

An Analysis of Governed vs Different Focal Points on Vertical Jump Performance in Collegiate Males

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Previous research has suggested that overhead goals (ie. overhead focal point) can have a positive impact on drop jump performance. It stands to reason that with an increase in jump height, there is an increase in power output. However, there appears to be limited research on focal points and their impact on vertical jump performance (VJ). **PURPOSE:** To compare the potential differences between no set focal point, a set focal point (ie. governed), and a sport specific focal point on VJ performance in no less than averagely fit males. **METHODS:** Thirty-four averagely fit collegiate males participated in this study. After descriptive data and reach height was recorded, subjects completed an 8-min warm-up on a leg cycle ergometer followed by 4-min of passive recovery (ie. standing still). Subjects then completed 4 practice (ie. familiarization trials) counter-movement jumps (CMJ) utilizing a VJ Measurement Device. Upon completion of 2-min of passive recovery the subjects then completed, in a counter-balanced order, three different jump series consisting of four maximal effort CMJs with 30-secs between each jump. The various jump series were as follows: No Set Focal Point (FPN), Focal Point (FP), and Sport Specific Focal Point (FPS). The highest jumps for FPN, FP, and FPS were compared using ANOVA statistical techniques with an alpha level of 0.05. **RESULTS:** FPS (69.19 ± 9.40 cm) was significantly different ($p = 0.001$) than FPN (67.77 ± 10.08 cm). Also, FPS was significantly different ($p = 0.0003$) than FP (67.92 ± 9.92 cm). Conversely, there was no significant difference ($p = 0.308$) between FPN and FP. **CONCLUSION:** The results suggest that individuals who use a sport specific focal point tend to jump higher than those who use no set focal point or a governed focal point. Therefore, it may be prudent to suggest that a sport specific focal point, as selected by the subject, should be utilized during VJ assessment. Future studies should assess the impact of a sport specific focal point on VJ performance using male athletes who participate in sports with jumping movements.