

عنوان مقاله:

Examining the functional motor screening (FMS) scores of Mobarake Sepahan handball players

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خلاصه مقاله:

Purpose: Functional Movement Screening Test (FMS) is a tool that has the ability to determine a person's potential for the possibility of suffering from musculoskeletal abnormalities and sports injuries. FMS tests include seven functional movement tests that evaluate trunk, central strength and stability, neuromuscular coordination, asymmetry in movement, and flexibility. The purpose of this research was to determine the norm of the functional motor screening test in the male handball players of the Sepahan club in Isfahan. **Method:** The method of collecting information is cross-sectional and in terms of practical purpose. For this purpose, 30 male students aged 14-16 from Sepahan Handball Club of Isfahan were evaluated by performing 7 FMS tests. **Findings:** The norm of FMS test in 14-year-old students was 14.39 ± 1.66 , in 15-year-old students it was 15.85 ± 1.47 , and in 16-year-old students it was 15.29 ± 1.21 . Therefore, it can be stated that the FMS scores in these people are in a better condition compared to related studies in this age group. Also, the test scores separately showed that 75% of this population does not have enough stability in the central part of the body. **Discussion and conclusion:** In many sports activities, the movements of the upper and lower limbs need to have sufficient stability in the central area, if there is no stability in this area, energy transfer does not take place well. Since this age group is at the beginning of official sports competitions and considering that the clinical usefulness of FMS is limited by the lack of Norm index in Iran, sports medicine specialists and sports team coaches can evaluate the value of Norm scores to diagnose and identify people. at the risk of physical deformity and injury at different ages and plan bodybuilding and corrective exercises based on it

کلمات کلیدی:

functional motor screening test, Male Students, Sepahan handball

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