

University of Texas of the Permian Basin

FalconCommons

College of Health Sciences & Human
Performance

Dissertations & Theses

12-2005

Effects of Strength Training on the Quadriceps to Hamstring Ratio in a Female Recreational Athlete

Heather Kennedy


Follow this and additional works at: <https://falconcommons.utpb.edu/utpb-nur>

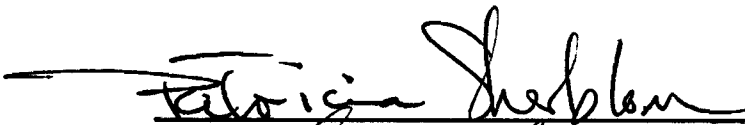


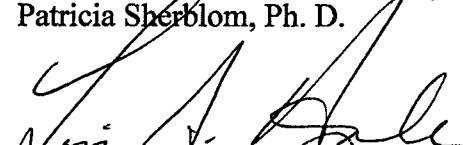
Part of the [Sports Sciences Commons](#)

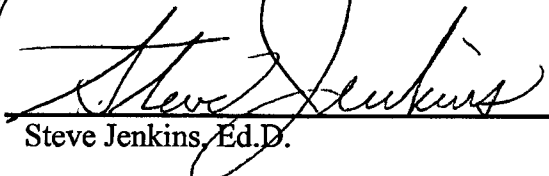
EFFECTS OF STRENGTH TRAINING ON THE QUADRICEPS TO HAMSTRING
RATIO IN A FEMALE RECREATIONAL ATHLETE

APPROVED BY SUPERVISORY COMMITTEE:


James A. Eldridge, Ed. D.
Chairman


Patricia Sherblom, Ph. D.


Lois Hale, Ph.D.


Steve Jenkins, Ed.D.

EFFECTS OF STRENGTH TRAINING ON THE QUADRICEPS TO
HAMSTRING RATIO IN A FEMALE RECREATIONAL ATHLETE

by

HEATHER KENNEDY, A.T.C.

RESEARCH IN KINESIOLOGY

Presented to the Graduate Faculty of Kinesiology

The University of Texas of the Permian Basin

In Partial Fulfillment

of Requirements

for the Degree of

MASTER OF SCIENCE

THE UNIVERSITY OF TEXAS OF THE PERMIAN BASIN

DECEMBER 2005

ABSTRACT

Kennedy, H. P. EFFECTS OF STRENGTH TRAINING ON THE QUADRICEPS TO HAMSTRING RATIO IN A FEMALE RECREATIONAL ATHLETE, 2005. Three recreational female athletes were tested on the effects a strength training program would have on their quadriceps to hamstring ratio. The subjects ranged in age from 24-33 years old. The program was an 8 week strength training program. One subject was unable to complete the program due to pregnancy and one was injured in a car wreck midway through the program. The subject who completed the 8 week training program showed overall improvement in lower extremity strength but did not show improvement in decreasing the quadriceps to hamstring ratio.