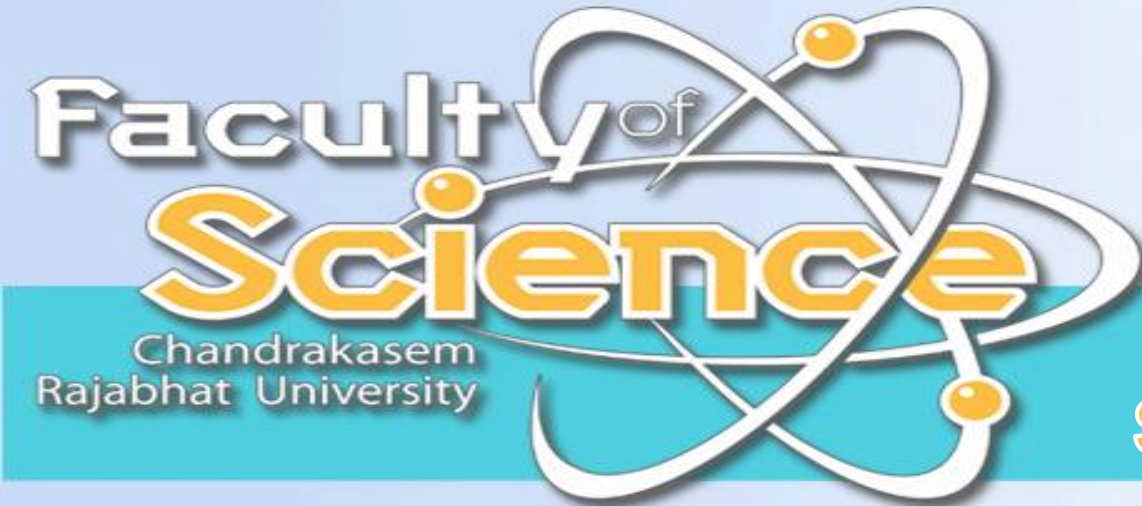
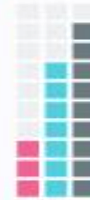


A STUDY OF DYNAMIC STRENGTH INDEX IN THAI NATIONAL BADMINTON PLAYERS:

CASE PRESENTATION



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INTRODUCTION



OUR PROCESS



RESULT



DISCUSSION & CONCLUSION



A STUDY OF DYNAMIC STRENGTH INDEX IN THAI NATIONAL BADMINTON PLAYERS

INTRODUCTION



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A STUDY OF DYNAMIC STRENGTH INDEX IN THAI NATIONAL BADMINTON PLAYERS

INTRODUCTION



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27

Competitions / year

HSBC BWF World Tour Super Final, 1000, 750, 500, and 300

2

Competitions / month (at least)

1st

Players need to improve their world ranking





The characteristics of badminton players require a certain level of strength, power, stamina, and flexibility.

Ochiana, N., (2006).



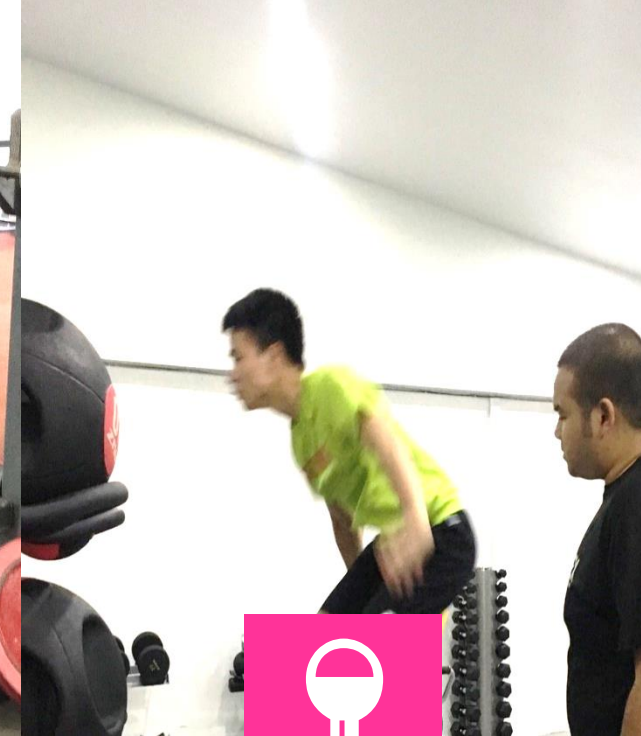
Badminton requires quick changes of direction, jumps, and lunges at the net and rapid arm movements from a variety of postural positions.

