

3rd Indo-Global Summit & Expo on **Healthcare**

October 05-07, 2015 New Delhi, India

Measurement of reliability and validity of gymnasts' fitness measurement tool in gymnasts

Sumya Jyoti Halder

Sri Action Balaji Medical Institute, India

A reliable and valid method of measuring and monitoring a gymnast's total physical. Fitness level is needed to assist female gymnasts in achieving healthy, injury-free participation in the Sport. The Gymnastics Functional Measurement Tool (GFMT) was previously designed as a field-test to assess physical fitness in female competitive gymnasts. The purpose of this study was to further develop the GFMT by establishing a scoring system for individual test items and to initiate the process of establishing the test-retest reliability GFMT. A total of 50 competitive levels both male and female gymnasts' ages 6-22 underwent testing using the GFMT. Fifty of these subjects underwent re-testing one week later in order to assess test-retest reliability. Test-retest reliability was analyzing during Model 1 Intra class correlation coefficients (ICC). Statistical significance was set at the $p < 0.05$ level and another 50 samples went for validity testing of the tool. There were no significant changes found during the test-re test procedure. So GFMT tool is highly reliable and valid tool for measuring the fitness level in gymnasts' and score was similar to the GFMT tool score (USAG SCORE).

Biography

Sumya Jyoti Halder has completed her Masters in Sports Physiotherapy from Guru Nanak Dev University, Amritsar, Punjab as a Bronze Medallist, where at the start of his career, he was appointed as an Physiotherapist clinician in Sri Action Balaji Hospital Delhi. He graduated as a Physiotherapist (BPT) from Banarasidas Institute of Medical Science, GGSIPU Delhi with first division and successful clinical experience in various reputed hospitals and with various sports teams, where he realized that managing the scarce hospital resources and treating the patients provide a good experiences for future prospects.

sumyahalder89@gmail.com

Notes: