

# GL Synopsis: Effects of Isometrics Training on Vertical Jump Performance.

Vertical Jump is said to be an indicator of lower body power and it reflects our lower body maximum force output in a short time. Primary factor of success in many fields of sport is explosive strength. Improvement in maximum strength and higher rate of force development will result in better performance.

This GL project aims to allow students to:

- 1) Explore on the topic of Isometrics training and its effect on vertical jump performance
- 2) Track and monitor how isometrics training can improve overall strength and explosive strength.
- 3) Initiate a campus project based on their findings (possibly with the sports team)

No. of students for GL: up to 2

Interested students may contact Mr Jonathan at [joncsw@tp.edu.sg](mailto:joncsw@tp.edu.sg) for a preliminary discussion