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Tittle of Abstract	ACUTE EFFECT OF A DYNAMIC-BASED STRETCHING WARM-UP ON PRIMARY SCHOOL STUDENTS' EXPLOSIVE STRENGTH
Authors with Affiliations	Rafael Merino-Marban1, Rubén Fernandez Agullo1, Daniel Mayorga-Vega1 -University of Malaga, Faculty of Educational Science, Area of Physical Education, Malaga, Spain.
Abstract	The impact of different types of warm-up protocol on children's performance is clearly an unresolved issue that has not yet been satisfactorily investigated. PURPOSE: The aim of the present study was to compare the acute effect of a dynamic-based stretching warm-up on standing long jump performance in primary schoolchildren. METHODS: From the total of 186 students (53.5% females) who were invited to participate in the present study. Finally, 143 (53.1% females) students satisfactorily met the exclusion criteria (aged 8-11 years old). A cluster-randomized crossover trial in the Physical Education setting was carried on. The clusters were pre-established classes in the school setting. The crossover design was chosen to eliminate any negligible carry over effect. RESULTS: The results of the Multilevel Lineal Model showed that after the dynamic-based stretching warm-up students had statistically significantly higher standing long jump scores than after the no stretching warm-up (no stretching, adjusted M = 126.81 cm; SE = 1.54; dynamic stretching, adjusted M = 137.99 cm; SE = 1.54; - 2LL = 2314.892, F = 131.155, $p < 0.001$, d = 0.50). CONCLUSION: The dynamic-bouncing stretch as a final part of a warm-up improves explosive strength performance in primary schoolchildren. And seems to be a good option before carrying out explosive strength activities of the lower body.
Study Topic	Other Multi- & Interdisciplinary Themes
Type of Presentation	Oral
Key Words	**Physical education, bouncing technique, jump.**

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