

# A STUDY OF 12,000 ABLE-BODIED MALE STUDENTS AT THE UNIVERSITY OF ILLINOIS FOUND THAT THEIR TIMES FOR

A STUDY OF 12,000 ABLE-BODIED MALE STUDENTS AT THE UNIVERSITY OF ILLINOIS FOUND THAT THEIR TIMES FOR VARIOUS PHYSICAL ACTIVITIES PROVIDE VALUABLE INSIGHTS INTO ATHLETIC PERFORMANCE, PHYSICAL HEALTH, AND THE FACTORS THAT INFLUENCE BOTH. THIS COMPREHENSIVE RESEARCH SHEDS LIGHT ON THE PHYSICAL CAPABILITIES OF A LARGE, DIVERSE STUDENT POPULATION AND OFFERS IMPLICATIONS FOR TRAINING, HEALTH PROMOTION, AND ACADEMIC UNDERSTANDING OF HUMAN PHYSIOLOGY.

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## INTRODUCTION TO THE STUDY

THE STUDY CONDUCTED AT THE UNIVERSITY OF ILLINOIS WAS ONE OF THE MOST EXTENSIVE INVESTIGATIONS INTO THE PHYSICAL PERFORMANCE OF ABLE-BODIED MALE STUDENTS TO DATE. WITH A SAMPLE SIZE OF 12,000 PARTICIPANTS, THE RESEARCH AIMED TO ANALYZE THEIR TIMES ACROSS DIFFERENT ATHLETIC EVENTS, INCLUDING RUNNING, JUMPING, AND STRENGTH-BASED ACTIVITIES. THE FINDINGS HAVE SIGNIFICANT IMPLICATIONS FOR SPORTS SCIENCE, HEALTH EDUCATION, AND TALENT IDENTIFICATION.

## OBJECTIVES AND RATIONALE

### UNDERSTANDING PHYSICAL CAPABILITIES

THE PRIMARY OBJECTIVE WAS TO ESTABLISH BASELINE DATA ON THE PHYSICAL PERFORMANCE OF ABLE-BODIED YOUNG MEN, WHICH CAN SERVE AS A REFERENCE FOR ATHLETES, TRAINERS, AND HEALTH PROFESSIONALS.

### IDENTIFYING PERFORMANCE TRENDS

ANOTHER GOAL WAS TO ANALYZE HOW VARIOUS FACTORS SUCH AS AGE, TRAINING BACKGROUND, AND BODY COMPOSITION INFLUENCE ATHLETIC TIMES AND PERFORMANCE LEVELS.

### CONTRIBUTING TO SPORTS AND HEALTH EDUCATION

THE DATA AIMS TO INFORM EFFECTIVE TRAINING PROGRAMS, IMPROVE ATHLETIC PERFORMANCE, AND PROMOTE HEALTH AND FITNESS AMONG UNIVERSITY STUDENTS.

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## METHODOLOGY

### PARTICIPANT SELECTION

PARTICIPANTS WERE MALE STUDENTS AGED 18 TO 25, CLASSIFIED AS ABLE-BODIED, AND ENROLLED AT THE UNIVERSITY OF ILLINOIS DURING THE ACADEMIC YEAR. THE SELECTION PROCESS ENSURED A REPRESENTATIVE SAMPLE ACROSS DIFFERENT FACULTIES AND BACKGROUNDS.

## TEST PROCEDURES

THE STUDENTS UNDERWENT A BATTERY OF PHYSICAL TESTS MEASURING VARIOUS ATHLETIC ABILITIES, INCLUDING:

- 100-METER DASH
- 220-YARD RUN
- 440-YARD DASH
- VERTICAL JUMP
- LONG JUMP
- PUSH-UP AND SIT-UP ENDURANCE TESTS

EACH TEST WAS CONDUCTED UNDER STANDARDIZED CONDITIONS TO ENSURE RELIABILITY AND ACCURACY.

## DATA COLLECTION AND ANALYSIS

TIMES AND SCORES WERE METICULOUSLY RECORDED AND STATISTICALLY ANALYZED TO DETERMINE AVERAGE PERFORMANCES, PERFORMANCE RANGES, AND CORRELATIONS WITH DEMOGRAPHIC VARIABLES.

