

EFFECTIVENESS OF TELEREHABILITATION BASED CORE TRAINING IN IMPROVING THE ENDURANCE OF A TRACK AND FIELD VARSITY TEAM

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ABSTRACT

Telerehabilitation, a new platform for delivering online-based interventions and healthcare services has become beneficial to use for those who have economic hardship, insufficient local resources, and lives in remote areas where healthcare services are inadequate. On the other hand, Core Training has become part of the athletic training and is used by coaches and trainers in strengthening the core muscles of athletes. This paper reviews the effectiveness of using telerehabilitation-based core training exercises in improving the endurance for optimal athletic performance and injury prevention of the track and field athletes. In this study, twenty-four (24) track and field athletes, ages 15-18 years participated in 12 core training exercise sessions led by a licensed physical therapist using an online conferencing application that lasted 40 minutes to 1 hour, 3 times a week for a total of 4 weeks. This study utilized the quasi-experimental type of research in which single group Pre-test and Post-test scores were measured using the 20m Multistage Fitness Test to compare the results in investigating the improvement in the endurance of the respondents. The statistical data showed that there is a significant difference between the pre-test and post-test scores of the respondents with a mean of 31.55 ml/kg/min. on the pre-test scores, where most of the respondents were rated into the category of “Poor” and 40.37 ml/kg/min. on the post-test scores, where the majority of the respondents improved their ratings and progressed into the category of “Good”. The results of the post-test scores were significantly higher than pre-test scores which indicates that there is a significant improvement in the endurance of the respondents. Based on the data gathered, it can be concluded that 4 weeks of telerehabilitation-based core training exercise is an effective way of improving the endurance of the athletes.

Keywords: Telerehabilitation, Core Training, 20m Multistage Fitness Test, Endurance.