STUDY REGARDING THE IMPORTANCE OF ATHLETIC EXERCISES IN CORRECTING BODY POSTURE IN JUNIOR II, MIDDLE-DISTANCE RUNNING

Abstract
The purpose of our present research is that of identifying the effects athletics has upon the correction of spine deficiencies in junior II, middle-distance running. Our initial hypothesis was that, by using those instruments of athletics adapted for spine deficiencies, body posture could be corrected in junior II athletes, middle-distance running. Moreover, a specially-designed exercise program, destined to correcting spine deficiencies, could also improve muscular strength and the somatic and functional values. To our study participated 22 middle-distance runners, divided in two lots: the witness group and the experimental one. The research took place during an 8 months period, 2-4 times a week, according to each sportsman’s stage of preparation. The results revealed by the special anthropometric measurements at the final testing, the somatic and functional values, and the testing of dorsal and abdominal muscular strength indicate significant statistical progress (p<0,05) in the experimental group, as a result of the specially-designed athletic program used to correct spine deficiencies.

Key words: athletics, deficiencies, correction