

A confronto sul futuro di Avellino: la sinistra scende in campo

Scritto da Red.

Domenica 18 Giugno 2017 16:53

**APRIAMO UNA DISCUSSIONE
SUL FUTURO DELLA PROVINCIA DI AVELLINO**

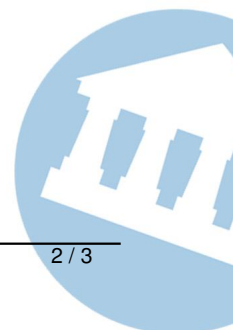
**SINISTRADDEM
CAMPO APERTO**

23 GIUGNO 2017

**ORE 17.00,
SALA GRASSO
PROVINCIA DI AVELLINO
PIAZZA DELLA LIBERTÀ**

INTRODUCE

ANTONIO GENGARO
Sinistradem



A confronto sul futuro di Avellino: la sinistra scende in campo

Scritto da Red.

Domenica 18 Giugno 2017 16:53

Abstract The purpose of this study was to investigate the effects of a 12-week training program on the physical and psychological characteristics of young elite female basketball players. The study was conducted in a laboratory setting. The participants were 12 young elite female basketball players, aged 18-20 years, who were divided into two groups: a control group and an experimental group. The experimental group underwent a 12-week training program that included strength training, plyometrics, and cardiovascular exercise. The control group did not undergo any training. The physical characteristics measured were maximum strength, power, and endurance. The psychological characteristics measured were anxiety, depression, and self-esteem. The results showed that the experimental group had significantly higher maximum strength, power, and endurance than the control group after 12 weeks of training. Additionally, the experimental group had significantly lower anxiety and depression, and higher self-esteem than the control group after 12 weeks of training. The findings suggest that a 12-week training program can improve the physical and psychological characteristics of young elite female basketball players.