peepathum²**¹Sports Authority of Thailand, Thailand²Srinakharinwirot University, Thailand

The objective of this study was to investigate the effects of Sport Specific high-intensity Interval Training (SSIT) on performance. 40 young male athletes were randomly allocated to Control (CON) and SSIT groups. The SSIT program consisted of 10 training postures of 30 seconds alternated with 30 seconds of resting periods. SSIT underwent each training program for totally of 20 min/day, 3 times/a week for 8 weeks. The significant increment of maximum oxygen consumption, counter movement jump and squat jump ($P<0.05$) were observed in SSIT group as compared to pre-test and control group. Body fat decreased significantly in SSIT as compared to pre-test ($P<0.05$). There was no a significant change in anaerobic performance, agility and flexibility in an interventional group. Short duration of sport specific high-intensity interval training can enhanced aerobic capacity, counter movement jump and squat jump in 8 weeks. With restricted time and applied in practical training, SSIT should be recommended as additional program in young male futsal athletes.

Biography

Nattapong Chaipatpreecha has completed his MSc in Sports Science from Chulalongkorn University in 2010. He is a Sports Scientist at Sports Science Centre of Sports Authority of Thailand.

ferguson-top@hotmail.com

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