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Date: October 26, 2022 at 4:13 PM
To: miakusumawati25@gmail.com



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On 2022-10-13 05:13, Author wrote:

First Name

Mia

Last Name

Kusumawati

E-mail Address

miakusumawati25@gmail.com

Paper Title

The effect of resistance band training (forearm) on throwing velocity in male handball players

University

Universitas Islam 45

Departament

Physical Education, Health, and Recreation

Postal mailing address

17113

City

Bekasi

Country

Indonesia

Keywords

Rubber, Training, Throwing velocity, Accuracy, Handball
Short Abstract

The purpose of this study is to investigate the influence of resistance band training (forearm) on the throwing velocity of university handball player. Overall, 28 male university handball athletes with an average age of 20.7 ± 0.8 years, stature 172.2 ± 0.1 , body mass $68.5 (\pm 4.6)$, and VO_2 max $48.2 (\pm 3.4)$ were enrolled and recruited into the study; 14 participants were randomly assigned to experiment group (resistance band training) and the other group was a control group. Both groups underwent pre-and post-tests, which covered throwing velocity (7-m jump shot test), hand grip, and ball accuracy tests. For a period of eight weeks, both groups attended their regular handball training sessions (Three per week), but in addition, the experimental group participated in a program specifically aimed at strengthening the forearm muscle region and consisting of 2 exercises performed after the general warm-up in each regular session. Pre- and post-tests were carried out to analyze each player's throwing velocity from different groups and thus assess the effects of this specific strength training program using a resistance band. Statistically significant differences ($p \leq 0.05$) in throwing velocity were observed between the experimental group, which presented a percentage improvement of 8%, and the control group, which did not show any improvement. The results seem to indicate that an increase in the strength of the forearm muscle can contribute to an improvement in the kinetic chain of the specific movement of throwing in handballs and increasing throwing velocity.

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University of Pitesti, ROMANIA

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1,2,3,4 Physical Education, Health, and Recreation Department, Universitas Islam 45, INDONESIA

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**MIA KUSUMAWATI^{1*}, IWA IKHWAN HIDAYAT², ARIDHOTUL HAQIYAH³,
LOAN SUBARNO⁴**

1,2,3,4 Physical Education, Health, and Recreation Department, Universitas Islam 45, INDONESIA

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**MIA KUSUMAWATI^{1*}, IWA IKHWAN HIDAYAT², ARIDHOTUL HAQIYAH³,
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1,2,3,4 Physical Education, Health, and Recreation Department, Universitas Islam 45, INDONESIA

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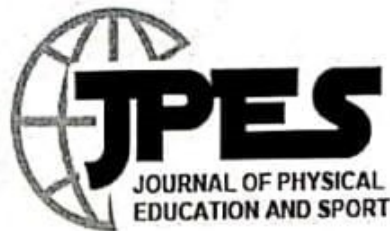
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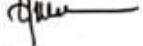

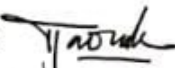

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