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» Journal Abstract

A relative evaluation of the development of flexibility in boys at the ages between 8 and 15

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Biol Sport 2006; 23 (4):

ICID: 890813

Article type: Original article

IC™ Value: 9.29

Abstract provided by Publisher 

On the basis of a continuous research on 162 boys from Cracow, at the ages of 8-15, an analysis of the dynamics of flexibility development was carried out according to the absolute and relative approach. The obtained results confirmed the hypothesis that the flexibility measurement by the EUROFIT battery of tests (range of the sit-and-reach test in a simple squat) is conditioned to a large extent by proportions of the longitudinal sections of the body. In this paper, an application of relative measurement of flexibility was suggested, in which the influence of this somatic factor is controlled. It was found in the conclusion that the methods applied to evaluate the relative flexibility give a diametrically different picture of the ontogenetic development of boys than the traditional method (EUROFIT test).

ICID 890813

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