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The Comparision of the Balance, Breathing Capacity and Reaction Time of the Different Impaired Group of Athletes

Mehmet Çebi¹, Seydi Ahmet Agaoglu and Murat Eliaz

University of Ondokuz Mayıs, Faculty of Yasar Dogu Sports Sciences, Samsun, 55139 Turkey

¹E-mail: mehmet.cebi@omu.edu.tr

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ABSTRACT The aim of this study is to determine the differences in the balance, vital capacity and reaction time parameters for impaired, sedentary and athletes. Vital capacity of the sedentary is statistically lower than that of all the impaired groups and athletes. The athletes' vital capacity is meaningfully higher than the physically impaired. The average of the right and left hand reaction time to the sound is statistically higher of the sedentary than that of the visually and the physically impaired and the athletes, meanwhile the average of the visually impaired is lower than the physically impaired. Balance, vital capacity and reaction time were found to be higher for the impaired who were active in sports compared to the sedentary. The impaired who are active in any sports must be encouraged to continue doing those activities.