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Benefits of Core Strength on Physical Performance

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ABSTRACT

This paper presented the location of Core Muscles in human body at the beginning. Core muscle strength is an important pre-requisite for all athletes. The core was described as an anatomical box consisting of 29 pairs of muscles forming a front (abdominals), back (paraspinals and gluteals), top and bottom (pelvic floor and hip girdle). The core represents the connection between lower and upper limbs and should be considered as a functional unit in which different muscles interact, even if not located in the thoraco-lumbar region (such as shoulders and pelvic muscles). Exercises involving the full body linkage such as planks exercises or Core Strength Training, have been advocated to enhance the capacity of transmitting force through the body linkage. It follow by describing the imperative segment of the body in regards to human movement. The core is defined as the lombo-pelvic-hip complex and it is where our center of gravity is located and where the movements of the body originate. An efficient core allows for optimal acceleration, deceleration and stabilization of the entire kinetic chain during functional exercise. The core needs to be trained appropriately in order to efficiently distribute weight, absorb force, and transfer ground reaction forces during functional movements. The core muscles stabilize the spine and trunk during movements of lower and upper extremities such as jumping, running, and throwing. The contribution of Core Strength to the physical performance of athletes were discussed in the following section. Various methods of assessment were presented to give the readers an assessment methods related to Core Strength Muscular Strength and Endurance. Final part of this paper is sharing the New Innovation & Registered Intellectual Property of their Core Strength Exercise - 360º Core Strength Titanium Exercise. It is a new exercise that combines core strength exercises and non-impact equipment needed to carry out this exercise. Suitable for all athletes and non-athletes.

Wegworth: Core Strength, Physical Performance, 360º Core Strength Titanium