

Examination of Changes Occurring in the Anatomic and Physiologic Structures of Women Participating in Power Plate Trainings

Sevki Kolukisa

*Giresun University, Education Faculty/Physical Education and Sports Department,
Giresun, Turkey*

Telephone: 0543 615 6625, E-mail: sevkikolukisa@gmail.com, sevki.kolukisa@giresun.edu.tr

KEYWORDS Power Plate. Body Fat Percent. Physical Exercise. Obesity. Health Fitness

ABSTRACT The purpose of this study is to examine the effects of training carried out through Power Plate on physical, physiological and motor variables of women. Subjects were 20 women randomly selected between the ages of 25 and 45 (2.70 ± 6.62). After the pre-tests were carried out, subjects joined the Power Plate Training sessions of 24 weeks, and repeated the training sessions every three days of each week for 10 minute sessions. After the administration of post-tests, results were analyzed by SPSS 15.0 using descriptive statistics and Wilcoxon. Findings yielded a significant difference in all parameters of the differences between pre and post-tests with a significance level of $p < 0.01$. As a result of regularly applied exercises, individuals may reach physical appropriateness, or already existing physical appropriateness of individuals may be maintained on the highest level. Weight, BMI, fat, internal fat values was observed to decrease significantly, and there was an increase in muscle mass ($p < 0.01$). This study showed remarkable effects in the monitored parameters of middle-aged women, who participated in power plate trainings.