



A REVIEW OF THE PREPARATORY SCHEME IN SPORTS FOR UNIVERSITY ATHLETES

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Abstract

Athletes in track and field events need to be physically fit, and their level of fitness affects how well they perform in competitions as people's living standards grow, athletes now have access to better nutritional supplements, but competition in track events has gotten more intense, and physical fitness is essential for athletes. Exercise can improve an athlete's endurance, sports coordination, and sensitivity, but coaches should moderate the training intensity and avoid pushing a player above their comfort zone to prevent problems like overloading training that cut short a player's athletic career. The physical growth of modern athletes is no longer compatible with traditional track and field training techniques.

Fitness in sports greatly relies on the physical fitness that individuals carry out on the field. For effective improvement of the performance of athletes, take part in comprehensive physical training. Under athlete physical fitness concerning performance, the key aspects taken into consideration include athlete's endurance, physical sensitivity, physical strength, flexibility, and body coordination. As a result, the athletes' physical preparation for track and field must be a comprehensive and focused unit. This study covers track and field physical fitness training and related techniques to maximize the training effect in an effort to promote the overall advancement of track and field physical fitness training levels

KEYWORDS: *Physical health, physical training, Track and field, University athletes', Preparation, Sports Activities.*

DOI Number: 10.48047/NQ.2023.21.2.NQ23026

Neuroquantology 2023; 21(2):227-236

Introduction

The earliest and most popular sports in the history of human beings can be traced back through the track. As the society of human beings continuously develops, the basic physical capabilities of athletes taking part in such sports are also in continuous improvement (Yao et al., 2019). Moreover, with the advancement of technology within sports, athletes have been

able to supplement their physical pieces of training on the field with scientific training methods which have also proved to be very effective (Ozbal et al., 2019). With the advancement of training methods required by university track athletes, the performance of such athletes in the field has improved significantly.



Athletes require to have strong physical fitness as the physical fitness of athletes' acts as a determinant of their performance during competitions (Cherian, 2021). Improved living standards and proper funding by universities have enabled athletes to have access to better competition in tack sports and nutrition supplementsfor athletes. Training has been a major concern to the universities as it has helped in enhancing endurance, sensitivity, and sports coordination for better performances. However, without employing correct training methods and training intensities, the tolerance level of athletes might be exceeded and this might result in problems like overloading (Rodriguez et al., 2020). For universities to achieve a guaranteed excellent competition performance from their athletes, physical training is key. With the need of overcoming any unreasonable and unscientific issues during physical training in the field,it is prudent for universities to adopt scientific and innovative training techniques to improve the performance of athletes in track and physical training in the field (Wang, 2022). Through the adoption of a systematic approach to track physical fitness training in the field, athletes will have the ability to improve on their basic physical strength, speed, and endurance which are very critical to their performance.

For athletes to achieve excellent performance in track competitions, they should have sustained physical fitness majorly achieved through training. The physical pieces of training that

Literature Review

Physical training preparations

Maupin et al. (2019)contend that before athletes begin any kind of physical training which are formal, more considerations should be focused on the preparations for engaging in sports. Through engaging in efficientpreparationfor sports, the muscle temperature of athletes can easily be increased.The findings from a study conducted by Casa et al. (2019) further show that sufficient scientific preparations are directly related to increased extensibility of athletes' muscles and

athletes are subjected to are not only limited to the basic pieces of training they engage in daily but also traverses to other aspects such as identifying the best mechanisms of maintaining higher levels of athlete abilities such as increased endurance and enhanced physical abilities (Prokopenko et al., 2018). There exist various levels of pieces of training that athletes undergo. These training levels have a distinct range of training tolerance. Therefore, it is prudent for training coaches to have a better and more personalized plan to ensure athletes achieve a suitable intensity of training concerning their physical capabilities (Song &Tuo, 2022). Among the key components that sports training aim at enhancing during track physical training include the speed, muscular strength, power, balance, body composition, agility, flexibility,and muscular endurance of athletes