Shariff AH, et al., (2009).



Fast first step and quick return to center. These qualities help them intercept a shuttlecock, obtain more chances for hard smash, turn themselves into an offensive pattern of playing, and opportunity to get scores leading to the victory.

Golds, M., (2002).



Successfully in most of sports is highly dependent on physical fitness characteristics including strength and power.

Cronin, J. B., & Hansen, K. T., (2005).



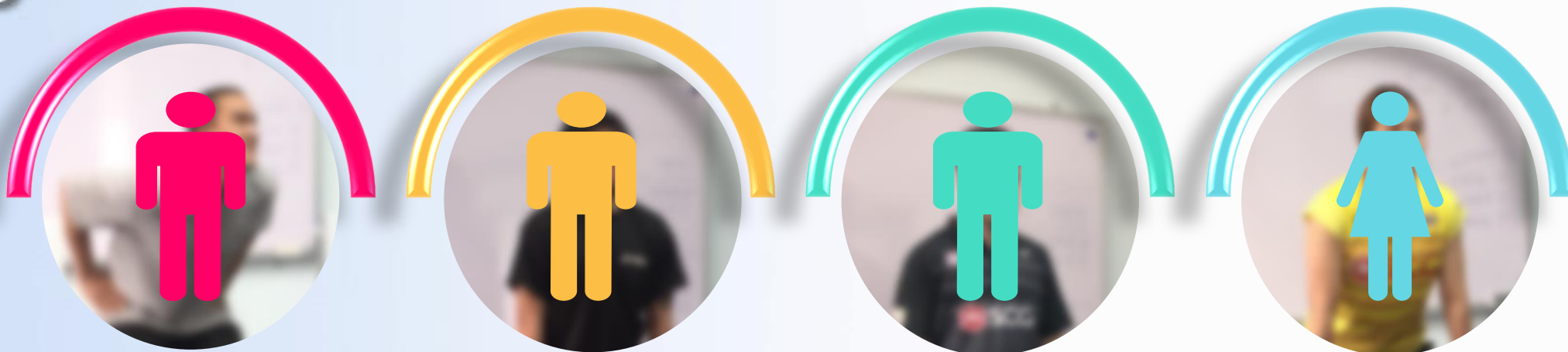
While they always have a lots of competition,



What kind of the training program is appropriate for badminton players?



To illustrate changes in dynamic strength index of Thai national badminton players among 2 competitions.



