INTRODUCTION

In fighting sports each match is different than another throughout the same competition. Due to this fact, the athletes have to be versatile and need to develop specific coordinative skills such as reaction time, alertness and eye-hand coordination. However, fighting sports are not alone in requiring the development of those specific coordination skills: team sports and individual sports such as volleyball, football, basketball, tennis, may require a high level of sensory and perceptive skills as well.

AIMS

To determine if athletes practicing in fighting sports develop more some specific sensory and perceptive skills than athletes practicing other sports.

METHODS

20 males (age 22±2.62 years) from the Faculty of Sport Science of Milan were divided into two even groups: Fighting Sports (FS) and Non-Fighting Sports (NS). In order to avoid any exchange of information only one subject was allowed into the laboratory at one time. The two groups underwent 3 tests following the Vienna Test System protocol: test 1, Eye-Hand coordination (EH); test 2, Alertness and Visual Differentiation (AVD); test 3 Anticipation of Time and Movement (ATM). An independent simple t test (p=0.05) was used to compare the obtained values in each test.

RESULTS

FS group performed better than NS group in all tests but without significant statistical differences (test 1: 36.37 vs 41.46 sec p>0.05, test 2: 2.5 vs 2.45 points p>0.05, test 3: 9.8 vs 9.5 points p>0.05).

CONCLUSIONS

No significant difference was found in the skills evaluated through the Vienna Test between subjects practicing in fighting sports and non-fighting sports.

REFERENCES


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