

**NEUROMUSCULAR TRAINING AS THE BASIS FOR DEVELOPING THE LEVEL OF
THE STATIC AND DYNAMIC BALANCE IN SELECTED STUDENTS OF PHYSICAL
FITNESS TEAM OF KERMANSHAH**

Behzad Karami Matin **Ali Yalfani ***Farzaneh Gandomi *Homayoun Abbasi
and *****Azizmorad Parmoon**

Email: gandomif@gmail.com

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ABSTRACT

This study aims to investigate the effects of neuromuscular training on static and dynamic balance among the student members of the representative physical fitness team of the elementary schools of Kermanshah (Iran). This study is a semi-experimental design research conducted on the 24 male students of the physical fitness team. Their age ranged between 10-12 years, were randomly selected from members of the representative physical fitness team of the elementary schools of Kermanshah (Kermanshah, Iran). The subjects were randomly divided into two groups of experimental and control group. The control group participated in physical fitness exercises, while the experimental group participated in a 4 weeks neuromuscular training in addition to the physical fitness exercises. The data were analyzed by using SPSS software, version 16. ANOVA repeated measure was applied. The results of the study showed that neuromuscular training can increase the important factors of balance and the results showed a significant increase of the performance of the individuals participating in neuromuscular training. As physical fitness factor of balance is of great importance in increasing the body stability for doing the sport and reduction of the injuries risk namely at young age, neuromuscular training can be considered as an effective factor in increasing the balance.