

## **ATHLETIC QUALITIES OF INGOMA DRUMMER IN BURUNDI**

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### **ABSTRACT**

*The study was aimed to assess athletic qualities of INGOMA drummer in Burundi. A total number of 692 persons, all members of drum clubs, 348 from affluent families and 344 from non-affluent families has been administrated a test of performance on five bio-motor skills. Their age ranged from 14 to 18 years. The test was made of agility (using Illinois agility test), speed (10m and 40m sprint test), cardio-respiratory endurance (600m run), power (vertical jump test) and muscle endurance (measured by a wide grip maximal pull-up test). All tests were performed in the morning between 7h30am and 10am and the protocol used was the same for all participants. Results have shown that drummer from non-affluent families perform well than those from affluent families in all five tests and in most of the age groups. Elder drummer of both the socio-economic categories over performed the younger ones in all tests. The order of bio-motor skills efficiency of those two groups as revealed by the hull scale scores was: speed > power > agility > muscle endurance > cardio-respiratory endurance. As conclusion there is no discriminatory line between those two groups of drummer.*