Despite the ability of athletes to improve their performancethrough physical training, there exist several problems that athletes face in the field during their training process. Such challenges negatively influence the performance of such athletes (Wang, 2022). Among the challenges include coaches lacking the awareness of physical training of athletes, mixed methods and concepts on physical training for track competitions that are not objective oriented, and a lack of enough funds in some universities to construct and purchase physical training equipment to help in the physical training of athletes in the field.

mobilization of the excitements of athletes' nervous system.Through such enhancements, athletes can gradually adapt to the physical training that follows. Additionally, such preparations help in cushioning athletes from any risk they might face during training in the field such as increased athlete physical injuries. According to Van den Brandt et al. (2021) there exist several physical training preparations for track activities that can help in improving their performance. Among the training preparations



include warm-up exercise, physical exercise, and relaxation exercise. These exercises are majorly aimed at overcoming athletes' muscle stickiness and awakening athletes' muscle vitality through field training preparation exercises. Nekov (2021) further reports that other physical field training activities such as jogging, acceleration running, and jumping are aimed at mobilizing the

General track and physical training in the field

According to Ozbal et al. (2019), athletes should take part in active general pieces of training in the field as they are effective in improving the physical fitness of track and field athletes. There exist a difference between specific athlete physical training and general athlete physical training. General pieces of training that athletes take part in the field are aimed at ensuring athletes achieve overall development. The overall development of athletes under this type of training comprises of developing the organ tissues, muscle strength, nervous systems, and physical systems of athletes. Di (2019) states that the key pieces of training under general physical training that athletes undertake include balance training, endurance training, and flexibility training among others. Such pieces of training differ from special physical training as the general physical pieces of training do not make emphasize any of the pieces of training.

The special physical training

Special physical training is specifically aimed at enhancing strength, endurance, quality of speed, and special abilities, among others. There exist various track events and such events have distinct target requirements in terms of the physical fitness of an athlete and muscle strength (Li et al., 2021). Physical strength is one of the key components that athletes should highly focus on. Under strength training, athletes can use equipment such as barbells, dumbbells, equipment for squatting, and side lifting. Such activities enable athletes to have better control of muscle relaxation and contraction hence achieving stronger muscle power.

Zwierko et al. (2022) argues that one of the primary factors that limit the performance of

athletes' lungs and heart functioning better and to increase the efficiency of athlete's reflexes body systems to allow for easy adaptation to the rhythms of pieces of training that follow. Such activities are aimed at preventing athletes from suffering from insufficiency in energy supply either during progressive pieces of training or during competitions.

