



Effect of the number of years of experience on physical fitness, sports skills and quality of life in wheelchair basketball players

Nevin ERGUN, İrem DÜZGÜN, Emine ASLAN

[Ergun N, Düzgün İ, Aslan E. Effect of the number of years of experience on physical fitness, sports skills and quality of life in wheelchair basketball players. Fizyoter Rehabil. 19(2):55-63.]

Research Report

N Ergun

Hacettepe University, Faculty of Health Sciences, Department of Physical Therapy and Rehabilitation
Ankara, Türkiye
PT, PhD, Prof

İ Düzgün

Hacettepe University, Faculty of Health Sciences, Department of Physical Therapy and Rehabilitation
Ankara, Türkiye
PT, MSc

E Aslan

Pamukkale University, School of Physical Therapy and Rehabilitation
Denizli, Türkiye
PT, PhD

Address correspondence to:

Prof. Dr. Nevin Ergun
Hacettepe University, Faculty of Health Sciences, Department of Physical Therapy and Rehabilitation
06100 Sıhmanpazarı
Ankara, Türkiye
E-mail: nergun@hacettepe.edu.tr

Purpose: The aim of this study was to identify the effect of the number of years of experience playing wheelchair basketball on physical fitness level and quality of life. **Material and methods:** Thirty two male wheelchair basketball players from three Turkish teams including amateur, national and professional teams participated in this study. The physical characteristics, medical history, the number of years of disability and experience in wheelchair basketball were recorded. The body composition, strength, aerobic and anaerobic capacity, flexibility, skills and quality of life of the players were evaluated. **Results:** There was a significant difference among the groups with regard to their years of experience in playing basketball ($p<0.05$). When the skinfold thickness was compared, a significant difference was found among the groups ($p<0.05$). There were significant differences among the groups ($p<0.05$) in the 6-minute endurance race. There were also noticeable differences among the groups in the lay-up, 20 m sprint, zone-shot, and eight-figure+ball tests ($p<0.05$). The number of years of experience was found to have a positive correlation with the eight-figure+ball test, the 20 m sprint test and the pass for accuracy test ($p<0.05$). There were no significant differences among the groups in the results of the Nottingham Health Profile ($p>0.05$). **Conclusion:** Performance in the sport of wheelchair basketball affects physical fitness, sports skills and quality of life.

Key words: Wheelchair basketball, Physical fitness, Quality of life.

Tekerlekli sandalye basketbol oyuncularında deneyim yılının fiziksel uygunluk, spor becerisi ve yaşam kalitesi üzerine etkisi

Amaç: Çalışmamız tekerlekli sandalye basketbol oyuncularının oynama yıllarının fiziksel uygunluk seviyesi ve yaşam kalitesi üzerine etkinliğini göstermek amacıyla planlandı. **Gereç ve yöntem:** Çalışmaya 32 erkek, amatör, ulusal ve profesyonel ligde oynayan üç Türk takımının tekerlekli sandalye basketbol oyuncusu katıldı. Tüm sporcuların fiziksel özellikleri, tıbbi hikâyesi, özür yılı ve tekerlekli sandalye sporundaki tecrübe yılı kaydedildi. Sporcuların vücut kompozisyonu, kuvveti, aerobik ve anaerobik kapasitesi, esnekliği, becerisi ve yaşam kalitesi değerlendirildi. **Sonuçlar:** Grupların basketbol oynama süreleri arasında anlamlı farklılık bulundu ($p<0.05$). Grupların skinfold kalınlıkları karşılaştırıldığında anlamlı fark bulundu ($p<0.05$). Altı dakika dayanıklılık testinde grupların aldığı mesafede fark bulundu ($p<0.05$). Sporcuların yetenek testlerinden lay-up test, 20 m sprint test, zone-shot test ve eight figure+ball testlerinde gruplar arasında anlamlı fark bulundu ($p<0.05$). Sporcuların basketbol oynama yılları ile eight figure+ball, 20 m sprint test ve pass for accuracy testlerinde pozitif ilişki bulundu ($p<0.05$). Grupların Nottingham Sağlık Profili'nde fark bulunmadı ($p>0.05$). **Tartışma:** Sonuç olarak, tekerlekli sandalye basketbol sporu fiziksel uygunluk, spor becerisi ve yaşam kalitesi üzerine etkilidir.

Anahtar kelimeler: Tekerlekli sandalye basketbol, Fiziksel uygunluk, Yaşam kalitesi.