

The Effects of Core Training on Swimming in Sedentary Women*

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ABSTRACT The study was done in Gaziantep OSKA swimming pool with the participation of 40 voluntary women. In this research, pre-test and post-test designed experimental method with the inclusion of control group has been applied. For the comparison of quantitative data and for the understanding of the difference, Mann Whitney-U test was used. For the analyses of the pre-test and post-test, non-parametric Wilcoxon test was used. In both control and experiment groups it was accepted that the difference be regarded as meaningful in situations where the P value is less than 0.05 in values of body weight, body fat percentage, vital capacity, right/left hand grip strength, leg and back strength, balance, flexibility, vertical leap, reaction time and shuttle run ($p < 0.05$). In conclusion, the statistically meaningful effect of core training done 3 days a week during the 8 weeks period was proven to be effective on body fat percentage, left hand grip, leg and back strength, flexibility, vital capacity and vertical jump performances ($p < 0.05$).