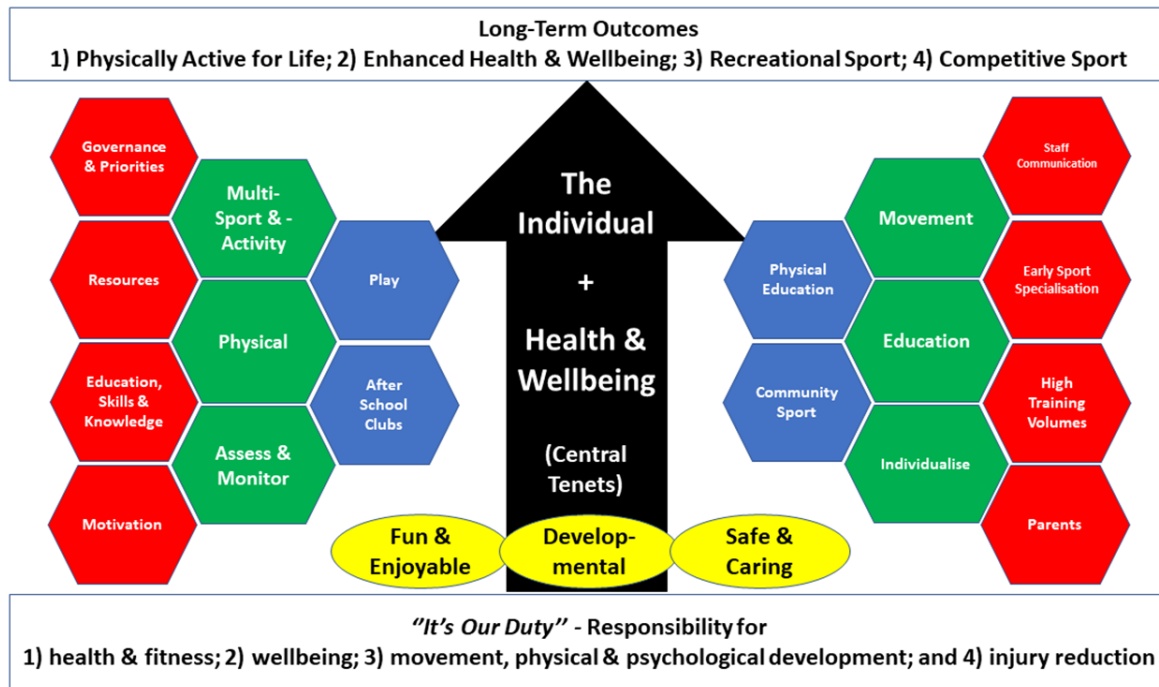
Izosimovna et al. (2022) contend that general physical pieces of training act as a foundation for athletes before focusing on distinct aspects of the pieces of training that they should focus on during their field pieces of training. Foundation pieces of training are also key to athletes as they help in guaranteeing enhanced athlete's abilities and performance. Therefore, it is true to state that through general physical pieces of training, athletes can avoid various injuries on the field. A study on athletes and physical agility by Li (2021) shows that coaches and athletes should ensure that they carry out general physical training in a step-wise manner. Carrying the pieces of training in a step-wise manner ensures that athletes have good control over their physical shape, endurance levels, and performance.

athletes during track competition is fatigue. Carrying out special physical training on endurance is a key aspect of eradicating the fast development of fatigue which in turn limits the performance of athletes. For athletes to achieve high endurance levels, they must take part in exercises that consume a lot of energy. Such exercises are aimed at enhancing the autonomous regulation of the athlete's body towards releasing enough power. When enough power is released, athletes can extend their continuous muscle working durations and increase energy built up which is effective in improving the general physical fitness of the athlete. The major performance component of track competition is speed. Chen (2021) describes the speed of athletes as the



ability of the body of an athlete to move quickly, and have a quicker response to an external

stimulus such as quick completion of sports actions.



Long-term benefits of athletes physical training in field (Wang, 2022).

Motivational theory

The motivational theory provides various aspects that determine the ability of athletes to reach their full potential in their performance through consistent training in the field. Xie (2021) argues that motivation provides individuals with an internal force or energy that acts as a determinant of an individual’s behavior through influencing how they think, act and feel. High motivation levels provide athletes with an essential prerequisite enabling them to have the potential to harness their abilities hence improved performance.

The existence of good coaches to train athletes in the field is key to ensuring athletes are highly motivated. Motivation enables athletes to channel their energy effectively hence achieving better results. Motivation is based on different facets. Some individuals’ base motivation on reinforcement schedules which can be positive or negative while others perceive motivation as a way of providing an individual with the mastery of a particular phenomenon (Nekov, 2021). The motivation level of an athlete greatly relies on their self-determination. Field training provides athletes with intrinsic motivation. Intrinsic motivation helps in reflecting on the athletes’ ability to carry out an activity to have an inherent reward through their participation.

Ozbal et al. (2019) states that goal orientation is a significant factor when analyzing motivation. Individuals who are task-oriented or have a mastery of personal goals are likely to portray high levels of self-determination compared to ego-oriented individuals. The ability of athletes to have a mastery of intrinsic motivation enables them to have an internal coping mechanism which in turn enhances their speed, endurance, and strength.



