Relationship Among the Technique of Hurdle Clearance Over the Different Hurdles in 110m Race

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Abstract: The 110 meters hurdles are a hurdling track and field event for men. Hurdles are a combination of cyclic sprinting and acyclic clearance of ten 1.067m hurdles. The present studies dealing with the theory and practice of hurdling, was unable to conclude which factors play a decisive role in achieving success. The study was conducted on one male athlete. The kinematical analysis of the technique was performed at the 4th, 5th, 8th and 9th hurdle. The study was conducted on 30 biomechanical parameters. Researcher found there was no relation among the selected parameters on all four hurdles (4th, 5th, 8th and 9th) in subject performance. Study concluded it was hard to create single biomechanical model on all selected parameters of study, that applicable to all hurdles of 110m race.

Keywords: Hurdles, Biomechanics, Relationship, Technique, kinematical.

1. Introduction

Athletics are one of most famous sports since ancient times. Nowadays athletics are matter of pride along with other sports. In last some decades almost all the records are broken several times. The hurdles race is one of the most exciting races in the sport of track and field. The 110 meters hurdles are a hurdling track and field event for men. Hurdles are a combination of cyclic sprinting and acyclic clearance of ten 1.067m hurdles. During clearing the hurdle, the loss of horizontal velocity must be as small as possible however this depends on numerous factors, especially those which define the take-off before hurdle clearance, the trajectory of the movement of the C.G., and the landing after hurdle clearance. There was closely connection between the motor skills and technical abilities present studies dealing with the theory and practice of hurdling, was unable to conclude which factors play a decisive role in achieving success. Researcher try to examine the biomechanical parameters of Mr. Jashanjot Singh one of the potential athlete of India and tries to understand the relationship among techniques of hurdle clearance over different hurdle. Researcher tries to understand whether single biomechanical model of selected parameters applicable to all hurdles in 110m race.

2. Literature Survey

Researcher found that in most of studies it is pointed out that there is complementary development of motor skills (speed, endurance and strength) and the technique of clearing ten hurdles by Doherty (1953), Hoke (1943), McFarlane (1988), Otrobiiannikow & Razumowskii (1988) Webster (1929). The studies revealed that the physical factors are one of few basic factors which contribute in achieving better results. Sami Kuitunen and Stephen Poon 2010 showed differences in hurdle clearance are very small among world-class hurdle sprinters and the main difference is likely related to achieving and maintaining high horizontal velocity for the hurdle clearance.

3. Problem

To understand the Relationship among the technique of hurdle clearance over the different hurdles in 110m race.

4. Selection of Subject

The study will be conducted on one male athlete. He is one of the potential athlete of India.

Table 1: Bio Data of Subject

<table>
<thead>
<tr>
<th>Name</th>
<th>Jashanjot Singh</th>
</tr>
</thead>
<tbody>
<tr>
<td>State</td>
<td>Sangrur Punjab</td>
</tr>
<tr>
<td>Date of birth</td>
<td>7-02-1995</td>
</tr>
<tr>
<td>Height</td>
<td>1.89 meter</td>
</tr>
<tr>
<td>Weight</td>
<td>73 kg</td>
</tr>
<tr>
<td>Level of participation</td>
<td>National</td>
</tr>
<tr>
<td>Achievements</td>
<td>2 times Junior gold medal, school national, U-19 gold medal, federation cup, U-20 silver medal, attend India camps two times</td>
</tr>
</tbody>
</table>

5. Procedure and Methods

The measurements were carried out on a War hero’s track-and-field stadium Sangrur Punjab on synthetic surface. According to the protocol, athlete performed five runs from starting blocks with the clearance of ten hurdles, set at standard distances from the start. The kinematical analysis of the technique was performed at the 4th, 5th, 8th and 9th hurdle. 11 digital High Definitions Panasonic-90 video cameras will be used to record data. One camera is placed 4 meter above standard distances from the start. The kinematical analysis of the movement of the C.G., and the landing after hurdle clearance.

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*Image and table content included in the text.*

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the running track record the complete sprint. Camera C1, C2 and C5 was filming the subject at 4th hurdle, camera C3, C4 and C5 was filming the subject at 5th hurdle, camera C6, C7 and C10 was filming the subject at 8th hurdle, camera C8, C9 and C10 was filming the subject at 9th hurdle. All the cameras filmed the hurdle clearance by subject on above mentioned hurdle from frontal, lateral and vertical axis. Camera c 11 was filming the whole 110m race.

