

International Conference on Sports Medicine and Fitness

March 23-25, 2015 Chicago, USA

Comparison of knee proprioception between congenitally and late blind people

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Introduction: Vision plays an important role in sensorimotor control and it is to be expected that the efficiency of human motor control will be affected by the lack of input of visual information. Blind individuals have to adjust the habitual motor control strategies and develop new strategies. The main aim of this study was to compare knee proprioception between congenitally and late blind people.

Methods: Ten congenitally blind (CB) people, ten late blind (LB) people and ten sighted humans participated. Knee joint position sense evaluated through active repositioning of 45° of knee flexion using an isokinetic dynamometer. Knee joint position sense is reported as: the relative error (RE), the absolute error (AE), and the error variations (EV).

Results: The CB had less absolute error scores in active repositioning than other groups but it was just significant between CB and LB and there was no significant difference between the CB and sighted subjects.

Conclusions: The results showed the CB had more proprioceptive acuity than the LB and sighted subjects. These differences may reflect brain organization according to superior non-visual perceptual abilities in the CB and the relationship between proprioceptive acuity in adulthood and non-visual spatial experience during early development.

Implications for Practitioners: These findings have practical implications for those seeking to design effective interventions for promoting performance and ameliorating depressive symptoms throughout blind people. There are adaptations after sensory alternation in congenitally blind people.

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Popular runners is affected when psychological assessment in a career?

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The objective of the study was to find out how affects the time of evaluation of the reasons and the psychological state of popular runners, in the days before or on the day of the race. Got a sample of 473 popular runners (374 men and 99 women) participating in two popular 10 km races and half marathon, men had a mean of age 30,28 and women an average of age of 31,70. For the evaluation of the personal variables and socio-demographic it was prepared ad hoc self-report questionnaire; and CSAI-2R was used to evaluate anxiety pre-competition. The study is based on a quantitative methodology, and its design was descriptive and observational. The results indicate that runners who filled out the questionnaire before the race day have higher scores on cognitive anxiety, and runners who completed the questionnaire on the same day had higher scores in somatic anxiety, confidence, satisfaction and attraction to the competition, self-esteem, sense of life, search for recognition, convenience and competition. It discussed on the relations of these variables with other personal, sports and socio-demographic, as well as the applicability of the results and are designated some conclusions of the study.

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