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Strength and vertical jumping performance characteristics in school-aged boys and girls

E Gantiraga, E Katartzi, G Komsis, C Papadopoulos

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The purpose of the present study was to investigate differences in performance, regarding strength and power components of physical fitness, between boys and girls (mean age 7.58 years). They participated in a maximum isometric push-off force test, and vertical jumping test on a Kistler force platform. Variables were, Fmaxiso, F100, IReIF, IRFD, IReaF, body fat (BF) and jumping height for all jumps. One-way analysis of variance (ANOVA) was used to test for differences between genders. Differences in all variables between boys and girls were determined. Significant differences were reported in F100, IReIF, IRFD, DJmax, SJmax and BF between groups ($F(1,175)=21.516$, $F(1,175)=7.338$, $F(1,175)=21.316$, $F(1,175)=6.968$, $F(1,175)=15.256$, and $F(1,175)=19.447$, respectively, $p<0.05$). It was concluded that gender differences should be considered in case of developing specific test batteries, when it comes to identify specific strength and power characteristics in children.

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