

Abstract

Title: Assessment of the postural stability level by female soccer players using Y- balance test

Objectives: The aims of this thesis are to acquaint readers with the Y-balance test method and to map the level of dynamic postural stability by women soccer players with the help of the method called Y-balance test and to compare the gained data with a group of non-athletic female probands. Amongst other aims is to identify the risks of injuring lower body limbs of the studied individuals based on the results obtained from the Y-balance test

Methods: There were 20 probands in total attending the test. Half of them were female soccer players aged 18–30 years (21,8 on average) who practice 3 times a week plus play a competitive game once a week. The second half consisted of non-athletic female probands, also in age group of 18–30 (24,4 on average), who do not actively engage in any sports. Y-balance test was used to evaluate the postural stability of the subjects. Before the testing, the length of lower limbs was measured by the probands using a measuring tape, followed by trial attempts, after which the probands realized 3 measured attempts in each direction. The results were recorded on a special sheet. All the gained data were processed by Microsoft Office 2019, analysis was conducted using descriptive statistics and statistical significance was evaluated using t-test with critical significance of 0,05.

Results: The results are showing that the tested group of soccer players does not show better postural stability compared to non-athletic group of probands. It was also found that there is not a statistically significant difference in achieved scores between the groups. The results did not prove a higher score while testing the dominant limbs in all directions either. In addition, an increased risk of injury was found in 6 out of 10 female soccer players.

Key words: stability, dynamic stability, testing, female soccer, Y-balance test