Figure 3.1: Video Camera Set-ups

6. Criterion Measures

The researcher had gone through the available literature in detail pertaining to the 110m hurdle race. Keeping the feasible criteria in mind, especially availability of instruments and software, the following biomechanical parameters were chosen for hurdle clearance technique over 4th, 5th, 8th and 9th hurdle in 110m race.

1. Rhythmic velocity

Take – off (braking phase)
1. Horizontal velocity of C.G.
2. Vertical velocity of C.G.
3. Height of C.G.
4. Ankle swing velocity
5. Knee swing velocity
6. Braking time
7. Braking time %

Take – off (propulsion phase)
1. Horizontal velocity of C.G.
2. Vertical velocity of C.G.
3. Height of C.G.
4. Ankle swing velocity
5. Knee swing velocity
6. Take-off distance
7. Propulsion time
8. Propulsion time %

9. Contact time
10. Take-off angle

Flight
1. Flight time
2. Height of C.G. above the hurdle
3. Maximal velocity over the hurdle
4. Body inclination angle over hurdle
5. Knee angle above hurdle

Landing (braking phase)
1. Horizontal velocity of C.G.
2. Vertical velocity of C.G.
3. Height of C.G.
4. Ankle swing velocity
5. Knee swing velocity
6. Landing distance
7. Landing angle
8. Braking time
9. Braking time %

Landing (propulsion phase)
1. Horizontal velocity of C.G.
2. Vertical velocity of C.G.
3. Height of C.G.
4. Ankle swing velocity
5. Propulsion time
6. Propulsion time %
7. Contact time

7. Results

The statistical data show the relationship among the hurdles on following selected kinematical parameters during the hurdle clearance technique in 110m race. Researcher find out that there were coefficient of correlation among 4th, 5th, 8th and 9th hurdles during the take-off phase on selected parameters i.e. Rhythmic velocity(4th and 8th), braking phase: Vertical velocity of C.G.(8th and 9th), Height of C.G. (4th and 9th), Ankle swing velocity (8th and 9th), Braking time(4th and 9th), Braking time %(4th and 5th,5th and 8th, 5th and 9th, 8th and 9th) propulsion phase: Horizontal velocity of C.G. (8th and 9th), Vertical velocity of C.G. (4th and 5th), Height of C.G. (5th and 8th), Take-off distance (4th and 5th, 4th and 9th,5th and 9th), Propulsion time (8th and 9th), Propulsion time % (4th and 8th, 5th and 8th, 8th and 9th), Contact time(4th and 8th, 4th and 9th, 5th and 9th, 8th and 9th), Take off angle(4th and 9th, 5th and 9th, 8th and 9th) are significant at .05 level. There was no relation among the hurdles on the following parameters i.e. braking phase: Horizontal velocity of C.G., Knee swing velocity propulsion phase: Ankle swing velocity, Knee swing velocity.

During the flight phase there were correlation among the 4th, 5th, 8th and 9th hurdle on the following parameters i.e. Flight time (4th and 8th, 4th and 9th, 8th and 9th), Height of C.G. above the hurdle (5th and 9th), Body inclination angle above hurdle (4th and 5th, 5th and 9th), Knee angle above hurdle (4th and 8th) are significant at .05 level. There was no significant relation among the Maximal velocity over the hurdle on any hurdle.
There were coefficient of correlation among the 4th, 5th, 8th and 9th hurdle during the landing phase of hurdle clearance on following parameters i.e. braking phase: Horizontal velocity of C.G. (5th and 8th), Height of C.G. (5th and 8th), Ankle swing velocity (4th and 5th), Knee swing velocity (5th and 8th), Landing distance (4th and 9th, 8th and 9th), Landing angle (4th and 8th, 8th and 9th), Braking time (4th and 8th), Braking time % (5th and 8th, 8th and 9th) propulsion phase: Vertical velocity of C.G. (5th and 8th), Height of C.G. (4th and 8th, 7th and 8th, 5th and 8th, 8th and 9th), Ankle swing velocity (8th and 9th), Knee swing velocity (5th and 8th, 8th and 9th), Propulsion time % (4th and 8th, 8th and 9th), Contact time (5th and 8th, 5th and 9th) are significant at .05 level.

