The Effect of Sport Specific, Governed, and Non-Controllable Focal Point on Female Vertical Jump Performance

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Few studies have assessed factors that directly impact vertical jump performance in females. Prior studies investigated varying warm-up protocols as a means to enhance jump performance without seeking to manipulate the target (i.e. sport specific focal point, non-controllable, or governed focal point) that the female subjects focused on to complete the jumps. A previous focal point vertical jump study utilizing male subjects suggested that vertical jump performance increased when using a sport specific focal point. However, this has not been assessed using a female population to the best of the researchers’ knowledge.

PURPOSE: To determine if a sport specific focal point contributes to an increase in jumping performance compared to non-controllable (i.e. no set focal point), and a governed (i.e. set focal point) in averagely fit females.

METHODS: Thirty averagely fit female participants had descriptive data collected (i.e. age, HT, WT, BF). Participants completed an 8 min warmup, which avoided static movements, and then received a 4 min passive recovery. After completing four familiarization jumps in a counter movement manner participants completed four jumps per each jump trial with thirty seconds of rest between jumps and 2 min of passive rest between each trial. The jump series protocol consisted of three separate counterbalanced trials which included a sport specific (FPS), governed (FP), or non-controllable focal point (FPN). FPN, FP, FPS were compared using ANOVA with significance determined at an alpha level of 0.05.

RESULTS: FPS (51.56 cm ± 8.69 cm) was significantly different (p = .0005) versus FP (50.67 cm ± 8.70 cm) and FPN (50.50 ± 8.83 cm). Also, there was no significant difference (p = .245) between FPN and FP.

CONCLUSION: It appears that using a sport specific focal point may elicit a higher jump in averagely fit females as compared to the jumps when females utilized a non-controlled focal point or a governed focal point. Further research is necessary in order to evaluate the use of a sport specific focal point on vertical jump performance with females who participate in jumping sports (i.e. basketball, volleyball) at the high school, collegiate, and professional level.