

Special Balance Developer Training Applications on Young Males' Static and Dynamic Balance Performance

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ABSTRACT The propose of the present research was to determine the static and dynamic balance performance of eleven year old young males and examine the effect of special balance trainings on balance performance. The sample of the research included 75 young males - 25 athletes, 25 sedentary and 25 control groups. At the beginning of the study, a balance developer was applied to athletes and sedentary group for two months (8 weeks) after the results of pre-test balance measurements were taken. At the end of the special training program, the balance development level was determined by post-test application. Research findings showed that balance development in special training program provided developments for athletes and sedentary groups compared with control groups (P<0.05). Finally, it was thought that special balance education program can improve athletes' and sedentarys' balance capability by participating at sports clubs' substructure education and primary schools' physical education lesson curriculums.