20 year

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12TH INTERNATIONAL SPORT SCIENCES CONGRESS

December 12-14, 2012

Colossae Thermal Hotel -DENİZLİ / TURKEY

ABSTRACT BOOK

TÜBİTAK

UNESCO
United Nations Educational, Scientific and Cultural Organization

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KEYNOTE SPEAKERS

Joan DUDA, UK

Carl Johan SUNDBERG, SWE

Karla HENDERSON, USA

INVITED SPEAKERS

Dr. Mats BÖRJESSON, SWE
Dr. Muzaffer ÇOLAKOĞLU, TUR
Dr. Haydar DEMİREL, TUR
Dr. Fiona SANDERS, UK
Dr. Gazanfer DOĞU, TUR
Dr. Uğur ERDENER TUR
Dr. David KOCEJA, USA
Dr. Jonathan FOLLAND, UK
Dr. Serdar ARITAN, TUR
Dr. Matthew T.G. PAIN, UK
Dr. Michael LAUDER, UK
Dr. Ross SANDERS, UK
Dr. Arnold BACA, AT
Dr. Peter DABNICKI, UK
Dr. Dorothee ALFERMANN, GER
Dr. Caner AÇIKADA, TUR
Dr. Atara SIVAN, HK
Dr. Emanuele ISIDORI, IT
Dr. Jerzy KOSIEWICZ, PL
Dr. Joan DUDA, UK

Dr. Adrian HUTBER, USA
Dr. Ping XIANG, USA
Dr. Ron E. McBRIDE, USA
Dr. Adrian TAYLOR, USA
Dr. Thomas THOMPSON, UK
Dr. Abdurrahman UZUNASLAN, TUR
Dr. Seza Sinanlar USLU, TUR
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Dr. Gerarld GEMS, USA
Dr. Laura HILLS, UK
Dr. Nefise BULGU, TUR
Dr. Hülya AŞÇI, TUR
Dr. Çiğdem DÜRÜŞKEN, TUR
Dr. Gıyasettin DEMİRHAN, TUR
Dr. Levent İNCE, TUR
Dr. Mike METZLER, USA
Dr. Stuart FAIRCLOUGH, UK
Dr. Deborah TANNEHIL, IR
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Dr. Carl Johan SUNDBERG, SWE

0743- The evaluation of retired people's point of view on sport activities

Gülsüm Hilal Günaydın[1], Salih Tutku Yaylacı[1], Hamza Küçük[2]
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The purpose of this study retired people's point of view on sports activities and their attendance. Researchers of this work prepare 12 puplic survey questions to retired people for the results of this work. They explain the results in terms of frequency and percent. As a consequence of work, %75 percent of participants: "Although they know the benefits of sports activities on the healthy, they do not do sport activities". %81 percent of participants: "They are not supported by their family to do sport activities". %72 percent of participants: "If ı did sport activity, would be healthier now". According to the report, although retired people know the benefits of sport activities, they cannot do it. Families and municipalities can emphasize on the importance of sports activities.Families can give opportunities their children to attend at sport activities and Municipalities can increase the sport centers.

Keywords: Retired people, sport, participation in sports

0744- Effects of mixtures of honeybee products on the biochemical and performance parameters of child sportsmen

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In the present study, it was aimed to investigate the effects of mixtures of honeybee products on the performance and biochemical parameters of child sportsman. Total 24 child elite sportsmen who trained 4-5 days and minimum 2 hours in a week were counted in the study. Sportsmen were divided three equal groups and mixture of honey-pollen-royal jelly-propolis was administered to 1st group as an amount of 50 g/day and mixture of honey-pollen-royal jelly was given to 2nd group as an amount of 50 g/day. Also for placebo group starch was administered. Pre and post treatment, anthropometric measurements, biochemical tests (glucose, HDL-LDL cholesterol, BUN, creatinine, Calcium, Phosphor, chlorine, LDH, AST, ALT, ALP, total protein, TSH) and performance parameters (pull up, sit up, speed, agility, flexibility, long jump) were applied to the sportsmen. When pre and post treatment values were compared, in the 1st group, sit up agility and long jump parameters and in the 2nd group pull up, sit up and power parameters increased significantly. Besides it was found that diastolic blood pressure values decreased in the all groups and blood glucose levels decreased only in the 1st group significantly. In conclusion, it can be said that honey bee products affected the performance parameters of sportsmen positively and honey bee products can be used as ergogenic aids.

Keywords: Honey bee products, child sportsmen, gymnastics, dietary supplements

0745- Investigation of effect of 4 weeks strength training on some physical characteristics and performance components of volleyball players

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Purpose: The aim of this study was to investigate the effect of 4 weeks own body weight strength training on some physical characteristics and performance components of volleyball players. Subjects: 20 female volleyball players aged 15,65±0,67 (mean±S.E.) from Cukurova University Sports Club were participated to this study. Method: Players were trained with their body weight for 30 minutes. Following the regular volleyball training, push-up (3x15 repetitions), sit-up and superman (3x30 repetitions) were performed as a specific strength training activities. Body weight, height, flexibility (sit/reach test), stroke length, double arm, dominant arm, block and spike jump heights were measured. 30 seconds sit-up, push-up and superman tests results were analyzed for performance evaluation before and after the 4 weeks training period. Paired sample -t- test was used to compare pre-and post-training values. Results: Pre- and post training height, stroke length, double arm and dominant arm height values were not significantly different from each other ($p>0,05$). On the other hand, body weight, body mass index and flexibility increased with this specific training ($p<0,05$). Spike jump and block jump heights together with 30 seconds sit-up, push-up and superman tests had indicated a significant improvement ($p<0,05$). Conclusion: Main finding of this study is that regularly strength training improved performance parameters that is peculiar to volleyball. Strength exercises added to technical training is certainly important for athletics performance and may be important injury prevention.

Keywords: Volleyball, strength training, performance, physical characteristics