Duration

Elements considered for effective training (Fadare et al, 2022).

Methodology

In analyzing sports Fitness related to University track and physical training in the field, a case study methodology was adopted to provide an investigative approach towards achieving the objective of the study. Through the use of case studies, the researcher will be able to have a deeper insight into the research topic hence making the research more conclusive. The use of

case studies in analyzing the research topic will enable the study to develop concrete ideas that are relevant to understanding the existence of a phenomenon. To effectively have a better comprehension of the study topic, the research utilized twenty-one research materials which include

No	Author(s)	Case study/ Research paper/Scholarly journal
1	(Wang, 2022)	Analysis of Teaching Tactics Characteristics of Track and Field Sports Training in Colleges and Universities Based on Deep Neural Network
2	(Prokopenko et al., 2018)	Individual chronobiological regularity in the track-and-field sprint. Pedagogics, psychology, medical-biological problems of physical training and sport.
3	(Di, 2019)	Cultivation of Athletes' Non-intelligence Factors in Track and Field Training Based on Sports Training Management.
4	(Song &Tuo, 2022)	Application of Artificial Intelligence and Virtual Reality Technology in the Rehabilitation Training of Track and Field Athletes. Wireless Communications and Mobile Computing, 2022.
5	(Izosimovna et al., 2022)	Priority directions of speed endurance development in higher sports skill athletes in short track.
6	(Li, 2021)	Investigation and Research on Sports Injuries in Track and Field Classes of PE Majors in Universities. <i>International Journal of Frontiers in Medicine</i> .
7	(Li et al., 2021)	The design of a track monitoring system for sports injury rehabilitation training. <i>Journal of healthcare engineering, 2021</i> .
8	(Zwierko et al., 2022)	Examining the ability to track multiple moving targets as a function of postural stability: a comparison between team sports players and sedentary individuals.
9	(Chen, 2021)	Research on the Evaluation Model of Improper Exercises and Injuries in Track and Field Sports Based on Big Data Network. In <i>2021 4th International Conference on Information Systems and Computer</i>



		<i>Aided Education.</i>
10	(Soares et al., 2021)	Speed Track Events: Development and Validity of Exercise Catalog.
11	(Peeling et al., 2019)	Sports foods and dietary supplements for optimal function and performance enhancement in track-and-field athletes. <i>International journal of sports nutrition and exercise metabolism.</i>
12	(Zhao & Xing, 2021)	Design of Teaching System of Track and Field Sports Training Course for College Students Majoring in Electronic Engineering Education.
13	(Xie, 2021)	Early Warning Model of Track and Field Sports Injury Based on RBF Neural Network Algorithm. At the <i>International Conference on Big Data Analytics for Cyber-Physical-Systems.</i> Springer, Singapore.
14	(Akelaitis&Malinauskas, 2018)	The expression of emotional skills among individual and team sports male athletes. <i>Pedagogics, psychology, medical-biological problems of physical training and sports.</i>
15	(Nekov, 2021)	Sports supplements for track and field athletes: every day, in training, in competition. <i>Web of Scientist: International Scientific Research Journal.</i>
16	(Casa et al., 2019)	Fluid needs for training, competition, and recovery in track-and-field athletes. <i>International journal of sports nutrition and exercise metabolism.</i>
17	(Van den Brandt et al., 2021)	Why Train Together When Racing Is Performed Alone? Drafting in Long-Track Speed Skating. <i>International journal of sports physiology and performance.</i>
18	(Rodrigues et al., 2022)	Urinary Incontinence Among Elite Track and Field Athletes According to Their Event Specialization: A Cross-Sectional Study. <i>Sports medicine-open.</i>
19	(Cherian, 2021)	International Journal of Sports Science and Performance.
20	(Ozbal et al., 2019)	Implementing Differentiated Instruction Approach in Physical Training and Sports Lesson.
21	(Maupin et al., 2019)	Training load and its implementation in tactical populations: A narrative review. <i>Strength & Conditioning Journal.</i>

