

Comparison of Static Balance in Different Athletes

Alpaslan Kartal

School of Physical Education and Sports, Hitit University, Çorum, Turkey
E-mail: akartal6161@hotmail.com

KEYWORDS Body Sway. Center of Pressure. Sway Path. Sports.Static Balance

ABSTRACT The purpose of this study was to analyze the differences in static balance during dominant and non-dominant one legged stance among athletes of different sports. The right-footed subjects of four groups; tennis (TEN), n=20; soccer (SOC), n=20; basketball (BSK), n=20; volleyball (VLB) n=20. The foot scan platform and footscan software were used for plantar pressure measurements during the Flamingo test. The software gave an image and quantified data of Centre of pressure (COP) and Sway path. The sway path was the average covered distance (surface) by COP during the 60 seconds test. The tennis players showed the best static balance of all groups on both leg ($p < 0.05$). No other significant differences were observed within groups. Further research needs to develop static balance of athletes in dominant and non-dominant leg.