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(RSA)

### The Relationship Between Aerobic Power and Repeated - Sprint Ability (RSA) in Female Basketball Players

(VO<sub>2max</sub>) (RSA)

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**Abstract :**  
A large number of team games require to produce maximal or near maximal sprint of short duration with brief recovery periods. The purpose of this study was to determine the relationship between a repeated - sprint ability (RSA) and aerobic power in Female basketball players. Hence, 30 basketball players were selected randomly. The average age, height, weight and BF% of the subjects were 20 years, 167.8cm, 60.07kg, and 22.5% respectively. VO<sub>2max</sub> was measured by Bruce protocol on treadmill through gas analyzer (cosmed K4b2, Italy). The RSA test included 12 × 20 m sprint departing every 20s. The pearson coefficient correlation and SPSS12 soft ware was used for analyzing data. The results indicated that there was a significant

(VO<sub>2max</sub>)  
VO<sub>2max</sub> (RSA)  
RSA  
SPSS12

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بیش از ۲ میلیون مقاله فارسی در این سایت موجود میباشد

correlation between aerobic power and RSA in  
female basketball players ( $r = 0.59$ ,  $p = 0.001$ ).

**key words**

Team sports, repeated - sprint ability,  $VO_{2max}$ .

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*VO2<sub>max</sub>*

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- 1 - Tomlin & Wenger
  - 2 - Hoffman
  - 3 - Bell et al.
  - 4 - Bishop et al.

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*SPSS12*

*RSA* *VO2<sub>max</sub>*

*RSA*

*VO2<sub>max</sub>*

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$p = l$  )

$$\left( \frac{r}{p} \right)^{\frac{1}{p}}$$
$$\left( r = \frac{1}{p} \right)$$

*RSA*

$( \quad )$

*RSA*

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