Findings

By utilizing case study methodology, the study was able to achieve high objectivity through analyzing relevant scholarly materials to develop deeper insight into the study topic. Moreover, case study analysis enables the study to have a comprehensive overview of the significance of field training towards building athletes with better performance. The primary findings from eISSN1303-5150

the analyzed materials are field training has the potential of enhancing the physical strength of university track athletes. The key components of physical fitness portrayed by the case studies include; power, strength, speed, agility, flexibility muscular endurance, and balance. There existed some variance in the findings of the reviewed materials due to the difference in



age, type of track activity, and age of the athletes. Nevertheless, the studies showed that physical training can provide athletes with an intervention for their effective physical fitness to enhance their performance.

In determining the effects of field training on athletes' speed, four studies carried out an evaluation factored in linear sprint tests, sprint ability carried out repeatedly, and change of direction sprint tests to determine how critical speed is towards succeeding on-track activities. The study carried out by Cherian. (2021) shows that these tests help in yielding positive results which are highly significant to the athlete. Chen (2021) further supports this idea by depicting that the more athletes train on improving the patterns of movement, the more their speed also improved. However, when athletes depict wrong patterns of movement, they are likely to be negatively impacted through increased risks of injuries and lack of efficiency and precision while competing.

Much emphasis was on the ability of athletes to develop strength through their pieces of training. Through intensification of strength of training in the field, athletes can improve their set of skills and have better control of their competitive state in track activities. Studies by Akelatis and Maninauskas (2018) show that the muscle strength of an athlete can be divided into two major components; lower limb muscle strength and upper limb muscle strength. 2 studies in the reviewed materials emphasized athletes' upper limb strength.

Studies that assessed lower limbs showed that the muscle strength of athletes significantly improved. The study of Song and Tuo (2022) showed a lack of significant change in the muscular strength of athletes when muscular strength of lower limbs was factored on. In another study, lower limb strength was determined by the ability of athletes to squat and this showed that athletes having squat strength are likely to have control of their endurance. However, such findings had no statistical significance.

Additionally, Di (2019) reported that physical pieces of training such as vertical countermovement jumps had a statistically significant impact on the performance of athletes in their vertical countermovement competition. The measures of vertical countermovement were done concerning ground contact time, jumping height, and power peak. The study of Soares et al. (2021) shows that the functional pieces of training carried out in the field enable athletes to have strong and consistent upper body exercise which translates to better performance. Such pieces of training can closely be associated with the development of an athlete's neural movement coordination.

Testing of athletes' dynamic and static balance was emphasized in studies. Among the studies, three studies depicted that athletes' functional training is aimed at enhancing both dynamic balance and static balance of athletes (Cherian, 2021, Wang, 2022 & Li, 2021). The results showed that through frequent and consistent pieces of training in the field, the sensory systems athletes adapt positively influence their postural control. Postural control comprises visual control, somatosensory control, vestibular control, and motor system control.

A study by Chen (2021) majored on determining the key challenges that university track faces during field training to enhance their physical fitness. The analysis carried out by Nekov (2021) showed that most university athletes lack the awareness of physical training. In such a scenario, both the athletes and coaches do not have a clear comprehension of the significance of physical exercise. To fully stimulate the potential capabilities of athletes, various training techniques should be applied to different athletes. Such personalized physical training should be done concerning the various track competitions.

