Abstract

This investigation has the objective of determining the scream effect as an ergogenic resource in the strength of the legs, at the time of doing a straight jump. These measures were applied to a group of 19 men, who were 20.2 years old (medium age). In order to determine the people’s strength level, they jumped straight on a strength platform. This platform measures the strength people do against the floor when they are going to jump. The participants did six vertical jumps on the platform, the first three jumps with scream and the other three without it. The best jump with or without scream was chosen in order to get the statistics. A “Student t” was used for analyzing the time of flight and the maxim strength. As a conclusion, it was discovered that the use of the scream at the time of doing the high jump didn’t increase the quantity of the applied strength.

Keywords

Scream, Ergogenic resource, Strength, Vertical jump.