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MUHAMMED EMRE KARAMAN

Firat University, Turkey

THE EFFECT OF BODY FAT PERCENTAGE OF FEMALE BADMINTON PLAYERS BALANCE ABILITY AND ANAEROBIC POWER

Abstract:

As an important future of motoric abilities in sporting performance and daily life balance ability is simply defined as the provision of the body center of gravity within the specified limits. Based on our study of these ideas ; we aimed to investigate the relationship between body fat percentage, balance ability and anaerobic power values of female badminton players.

□40 female badminton players aged 16-18 are participated in this research from Çankırı Karatekin University Sports Club. Measurement in research (body fat percentage, anaerobic power, balance ability) were applied to all athletes. The obtained data were evaluated by statistical package program, body fat percentage, average balance ability and anaerobic power values of athletes was compared $p < 0.05$ significance level.

□When balance ability and anaerobic power values analyzed with a high body fat percentage of athletes, the balance ability values of high body fat percentage was found to be lower than the athletes with normal and low body fat percentage. However anaerobic power and body fat percentage were not significant differences between the values.

□As a result, a high percentage of body fat has been observed that occurred a negative impact on the ability to balance.

Keywords:

Badminton, body fat percentage, anaerobic power, balance ability.