**DYNAMIC STRENGTH
INDEX TEST**



**2
COMPETITIONS**



**DYNAMIC STRENGTH
INDEX TEST**

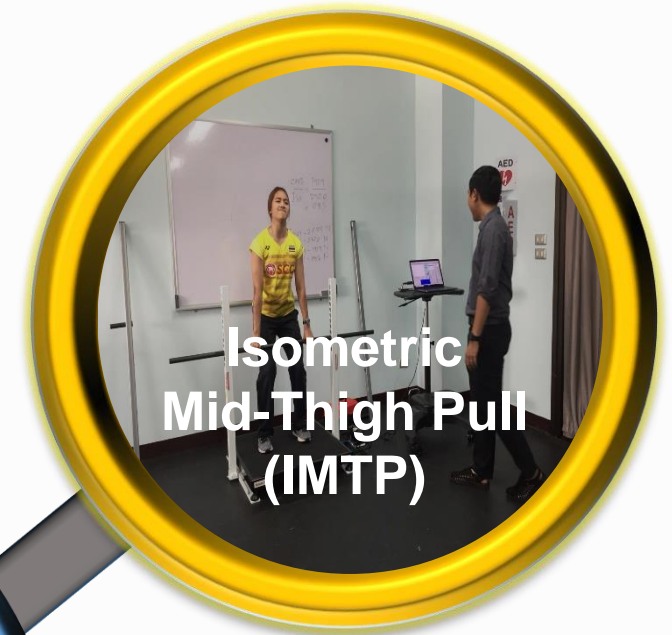


A STUDY OF DYNAMIC STRENGTH INDEX IN THAI NATIONAL BADMINTON PLAYERS

OUR PROCESS

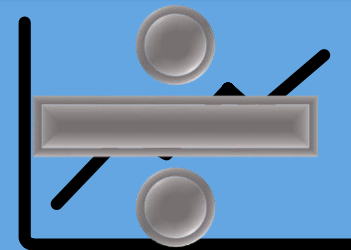


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PEAK FORCE CMJ

PEAK FORCE IMTP
Strength Index
(DSI)

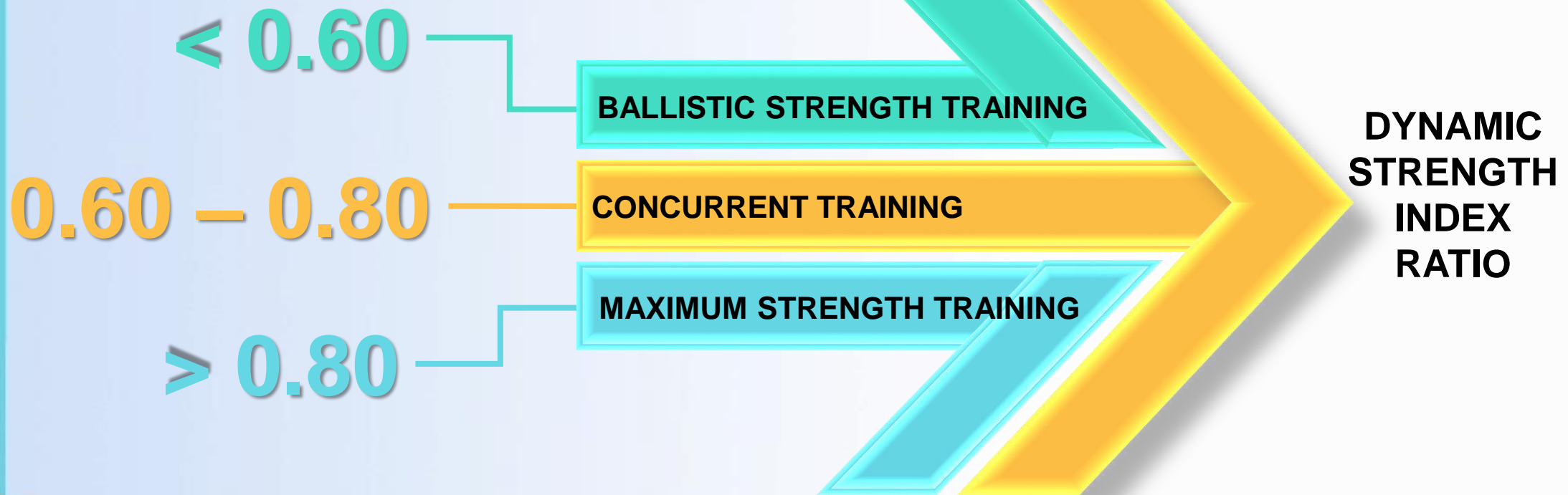


A STUDY OF DYNAMIC STRENGTH INDEX IN THAI NATIONAL BADMINTON PLAYERS

OUR PROCESS



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A STUDY OF DYNAMIC STRENGTH INDEX IN THAI NATIONAL BADMINTON PLAYERS

RESULT

Variables	Male A		Male B		Male C		Female	
	Pre	Post	Pre	Post	Pre	Post	Pre	Post
Counter movement Jump peak force (N.)	1931.9	1954.7	1982.6	1875.0	1701.7	1690.4	1306.6	1317.6
Isometric mid-thigh Pull peak force (N.)	2238.5	2171.7	2683.1	2327.8	2388.1	2281.0	1677.2	1672.0
Dynamic strength index	<u>MAXIMUM STRENGTH TRAINING</u> 0.86303 0.90008 0.73892 0.80548				<u>CONCURRENT TRAINING</u> 0.71257 0.74108 0.77904 0.78804			

