

## **The Effects of Human Resistance Training on Muscular Strength**

**Orcan Mizrak**

*Department of Physical Education and Sport Science, University of Ataturk (Erzurum), Turkey  
Telephone: 00905070381792, E-mail: Sajedy\_haeidar@yahoo.com*

**KEYWORDS** Exercise. Basketball. Sargent Jump. Human Life. Sport

**ABSTRACT** The aim of this study was to evaluate the impact of a resistance training program on basketball players that have been engaging in regular training processes for several years. The study participants (n=28) were Ataturk University basketball team players. The experimental group performed a 12-week, whole body resistance training. A device measured maximal power at thirty percent, forty percent, fifty percent and sixty percent of 1RM on the bench press for each subject. Both groups increased their maximal muscular power and strength, and the magnitude of increase was significantly different between them ( $P<0.01$ ). The resistance training program induced less change than previously observed, probably because the subjects were involved in the training process for several years and were already well adapted. This study concluded muscle strength increased by 10.5 percent after 12 weeks of the resistance training program, but the power increasing amount was without growth and maturation and was more than 7.5 percent.