



# EXAMINATION OF THE EFFECTS OF TRADITIONAL STRENGTH TRAINING AND STRENGTH VEST TRAINING ON STRENGTH IN VOLLEYBALL

**Abdolnaser MOGHIMIINCHEHBOROUN**

ORCID 0000-0003-1538-2067

**BURSA ULUDAĞ UNIVERSITY**  
**GRADUATE SCHOOL OF HEALTH SCIENCES**  
**COACHING TRAINING DEPARTMENT**  
**MSc PROGRAM**

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## SUPERVISOR

DR. TONGUÇ VARDAR  
0000-0003-0996-1839  
BURSA ULUDAĞ UNIVERSITY  
GRADUATE SCHOOL OF HEALTH SCIENCES  
COACHING TRAINING DEPARTMENT  
BURSA – TÜRKİYE



## KEY WORDS

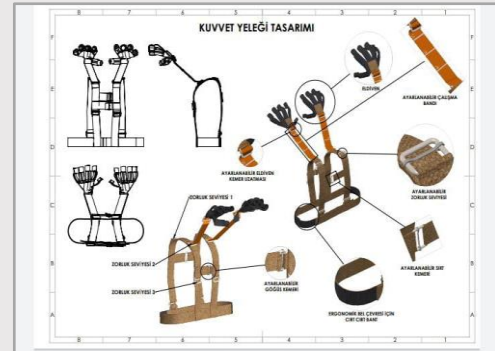
- ✓ Strength Training
- ✓ Strength Vest
- ✓ Volleyball
- ✓ Spike
- ✓ Service

## CONTACT

E-MAIL:  
namo1392@gmail.com

## THESIS SUPERVISOR

TELEPHONE:  
0224-294-06-95  
E-MAIL:  
tongucvardar@uludag.edu.tr



## THESIS ABSTRACT

As a method, this study aimed to evaluate the effects of traditional strength training and strength vest training on strength in female volleyball players aged 12-14 years. Participants were divided into three groups: strength vest training group (Group 1) n=8, traditional strength training group (Group 2) n=8, and control group (Group 3) n=8. A total of 24 volleyball players participated in training 3 days a week for 8 weeks. Group 1 (strength vest training group) performed set, spike and float serve while wearing the strength vest during volleyball training. Group 2 (traditional strength training group) participated in training consisting of 6 movements in addition to volleyball training. Group 3 (control group) participated only in volleyball training. Statistical analysis of the parameters applied in the pre-test and post-test in the research was carried out in the SPSS 26.0 package program and the significance level was accepted as  $p < 0.05$ . In conclusion, this study shows that strength vest training provides more improvement than traditional strength training and is more effective than the control group. Significant improvements were observed especially in parameters such as back-leg strength, serve speed, serve distance, spike speed, set and medicine ball throwing. These findings show that strength vest training is an effective method in the strength development of young volleyball players.

## APPLICATION AREAS OF THE THESIS RESULTS

Coaches and instructors in volleyball and different branches will guide the selection of appropriate exercises for both strength and branch-specific technical exercises in upper extremity strength training exercises performed by wearing a strength vest.

## ACADEMIC ACTIVITIES

MOGHIMIINCHEHBORUN A., Vatansver Ş., Bölükbaşı M.G., (2023). Cardiac Rehabilitation and Exercise in Heart Diseases: Systematic Review. III. International Istanbul Current Scientific Research Congress 8-9 February 2023 (Tam Metin Bildiri)