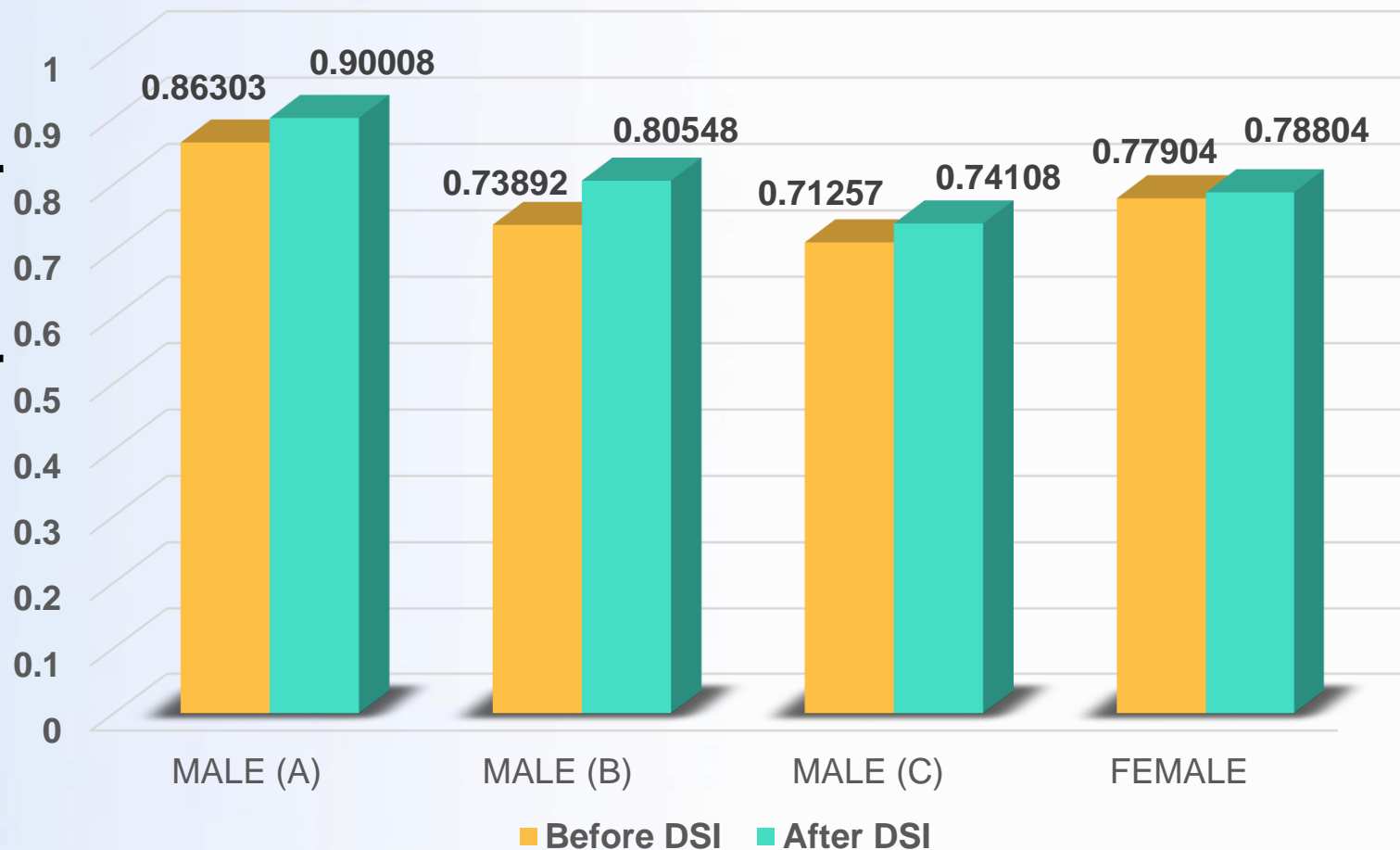


MAXIMUM STRENGTH
TRAINING

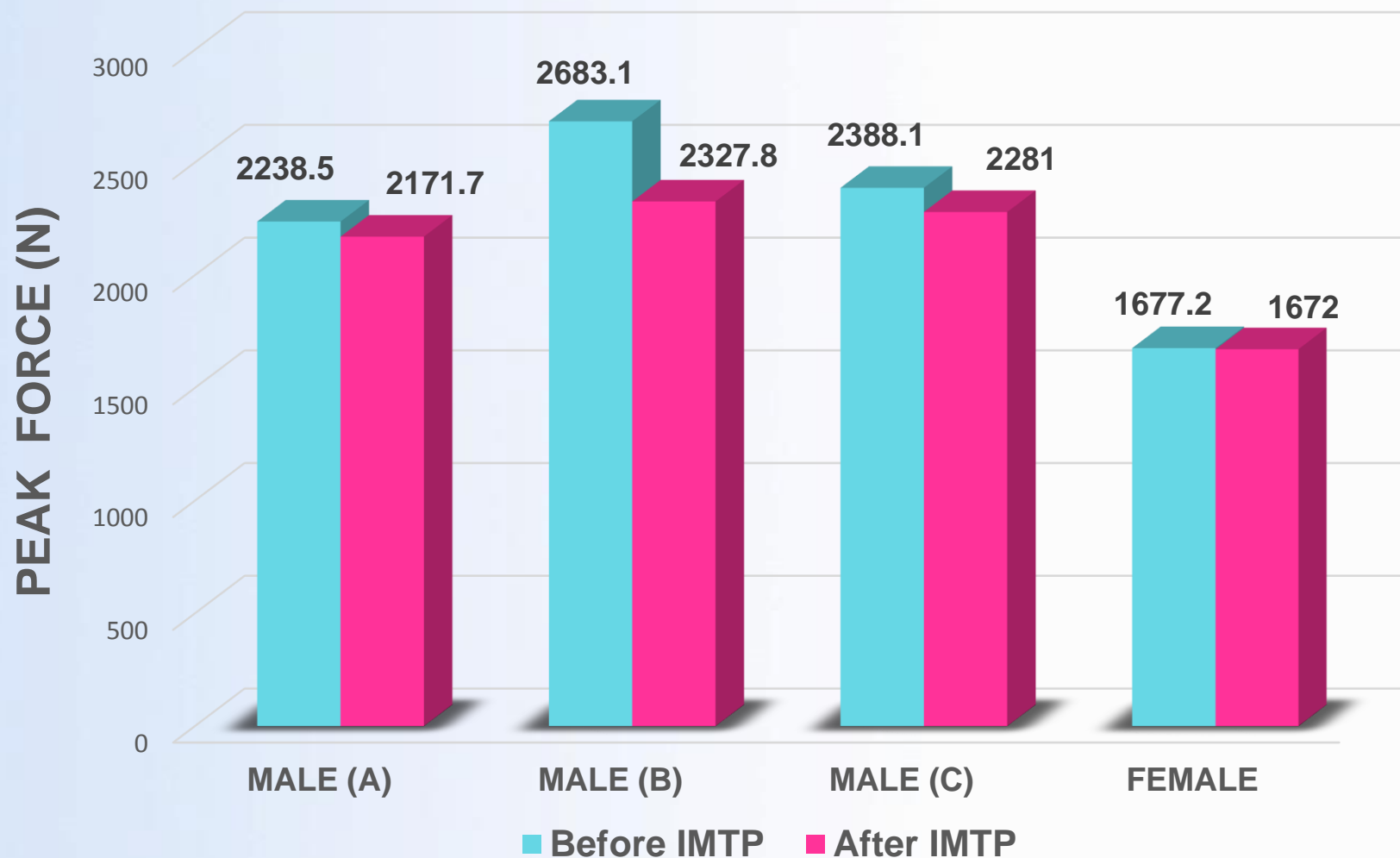
CONCURRENT
TRAINING

BALLISTIC STRENGTH
TRAINING

DYNAMIC STRENGTH INDEX VALUE



ISOMETRIC MID-THIGHT PULL PEAK FORCE





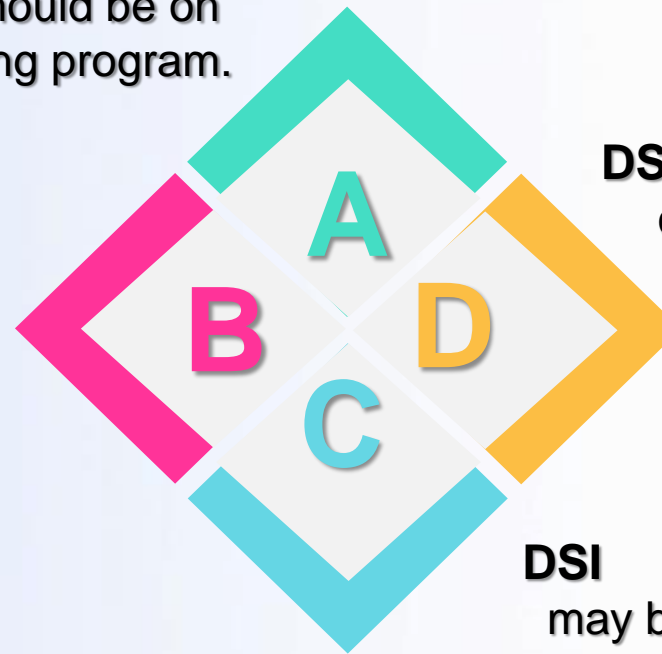
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SUGGESTION

