



KEY WORDS

- ✓ Dynamic Stretching
- ✓ Mobilization Exercises
- ✓ PNF
- ✓ Foam Rolling
- ✓ Stretching Exercises

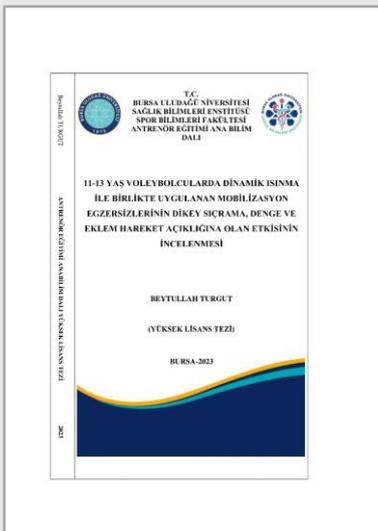
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INVESTIGATION OF THE EFFECTS OF MOBİLİZATION EXERCİSES APPLIED WITH DYNAMIC WARM-UP ON VERTICAL JUMPİNG, BALANCE AND JOİNT RANGE OF MOTİON IN VOLLEYBALL PLAYERS AGED 11-13

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THESIS ABSTRACT

The aim of this study is to determine the effects of mobilization exercises applied together with dynamic warm-up on vertical jump, balance and range of motion (ROM) of adolescent volleyball players. 20 male and 20 female amateur level volleyball players aged 11-13, training in Bursa Nilüfer Tofaş Sports Hall, participated in the study voluntarily. Participants were acutely applied mobilization exercises with dynamic stretching. Vertical jump, balance and range of motion measurements were made before and after the exercise.

When the findings were evaluated, a significant difference was found between the pre-test and post-test comparison of all groups in ROM hip flexion and Balance left foot data ($p<0.05$). There was no significant difference in vertical jump and balance right foot data. When analyzed according to gender, a significant increase was found in ROM hip flexion in the pre-post test comparison of male athletes ($p<0.05$). However, no significant difference was detected in vertical jump, balance right and left foot data. In the pre-post test comparison of female athletes, a significant difference was found in the left foot data ($p<0.05$). There was no significant difference in ROM hip flexion, vertical jump and balance right foot measurements. As a result, it was observed that mobilization exercises applied together with dynamic stretching increased the ROM of the hip flexion acutely in male volleyball players, while balance in the left foot was increased in female volleyball players.

APPLICATION AREAS OF THE THESIS RESULTS

It may be recommended to apply mobilization exercises together with dynamic stretching in warm-up methods to increase ROM hip flexion before training or match for trainers and athletes.

ACADEMIC ACTIVITIES

Turgut B. & Vatansever Ş. (2021) The Effect of Exercise on Maintaining Mobility and Balance in Parkinson's Patients: A Systematic Review of Experimental Studies. ERPA International Health and Sports Science Education