ISSN 0972-0073

THE ANTHROPOLOGIST

International Journal of Contemporary and Applied Studies of Man

 Anthropologist, 20(3): 437-445 (2015)

Examining the Effects of Proprioceptive Training on Coincidence Anticipation Timing, Reaction Time and Hand-Eye Coordination

Halil Ibrahim Ceylan* and Ozcan Saygin

Mugla Sitki Kocman University, Faculty of Sport Sciences, Mugla, Turkey

KEYWORDS Anticipation. Coincidence. Hand-Eye Coordination. Proprioceptive Training. Reaction Times. Students

ABSTRACT This paper is aimed to investigate the effects of proprioceptive training on coinciding anticipation timing (CAT), reaction time and hand-eye coordination. 42 volunteer students participated in the paper. These students were randomly divided into two groups as experiment and control groups. An exercise program was applied to the experiment and control groups for approximately 3 days in 8 weeks, for about 45 to 60 minutes. Additionally, a 20-minute modified proprioceptive balance program was applied to the experiment group only. Paired sample tests were used. As a result, significant differences were found in the CAT performance, reaction time and hand-eye coordination performances of the experiment group, pretest and posttest ($p<0,05$). Significant differences were found in dominant hand visual reaction time and hand-eye coordination performances of the control group, pretest and posttest ($p<0,05$). In conclusion, it is seen that proprioceptive trainings affect CAT performance and reaction time performances in a positive way.