

TO INVESTIGATE THE EFFECTS OF DIFFERENT WARM- UP PROTOCOLS IN VERTICAL JUMP PERFORMANCE IN MALE COLLEGIATE VOLLEY BALL PLAYERS

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ABSTRACT

Athletes typically perform a warm-up to prepare to engage in practice or in competition. Generally it is considered a good idea to stretch throughout the game as this will keep the muscles warm and allow them to function effectively. The purpose of the study was to determine whether warm-up exercise with stretching, and warm up without stretching have positive or negative influence on vertical jump performance. 30 Collegiate Volley ball players with age group between 18-24 years were selected as subjects and randomized into three groups with 10 participants in each group. Group A participants were given warm-up with dynamic active stretches, Group B participants were given warm-up with static stretches and Group C participants were given warm-up without stretching. The participants were instructed to perform the warm up protocols for 4 sessions a week for 4 weeks. Vertical jump performance and ankle range of motion were measured using Sergeant jump test and Universal goniometry for all three groups at the baseline and at the end of fourth week. Study revealed statistically significant differences ($P>0.05$) found between the three groups in vertical jump performance and no significant differences found in between the three groups in ankle range of motion. Warm-up with dynamic active stretching (Group A) and warm-up without stretching (Group C) is more effective than warm-up with static stretching (Group B) in improving vertical jump performance of Volley ball players.