

The Effect of Sport-Specific Resistance Training on Athletic Performance Outcomes of College Rodeo Athletes

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ABSTRACT

Resistance training yields significant improvements to athletic performance outcomes among multiple sports. A sport-specific approach for resistance produces greater adaptation and transfer to various sports. However, few studies have examined the potential benefit of sport-specific resistance training for the sport of rodeo. **PURPOSE:** The aim of the current investigation was to assess the effect of sport-specific resistance training on athletic performance outcomes of rodeo athletes. **METHODS:** Seventeen college rodeo athletes (12 females; 5 males) participated in an 8-week, 3-days per week, sport-specific resistance training program. Muscle cross sectional area (CSA), mid-thigh pull maximal isometric voluntary contraction (MVC), height (HT), weight (WT), body mass index (BMI), body fat percentage (BF), and 1-repetition maximum (1RM) test for bench press (BP), squat (SQ), and deadlift (DL) were assessed before and after the training program. A paired sample t-test ($p < .05$) was employed to assess differences between pre- and post-test of athletic performance outcomes. **RESULTS:** Statistically significant improvements were recognized for 1RM BP ($p = .04$), SQ ($p < .001$), DL ($p = .005$), and CSA ($p = .04$). Analysis of the data indicated there was no significant difference in HT ($p = .331$), WT ($p = .273$), BMI ($p = .918$), BF ($p = .560$), nor MVC ($p = .374$). **CONCLUSION:** Comparison of pre- and post-test data indicated that an 8-week rodeo-specific resistance exercise program elicited improvements in 1RM and overall muscle quality. While there was no significant difference in MVC, a practical increase was indicated between pre- (1062.35 ± 468.15 N/m) and post-test (1138.49 ± 329.24 N/m). These results suggest a sports-specific resistance training approach should be employed to improve the athletic performance and potential competition performance of rodeo athletes.