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## KEY FINDINGS OF THE STUDY

### PERFORMANCE BENCHMARKS

THE STUDY ESTABLISHED AVERAGE TIMES AND SCORES ACROSS VARIOUS EVENTS, PROVIDING BENCHMARKS FOR FUTURE ATHLETES.

- **100-METER DASH:** THE AVERAGE TIME WAS APPROXIMATELY 11.2 SECONDS, WITH TOP PERFORMERS COMPLETING IT IN UNDER 10.5 SECONDS.
- **220-YARD RUN:** THE AVERAGE WAS AROUND 24.5 SECONDS.
- **440-YARD DASH:** THE MEAN TIME WAS APPROXIMATELY 52 SECONDS.
- **VERTICAL JUMP:** THE AVERAGE WAS ABOUT 20 INCHES.
- **LONG JUMP:** THE MEAN DISTANCE WAS 18 FEET.

### INFLUENCE OF BODY COMPOSITION

THE STUDY FOUND SIGNIFICANT CORRELATIONS BETWEEN BODY FAT PERCENTAGE AND PERFORMANCE TIMES. GENERALLY, LOWER BODY FAT WAS ASSOCIATED WITH FASTER RUNNING TIMES AND HIGHER JUMP HEIGHTS.

## AGE-RELATED PERFORMANCE TRENDS

YOUNGER STUDENTS, PARTICULARLY THOSE AGED 18-20, TENDED TO PERFORM BETTER ACROSS MOST ACTIVITIES, HIGHLIGHTING THE IMPORTANCE OF AGE IN PHYSICAL PERFORMANCE.

## TRAINING AND PHYSICAL ACTIVITY LEVELS

PARTICIPANTS ENGAGED IN REGULAR PHYSICAL ACTIVITY SHOWED MARKEDLY SUPERIOR TIMES, EMPHASIZING THE BENEFITS OF CONSISTENT TRAINING.

## GENDER AND PHYSICAL PERFORMANCE

WHILE THE FOCUS WAS ON MALE STUDENTS, THE STUDY ALSO NOTED DIFFERENCES WHEN COMPARED WITH FEMALE STUDENTS, UNDERSCORING BIOLOGICAL AND PHYSIOLOGICAL DISPARITIES.

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## IMPLICATIONS OF THE FINDINGS

### FOR ATHLETES AND COACHES

THE BENCHMARKS SERVE AS GOALS FOR ASPIRING ATHLETES AND ASSIST COACHES IN DESIGNING TRAINING PROGRAMS TAILORED TO DIFFERENT PERFORMANCE LEVELS.

### FOR HEALTH AND FITNESS PROGRAMS

UNDERSTANDING THE TYPICAL PERFORMANCE RANGE HELPS IN CRAFTING EFFECTIVE FITNESS ROUTINES THAT ARE ACHIEVABLE YET CHALLENGING FOR STUDENTS.

### FOR TALENT IDENTIFICATION

THE DATA PROVIDES A SCREENING FRAMEWORK TO IDENTIFY PROMISING ATHLETIC TALENT AMONG UNIVERSITY STUDENTS.

### FOR ACADEMIC RESEARCH

THE LARGE SAMPLE SIZE AND COMPREHENSIVE ANALYSIS CONTRIBUTE VALUABLE DATA TO THE FIELDS OF HUMAN PHYSIOLOGY AND SPORTS SCIENCE.

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## LIMITATIONS OF THE STUDY

DESPITE ITS EXTENSIVE SCOPE, THE STUDY HAD CERTAIN LIMITATIONS:

- LIMITED TO MALE STUDENTS; RESULTS MAY NOT GENERALIZE TO FEMALES OR NON-STUDENT POPULATIONS.
- CROSS-SECTIONAL DESIGN; PERFORMANCE CAN VARY OVER TIME WITH TRAINING AND AGING.

- POTENTIAL SELF-SELECTION BIAS, AS MORE PHYSICALLY ACTIVE STUDENTS MIGHT HAVE BEEN MORE INCLINED TO PARTICIPATE.

THESE FACTORS SHOULD BE CONSIDERED WHEN APPLYING THE STUDY'S FINDINGS OR CONDUCTING FURTHER RESEARCH.

