
Kinesiology Test Muscular.pdf _FULL_

the following tests were performed: the hip abductors were tested with the participant standing on a lab force plate (200 hz, grf micro systems, inc., seattle, wa) with the foot positioned in neutral position. the foot was secured to the force plate with a velcro strap. the knee was positioned at 90° of flexion. the participant was instructed to step into the force plate with the knee fully extended. one trial was performed for the right and left leg. the grf and emg data were collected during a single stepping trial. the peak force during the rising phase of the grf curve and the emg signal were measured. the force was normalized to body mass and converted to newtons (n). the peak force during the rising phase of the grf curve was expressed as a percentage of the body mass. the participants with the greatest peak force were determined to be the best for the study, and thus the best of the two legs in the hip abductors were selected for the analysis. the emg activity was expressed in microvolts (μv). 16 perceived exertion was evaluated using a 10-point borg scale 15 before the testing session and at the end of each trial. the 10-point borg scale score ranges from 0 to 10 and the total perceived exertion scale is 100. each athlete was asked to rate their perceived exertion at the end of each trial, from rest to exhaustion, from the lowest to the highest score of the 10-point scale (0 to 10). data analysis the data were tested for normal distribution and variance homogeneity by the shapiro-wilk test and levene's test, respectively. the baseline differences between caf and pla conditions were examined using paired t tests. the effect of time and condition, as well as the interaction between time and condition, were examined using a two-way repeated-measures analysis of variance (anova). if the main effect was significant, then a bonferroni post hoc test was used to further examine differences between conditions.



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