Another key factor is funding. There exist several universities running under a shortage of funds to construct physical training grounds and enable the athlete to have access to key training equipment. Furthermore, lack of enough



funding means that athletes and coaches cannot comprehend the needed physical recovery and nutrition that athletes required during and after training (Peeling et al., 2019). Furthermore, inadequate funding has paralyzed the ability of athletes to effectively monitor their physiological indicators. Lack of effective

Discussion

The primary reason why athletes take part in physical fitness training in the field is to enhance their ability of athletes to perform better in track and field competitions. Athletes' training is not only limited to enhancing athletes' ability to perform better but also to improve their comprehensive physical fitness. Athletes and coaches should put more emphasis on the body of the athlete, psychological qualities, coordination of their body, and flexibility (Chen, 2021). Such elements are key in determining the overall performance of athletes in track and field activities. Due to this concern, both coaches and athletes should have a comprehensive comprehension of the physical training required by track and field athletes to constantly determine any kind of shortcoming during field training and make the necessary breakthroughs.

Without the necessary training combinations for track and field athletes, athletes tend to find physical training programs boring. Therefore, to reduce fatigue and dullness during physical training, both athletes should come up with innovative methods for conducting physical pieces training. During physical training, athletes should have access to diverse and rich training equipment and a more flexible training program aimed at broadening the various training

Conclusion

There exist strong evidence supporting the significance of physical training on the field towards sports fitness. Through physical training, athletes can benefit from enhanced performance through improved endurance, speed, muscular strength, agility power, and balance. The findings of the study show that athletes should focus on the three stages of training which involve preparation for training,

monitoring results in the inability of athletes to have a proper reflection on their physical training parameters. Izosimovna et al. (2022) further shows that the inability of coaches to know the athlete's physical fitness, it is hard for them to carry out effective planning to ensure athletes get the required training intensity.

contents that athletes should encompass towards enhancing their physical capabilities (Li, 2021). Innovative training methods are aimed at making the pieces of training more fun, athletes to achieve complete physical exercise, and increasing training efficiency. For athletes to adjust effectively after physical training, relaxation is key. Moreover, relaxation forms one of the major indispensable parts of physical training (Ozbal et al., 2019). Generally, athletes and coaches do not take into keen consideration the significance of relaxation after physical training.

Studies carried out by Prokopenko et al. (2018) emphasized the different strategies that should be implemented during physical training. Such strategies were aimed at ensuring athletes get highly motivated during field training. Having a comprehensive perspective on understanding athlete training is very significant. Most athletes majorly focus on developing their physical fitness towards improving their ability to jump and run fast (Zhao & Xing, 2021). However, athlete physical training should not be limited to that only. Physical training should be aimed at increasing athletes' flexibility, body and muscle coordination, and psychological attributes to improve athletes' general performance.

general physical pieces of training, and specific physical pieces of training. By closely monitoring the performance of athletes during field training, coaches can formulate personalized field training programs aimed at improving the physical fitness of athletes.

Athlete physical training in the field has gained a lot of momentum due to its ability to yield positive results concerning the general



performance of athletes. Athletes have greatly focused on functional field training aimed at enhancing athletes' strength endurance and resistance. Good training helps athletes to build a better foundation for their physical fitness. Engaging in physical fitness by university students not only helps them in exercising their bodies but also improves their fitness physically. Physical training further enables university students to lay a better foundation to perform better in track and field competitions. Engaging in frequent field training allows athletes to have a good master of the attributes of the required sport. Having a personalized training program in the field enables athletes to perform better as they can determine there are of weaknesses and work on them. To achieve maximum physical

Author Declaration of Interest:

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fitness towards better performance, athletes should focus on four kinds of field training: strength training, endurance training, speed quality training, and agility training.

Coaches play a key role in ensuring athletes have proper training aimed at improving their physical fitness. Coaches should be able to understand the various strategies that are aimed at improving athletes' efficiency in track and physical fitness pieces of training.

Among the key strategies comprise having a better comprehension of track training from a comprehensive perspective, developing innovative approaches and methods to training, and engaging in athlete motivation during training to trigger athlete intrinsic motivation.

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