- ๑ 2 of them should be on maximum strength training program.
- ๑ 2 of them should be on concurrent training program.

DECREASING

Isometric mid-thigh pull peak force that influence on strength performance.



DSI

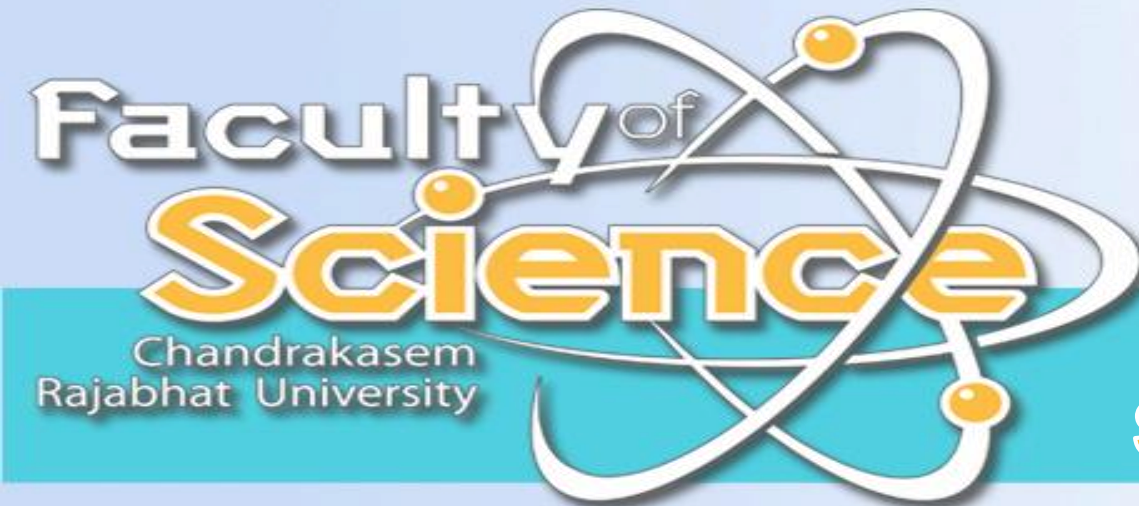
cannot tell “How much their strength” but can tell “training status now”.

DSI

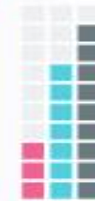
may be used as a means of assessing an athlete’s lower and upper-body strength qualities and guide future training interventions.



THANK YOU FOR YOUR TIME



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