

Evaluation of neuromuscular indicators in volleyball players in different periodization stages #49

João Paulo Borin¹, Claudia Regina Cavaglieri¹, Marcelo de Castro Cesar¹, Rozangela Verlengia¹, Ídico Luis Pelegrinotti¹; Silvia Cristina Crepaldi Alves¹, Guilherme Souza Lobbo Moreira Salles¹, Nathalia Arnosti Vieira¹.

¹Human Performance Nucleus, Masters course in Physical Education, Methodist University of Piracicaba, Piracicaba, São Paulo, Brazil.

E-mail: jpborin@unimep.br

The understanding of athletes' physical capacities in collective modalities during the training stages is important in the organization of sports preparation. So points up, the skeletal muscle adaptation capacity to systematized training is resulting mostly by neuromuscular alterations. The present study aims to evaluate the effects of a training program on neuromuscular variables, in volleyball athletes, in different periodization stages. Participated of the study 12 women volleyball athletes, with 18.92 ± 0.76 years, at least two years staff volleyball participation. The total training period was 40 weeks and after initial evaluation clinic and anthropometric, the volunteers were submitted to speed resistance test protocol to determined maximum, average and minimum power, using Forward-Backward (Borin et al, 2003) test, in different moments of periodization: Preparatory stage (M1); Pre-competitive (M2); Competitive-I (M3) and Competitive-II (M4). The collected data were kept in computational bank and produced information in descriptive way (measures of centrality and dispersion) and for inferential (variance analyses for the model with a supplemented factor with the test of multiple comparisons of Tukey). With respect to average power, there was a increase from M1 (53.95 ± 6.85 w) to M2 (61.16 ± 10.32 w), and then a decrease in M3 (58.98 ± 8.64 w); finally a increase in M4 (61.84 ± 7.14 w). The results indicate that there were positive changes in the average power during the training, pointing to the highest values in important stages of the periodization, the competitive phase.

Key words: sports training; preparation; volleyball.