

THE IMPACT OF POWER YOGA TRAINING ON BASEBALL THROWING VELOCITY

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Intro/Purpose: This study examined the impact of yoga on baseball pitching velocity. The study included 13 collegiate baseball pitchers and lasted for 10 weeks.

Methods: The participants were pre-tested on their power, speed, flexibility, and mobility prior to a 10-week yoga training intervention. Participants were then post-tested under the same conditions as the pre-test. IRB approval was obtained.

Data: The pre-test and post-test scores were analyzed using dependent t-tests with alpha set at .05 a priori. There is a possibility of alpha inflation due to multiple t-tests being run. Four tests improved with significance: seated medicine ball throw, sit and reach, v-sit, and trunk rotation right.

The goal for participants was to attend three yoga training sessions per week, however, the group failed to reach that goal with an average of 1.92 sessions per week. Two participants were able to reach the goal of three per week.

Results/Conclusions: The yoga training was implemented in addition to weightlifting, baseball specific training, and speed & agility training, making it difficult to isolate the effects of the yoga training. The significant improvement of the sit and reach and v-sit scores lead to the conclusion that hamstring and hip flexibility did increase with the yoga intervention. The inability of the group to reach the goal of three sessions per week and the difficulty to isolate the effects of the yoga intervention prevented any major conclusions from being drawn.