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## Reference Score of Medicine Ball Put Test among Collegiate Students: A Protocol Development

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### Abstract

**Introduction:** Upper-body power & strength is highly desirable fitness component for many skilled & techniques required sports like Basketball, Volley ball, Tennis & Gymnastics. Upper body power & strength is very crucial for optimum performance in overhead activities which results in several musculoskeletal injuries if not trained properly and Medicine Ball Put Test (MBPT) will give a normal reference value to detect any deviation in it and trained accordingly to prevent injuries. However, a low cost, easy to administer field test of upper body power in the college going students is needed because it has direct value for achieving an accurate, specific assessment of upper body function.

**Aim of the study:** The objective of the study is to develop normative upper body power & strength data using MBPT.

**Methodology:** From the literature search, a protocol will be developed to find out the normative data for MBPT among collegiate students. A sample of 135 young collegiate students will be included. Multiple medicine ball will be used and with the help of measuring tape the distance will be measured from the wall to where it land. 3 attempts will be given with 2 minute interval.

**Discussion:** The normative data for MBPT among collegiate students population is not available so far. Previously it was done among army, antiterrorism soldiers and male population. In order to confirm that, a study protocol will be developed to find out the normative data. Appropriate methodology has been identified in order to confirm the feasibility of methodology this study will be done. The difference between present results & those of similar available in the literature in this field emphasize the significant role of using normative data specific to particular population in research.

**Keywords:** Fitness component, Medicine ball put, Muscle strength, Upper- body power.