

Independent Study Title The Effect of Leg Muscle Strength Training on the Throwing Techniques of Judo

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Abstract

The purpose of this study was to investigate the effect of strength training of leg muscles on the throwing techniques of judo players. Samples were 10 Assumption College Lampang judo players with the age of 14-16 years. Quadriceps, Hamstrings, and Calf muscles were trained by weight training and body weight loading with 5 exercises for 6 weeks. Leg muscle strengths were measured by leg dynamometer and the throwing techniques were recorded at before and after the training.

The result found that after training, the average value of leg muscle strength was 137.3 kilograms which increased statistical significant with the mean difference of 12.9 kilograms. ($p=0.000$) and the average value of the throwing techniques was 14.7 times in 35 seconds. The mean difference was 1.5 times which was statistically significant better than before the training.

Conclusion presented this weight training and body weight loading programs with 5 exercises for 6 weeks program could improve muscles strength and throwing techniques of judo players.