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Assessing the Impact of a Governed Focal Point on Broad Jump Performance in Collegiate Females

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The broad jump (BJ) test is frequently utilized to evaluate how far a person can jump and what their resulting lower body power will be. Hence, it is important that the BJ test be administered correctly for a person to jump as far as possible. The standard BJ test has no set focal point for a subject which causes the subject to look wherever they choose. However, prior research with vertical jump performance suggests a set focal point contributes to higher jumps. Therefore, it is logical to assume that a set focal point may assist in greater BJ performance, but to the best of the researchers' knowledge, the impact of a focal point (FP) vs. no focal point (NFP) on BJ performance has not been assessed. **PURPOSE:** To investigate the potential differences between a FP vs. NFP on BJ performance in no less than averagely fit college-age females. **METHODS:** After having descriptive data (Ht., Wt., BF%, age) recorded, 27 averagely fit college-age females participated in an 8 min dynamic warm-up. Subjects were then given a four minute passive recovery (PR) period after the warmup and then completed four familiarization jumps (ie. trials). After another 4 min PR period, subjects completed two series of jumps (ie. four trials apiece) in a counterbalanced order with either a FP or NFP for each jump. The FP and NFP jump series were separated by 4 min of PR. The farthest jump for FP vs. NFP was compared using Paired-Samples t-Tests with significant differences occurring at $p \leq 0.05$. **RESULTS:** No significant differences ($p = 0.280$) occurred between FP (180.00 ± 3.81 cm) and NFP (179.32 ± 3.85 cm). **CONCLUSION:** The results suggest that FP has no significant impact on BJ performance using no less than averagely fit college-age females, yet 37% of the subjects did benefit from an FP. Future research may be required to assess the impact of FP vs. NFP on BJ performance using no less than averagely fit college-age males as well as athletes who perform horizontal jumping actions.