There was no significant relation among the hurdles on the following parameters braking phase: Vertical velocity of C.G., propulsion phase: Horizontal velocity of C.G., Propulsion time.

8. Discussion of Finding

The results of study shown that some of the selected biomechanical parameters have significantly relationship among the hurdle i.e. rhythmic velocity among 4th and 8th hurdle, during the takeoff phase vertical velocity of C.G among 8th and 9th hurdle, height of C.G among 4th and 9th hurdle, ankle swing velocity among 8th and 9th hurdle, braking time among 4th and 9th hurdle study by Kazuhiyo Shibayama et. al.(2011) proved hurdler with smaller
horizontal velocity of CG during hurdling had large braking time, braking time percentage among 4th and 5th hurdle, horizontal velocity of CG at propulsion phase among 8th and 9th hurdle, vertical velocity of CG among 4th and 5th hurdle, height of CG among 5th and 8th, takeoff distance among 4th and 5th, 4th and 9th, 5th and 9th hurdle, propulsion time among 8th and 9th hurdle, propulsion time percentage among 4th and 8th, 5th and 9th, 8th and 9th hurdle, contact time among 4th and 8th, 4th and 9th, 8th and 9th hurdle and take off angle 4th and 9th, 5th and 9th and 8th and 9th hurdle. There was some parameters have no significant relation among the hurdles i.e. horizontal velocity of CG at braking of take and knee swing velocity, ankle and knee swing velocity at propulsion phase. Ricardo ferraz et.al.2012 showed significant decrease in ball velocity on kicking after one round of fatigue circuit. In the study there was significant relation in 4th and 8th hurdle in rhythmic velocity that showed Subject able to maintain the speed for long time during the 110m race. Apart from the rhythmic velocity other parameters related with velocity have higher significance relation among the hurdles that showed in performance, physical fitness make him able to perform similar technique over the selected hurdles. Technical parameters of technique like braking time percentage, takeoff distance, propulsion time, contact time and take off angle was significantly related among the all selected hurdles that showed the impact of physical fitness over the performance.

During the flight phase study shown all of the biomechanical parameters have significant relation among the hurdle i.e. flight time among 4th and 8th, 8th and 9th hurdle, a study by rolf Graubner 2011 showed different flight time over the all hurdles by top three athletes in 2009 IAAF championship. Height of CG among 5th and 9th hurdle, body inclination angle among 4th and 5th, 8th and 9th hurdle, knee angle among 4th and 8th hurdle during the performance. Subject maintained the same performance over the different hurdles during the flight phase also that showed the impact of fitness level on technique.

In landing phase study shown some of the biomechanical parameters have significant relation among the selected hurdle i.e. horizontal velocity at braking phase among 5th and 8th hurdle supported by Aki I. T. Salo & Simon Scarborough (2006) all athletes showed signs of potential tiredness in the clearances of the ninth hurdle these changes in technique also help the coaches in the preparation of training program for the athletes. It will be helpful in creating a general model of hurdle clearance technique for the assistance of young hurdlers.

9. Conclusion

Researcher found there was no relation among the selected parameters on all four hurdles (4th, 5th, 8th and 9th) in subject performance. A studies by Doherty (1953), Hoket(1943), McFarlane(1988), Otrubiannikow & Razumowski(1988), Webster(1929) supported the study that physical factor are complementary to technical factors in hurdle clearance technique. A study by Aki I. T. Salo & Simon Scarborough (2006) all athletes showed signs of potential tiredness in the clearances of the ninth hurdle these changes in technique varied among the athletes. The study showed there was similarity over the non velocity parameters among the selected hurdles that was supported by wen (2005) model of hurdles that generalize the model of hurdle clearance on non velocity parameters and proved that with the improvement of physical fitness relationship among the hurdles increased over the selected parameters that was supported by Aki I. T. Salo & Simon Scarborough (2006) in his study. Study concluded it was hard to create single biomechanical model on all selected parameters of study, that applicable to all hurdles of 110m race. Biomechanical model can be possible on non velocity based parameters of study applicable to all hurdle of 110m race.

10. Future Scope

The study will help the coaches to understand the impact of fatigue over the technique during the performance. It will also help the coaches in the preparation of training program for the athletes. It will be helpful in creating a general model of hurdle clearance technique for the assistance of young hurdlers.

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