

ABSTRACT

PAPER TITLE: An Examination of Pre-Activity and Post-Activity Flexibility Practices of Collegiate Division I Division II and Division III Track and Field Throws Coaches

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The purpose of this study is to determine the pre and post-activity stretching practices of Division I, II, and III track and field throws programs. A 33-item survey instrument was developed to collect data regarding the warm-up and flexibility practices at the NCAA division I (n=320), division II (n=175), and division III (n=275) universities. A total of 135 surveys were completed for a 17.5% return rate. Descriptive statistics included frequency counts, means, and standard deviations were calculated for the demographic and educational background variables as appropriate. Significant differences were found for the level of USATF certification and the use of static stretching between throws ($\chi^2=6.333$, $p = 0.048$). Significance was also found for the USATF certification level and requesting the athletic trainer (AT) perform static stretching ($\chi^2= 13.598$, $p = 0.01$). Significant differences were also found for the NCAA division level and the use of soft tissue work ($\chi^2= 5.913$, $p = 0.026$). Although research supports dynamic warm-up/stretching over other forms of pre-activity protocols (Little & Williams, 2006; Stone et al., 2006), it appears that some track and field throws coaches are reluctant to

completely discontinue traditional methods, such as pre-activity static stretching. The results of this study suggest it is necessary for track and field throws coaches to re-evaluate their own practices, perhaps cross-checking them with the existing research.