The influence of different stretching techniques on power performance

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The main idea is to determine the effect of no stretching, static stretching, dynamic stretching and proprioception neuromuscular facilitation (PNF) stretching on the electromyography (EMG) activity and power performance. We will recruit 10 collegiate males. Every participant should perform the maximal voluntary isometric contraction (MVIC) test and complete four stretching-jump trials, and four round-run trials. The stretching-jump trial will be 3 counter movement jump (CMJ) test followed by each type of stretching (included no stretching, static stretching, dynamic stretching and PNF stretching). The round-run trial will be one round-run followed by each type of stretching. The 8 trials will be in a randomised order, and the interval between each trial will be 2 days at least. The hypothesis come from uncertain results about the effects of stretching on jump performance.

Should the dose-response relationship between exercise intensity and affective response be attenuated in Asia?

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Identifying the dose-response relationship between exercise intensity and affective response is important for health promotion, because the experience during exercise would affect exercise behavior in the future. Previous studies revealed that the dose-response relationship between exercise intensity and affective response did exist. That is, when the exercise intensity is above anaerobic threshold, the affective response tends to be negative; when the exercise intensity is below anaerobic threshold, the affective response tends to be positive; and when the exercise intensity is around anaerobic threshold, the affective response is quite different among individuals. The present study would compare the pattern of dose-response relationship between exercise intensity and affective response in Asian and Western country. Beside, we’ll discuss the preliminary physiologic mechanism behind the relationship.