

COMPARISON OF VERTICAL JUMP PERFORMANCE ASSESSED SIMULTANEOUSLY VIA ELECTRONIC MAT AND JUMP REACH METHOD

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INTRODUCTION

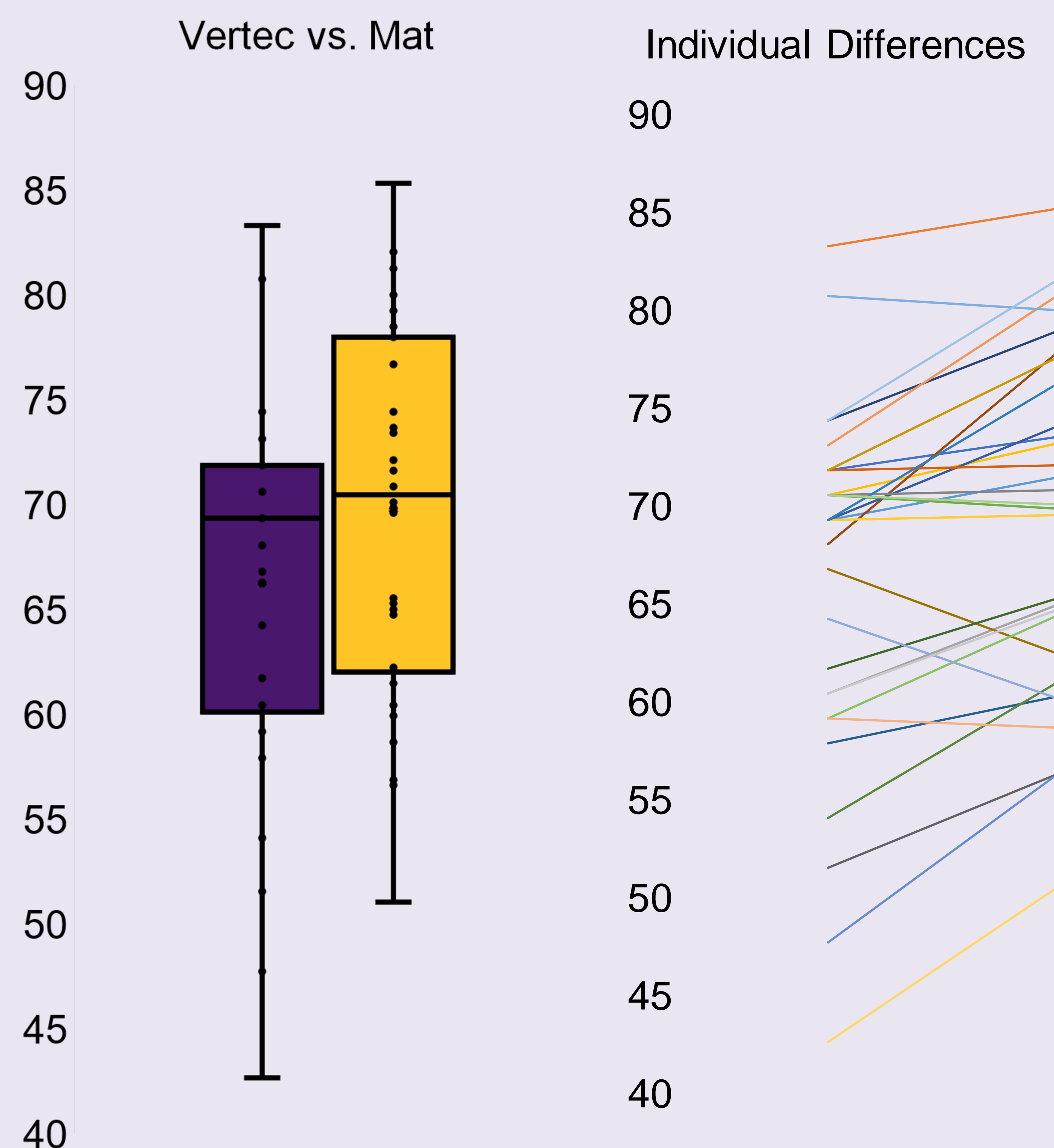
- The purpose of this study was to investigate the differences between vertical jump performance assessed simultaneously via electronic mat and jump reach methods.
- Participants were Division II, NCAA male basketball athletes.

METHODS

- N = 15, male collegiate basketball athletes
- 21 ± 2 y, ht. = 186.5 ± 10.2 cm, wt. = 85.6 ± 13.1 kg
- Electronic & Jump-Reach recorded simultaneously
- 2 vertical jump attempts



Data from Reach Vertical Jumps & Mat Vertical Jumps Should Not Be Used Interchangeably



RESULTS

- Mean differences were investigated via paired-samples *t*-test (VJ vs. eVJ; $\alpha = 0.05$)
- Cohen's *d* for effect size
- Pearson's correlations to investigate the relationship between assessment styles

	Electronic Jump Mat	Jump-Reach
Mean ± SD (cm)	69.8 ± 8.7	66.3 ± 9.0
Effect Size Cohen's <i>d</i>	0.40	
Paired-Sample <i>t</i> -Test	$p < 0.001$	
Pearson Correlation	$r = 0.91$	

PRACTICAL APPLICATIONS

- Coaches, Sport Scientists, & Researchers should not use these data interchangeably
- Data can be useful within their method/mode-specific context