

**【摘要】**目的: 对核心力量训练在田径运动中的应用中的可行性进行实验研究分析。方法: 通过文献检索, 数据对比分析, 实验研究法进行分析, 对 21 名青少年田径运动员进行对照实验, 分析两组青少年运动员在 15 周核心训练对体能素质变化。结果: 经过 15 周的核心力量训练发现实验组与对照组相比躯干肌力有较大的提升  $P < 0.05$ , 实验组与对照组的移动速度相比实验组速度明显高于对照组  $P < 0.05$ ; 实验组与对照组的平衡能力相比实验组速度明显高于对照组  $P < 0.05$  结论: 核心力量训练在田径训练中对运动表现能力有较大的应用价值, 在踝关节的运动损伤预防上存在一定的可行性, 其他关节部位损伤预防仍然有待考证。

**【关键词】**核心训练; 田径; 青少年运动员

**【 Abstract 】** Objective: To conduct an experimental research and analysis on the feasibility of core strength training in the application of volleyball. Methods: Through literature retrieval, data comparative analysis, and experimental research methods, a controlled experiment was conducted on 21 young volleyball players to analyze the changes in physical fitness of the two groups of young athletes during the 15-week core training. Results: After 15 weeks of core strength training, it was found that the experimental group had a greater increase in trunk muscle strength compared with the control group  $P < 0.05$ , and the moving speed of the experimental group and the control group was significantly higher than the control group  $P < 0.05$ ; The balance ability of the experimental group and the control group is significantly higher than that of the control group. The speed of the experimental group is significantly higher than that of the control group. There is a certain feasibility, and the prevention of other joint injuries is still to be verified.

**[Keywords]** core training; volleyball; young athletes

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