

2nd International Conference on

Sports Medicine and Fitness

April 18-20, 2016 Dubai, UAE

Differences in the manifestation of explosive strength between extremities and between the genders in the case of young basketball players

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Explosive strength represents the ability of placing the maximum amount of energy in one movement in the shortest period of time possible. Basketball is comprised of the following activities: running, jumping, changes of direction, abrupt stops, dribbling, passes, shooting, etc. All the activities mentioned represent the essential part of the game but with all of them there is a tendency towards the disproportionate uses of the extremities, so the left and the right sides of the body are employed differently. The aim of this research was to determine imbalances, which occurs as the consequence of everyday and sport activities, and of course possible gender differences. 10 boys and 10 girls, young basketball players, took part in the research. Measured variables are related to explosive strength, also the examinees had to fill in the questionnaire, the function of which was to determine the dominant extremity from the answers given. Asymmetry coefficient formula was used in this research for all the measured variables related to extremities. The formula is: $AS = \frac{D - ND}{D + ND} \times 100$. T-test was used for statistics. The explosive strength of the upper extremities is bigger in dominant, and for lower in nondominant extremities in all the examinees and it turned out that the male basketball players are stronger than the female in both the dominant and the nondominant extremity. Research results indicate the presence of imbalances in explosive strength in both the upper and in the lower extremities, and that there is a statistically significant difference between the genders in favor of boys.

Biography

Aleksandar Cvorovic has completed his PhD from University of Nis, and Master's from Belgrade University. He is the trainers Supervisor at Abu Dhabi Police College, and visiting Lecturer at Belgrade Football Academy. His field of expertise and research work is related to the physical preparation of top athletes and tactical forces. He is the author of several scientific articles, and participant and speaker at conferences of international importance.

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