



KEY WORDS

- ✓ Strength exercises
- ✓ Tennis
- ✓ Speed
- ✓ Vertical Jump
- ✓ Standing long jump

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EXAMINATION OF THE EFFECTS OF AN 8-WEEK MACHINE-BASED STRENGTH TRAINING PROGRAM ON VERTICAL JUMP, STANDING LONG JUMP, AND 20-METER SPRINT PERFORMANCE IN 12-14-YEAR-OLD TENNIS PLAYERS

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THESIS ABSTRACT

The purpose of this study is to examine the effects of 8-week machine-based strength training, applied in addition to tennis branch-specific training, on vertical jump, standing long jump and 20 meter speed of tennis athletes between the ages of 12-14. A total of 24 licensed tennis athletes (11 girls, 13 boys) were included in the study. The athletes were randomly divided into two groups: control group (12 athletes) and experimental group (12 athletes). In addition to daily tennis training, the experimental group did machine-based strength training two days a week. The control group continued the tennis technical and tactical training program. The research lasted eight weeks, and at the end of the eight weeks, the tests applied in the pre-test (vertical jump, standing long jump and 20 meter sprint) were re-applied and recorded as the post-test. The data obtained were compared using independent groups t-test in SPSS 26.0 program. According to the statistical results obtained, no significant difference was seen in the control and experimental groups. Conclusion: In this study, it was found that 8-week machine-based strength training applied in addition to tennis-specific training of 12-14 year old tennis athletes had no effect on vertical jump, standing long jump and 20 meter speed.

APPLICATION AREAS OF THE THESIS RESULTS

It will guide coaches and trainers in tennis and different branches in choosing the appropriate exercise in their strength training planning.

ACADEMIC ACTIVITIES

Altindag K., Vatansever Ş., Bölükbaşı M.G., (2023). Effects of Resistance Exercise on Muscle Mass, Muscle Strength and Body Composition in Elderly Individuals with Sarcopenia: Systematic Review. Isarc International Science and Art Research. 3-4 June 2023 (Full Text Paper)

