Experimental Research on the effects of corrective training on movement dysfunction in volleyball players

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ABSTRACT: Movement dysfunction refers to the flexibility, stability, degree of activity of some joints of the human body in the process of movement cannot play normally, muscle tension, imbalance and other phenomena. The view that the risk of movement injury has been widely recognized in the industry. According to the literature, corrective training is of great significance to prevent movement injury and eliminate Movement dysfunction. Corrective training is to improve the cooperative working relationship between various parts of the body by ensuring the normal function, and to ensure the normal level of the basic structure of the skeletal muscle system. This paper designed a targeted corrective training program through the functional motion screening (FMS) pretest data of 10 volleyball players, conducted a 6-week experimental intervention, and compared and analyzed the test data to explore the impact of corrective training on eliminating and alleviating the Movement dysfunction of volleyball athletes. The results showed that the average score of FMS test increased from 12.20 to 15.30 points, showing significant difference (P<0.01); FMS test increased, squat, hurdle, straight bow, trunk stability and trunk rotation stability (P<0.05), shoulder flexibility, active straight knee lift (P>0.05), and FMS test decreased from 20 to 10 people. It is concluded that the corrective training can effectively improve the FMS test scores and total scores of the volleyball players, improve and optimize the movement mode, improve the joint flexibility and stability, and eliminate the asymmetry of the movement mode, so as to achieve the purpose of preventing or reducing the damage. It is recommended that corrective training should be incorporated into the daily training plan in the future training, so as to improve the elimination of Movement dysfunction and better protect the health of athletes.

KEY WORDS: volleyball player, movement dysfunction, corrective training

Reference: