



Association of SAP Specific Model Training and Body Fat Mass in Young Male
Basketball Players

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Abstract

Introduction: Sports and exercise requires energy expenditure for various purposes and the different types for different health outcomes. Some of the benefits to decrease body fat mass and maintain the body weight. The SAP model training program consisted of speed, agility and plyometric related to improve muscle strength involving repeated rapid stretching and muscle contraction. Currently, Young male overweight/obesity are increase rapidly. The aim of study was to analyze effect of The SAP model on body fat mass in young male.

Methods: Sixty young male basketball players (YMBP) divided into 2 groups 1) The SAP group, 30 YMBP performed training 3 times/week within 12 weeks. 2) The control group, 30 YMBP performed of speed and agility training in the duration with the SAP ones.

Results: The percentage of body fat mass was not different between group ($p=0.15$) However, divided the median of BMI within both group found that low BMI group has high percentage of body fat mass decreased after 12 weeks (The SAP=10%, control=5.2%). Although the SAP related to muscle strength and muscle contraction but can decreased body fat mass.

Conclusions: Therefore, The SAP can be another choice for exercise to decrease body fat mass in young male.

Keywords: The SAP model, Body Fat Mass, Young Male Basketball Players