EFFECTS OF 7 WEEKS OF ROPE-JUMP TRAINING ON CARDIOVASCULAR ENDURANCE, SPEED, AND AGILITY IN MIDDLE SCHOOL STUDENT BOYS

Abstract
The purpose of this study was to investigate the effects of a 7-week of rope-jump training on speed, endurance and agility in middle school male students. Twenty eight male students (age 11.87±0.33 year, weight 40.30±9.72, height 1.49±0.08 m) were recruited from pre-high school and randomly were assigned into rope-jump training (n = 14) and control (n =14) groups. The rope-jump training group (RJT) underwent 7 weeks of jump rope training (15-50 min/d, 3 d/wk). The 7-wk rope jump training significantly improved cardiovascular endurance (10.33%) and agility (3.17%) compared to control group. The 50-m sprint test was also improved by 0.29% in RJT compared to control group (p>0.05). In conclusion, the current findings indicate that 7 weeks rope jump training is a feasible and safe training method for improving cardiovascular endurance and agility in middle school student boys. However, rope jump training confers small improvements in sprint performance in middle school student boys.

Key words: rope jump training, cardiovascular endurance, sprint performance, agility