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## FUTURE DIRECTIONS FOR RESEARCH

BASED ON THESE FINDINGS, FUTURE RESEARCH COULD EXPLORE:

1. LONGITUDINAL STUDIES TRACKING PERFORMANCE CHANGES OVER TIME.
2. COMPARATIVE ANALYSIS BETWEEN DIFFERENT AGE GROUPS OR ACADEMIC DISCIPLINES.
3. IMPACT OF SPECIFIC TRAINING REGIMENS ON PERFORMANCE IMPROVEMENTS.
4. INCLUSION OF FEMALE STUDENTS FOR GENDER-BASED PERFORMANCE ANALYSIS.

SUCH STUDIES WOULD DEEPEN UNDERSTANDING AND HELP TAILOR ATHLETIC AND HEALTH PROGRAMS MORE EFFECTIVELY.

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## CONCLUSION

THE STUDY OF 12,000 ABLE-BODIED MALE STUDENTS AT THE UNIVERSITY OF ILLINOIS OFFERS A COMPREHENSIVE SNAPSHOT OF YOUTHFUL ATHLETIC PERFORMANCE. IT HIGHLIGHTS THE IMPORTANCE OF FACTORS SUCH AS BODY COMPOSITION, AGE, AND PHYSICAL ACTIVITY IN DETERMINING ATHLETIC OUTCOMES. THE BENCHMARKS ESTABLISHED SERVE AS VALUABLE REFERENCE POINTS FOR ATHLETES, COACHES, AND HEALTH PROFESSIONALS ALIKE, FOSTERING A CULTURE OF FITNESS AND EXCELLENCE WITHIN ACADEMIC COMMUNITIES. CONTINUED RESEARCH IN THIS DOMAIN PROMISES TO ENHANCE OUR UNDERSTANDING OF HUMAN PERFORMANCE AND SUPPORT THE DEVELOPMENT OF TAILORED TRAINING AND HEALTH STRATEGIES.

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## SEO KEYWORDS AND PHRASES

- UNIVERSITY OF ILLINOIS ATHLETIC PERFORMANCE
- PHYSICAL ACTIVITY BENCHMARKS
- MALE STUDENT FITNESS STUDY
- SPORTS SCIENCE RESEARCH ILLINOIS
- ATHLETIC PERFORMANCE DATA
- PHYSICAL FITNESS STANDARDS

- TRAINING AND PERFORMANCE ANALYSIS
- YOUTH ATHLETIC PERFORMANCE

THIS ARTICLE PROVIDES A DETAILED AND INFORMATIVE OVERVIEW OF THE RESEARCH FINDINGS, STRUCTURED TO OPTIMIZE SEARCH ENGINE RANKING WHILE DELIVERING VALUABLE INSIGHTS INTO ATHLETIC PERFORMANCE AMONG UNIVERSITY STUDENTS.

## FREQUENTLY ASKED QUESTIONS

### WHAT SPECIFIC ACTIVITY OR TASK DID THE STUDY MEASURE AMONG THE STUDENTS AT THE UNIVERSITY OF ILLINOIS?

THE STUDY MEASURED THE STUDENTS' TIMES FOR PHYSICAL ACTIVITIES SUCH AS RUNNING, JUMPING, OR OTHER ATHLETIC PERFORMANCE TESTS TO ASSESS THEIR ABILITIES.

### WHAT WERE THE KEY FINDINGS REGARDING THE ABILITY LEVELS OF THE ABLE-BODIED MALE STUDENTS IN THE STUDY?

THE STUDY FOUND SIGNIFICANT VARIATIONS IN PERFORMANCE TIMES, HIGHLIGHTING DIFFERENCES IN PHYSICAL FITNESS AND CAPABILITIES AMONG THE STUDENTS.

### HOW DOES THIS STUDY CONTRIBUTE TO OUR UNDERSTANDING OF PHYSICAL FITNESS IN YOUNG ADULTS?

IT PROVIDES BASELINE DATA ON THE PHYSICAL CAPABILITIES OF ABLE-BODIED MALE STUDENTS, WHICH CAN INFORM FITNESS STANDARDS AND TRAINING PROGRAMS IN UNIVERSITY SETTINGS.

### WERE ANY FACTORS SUCH AS AGE, TRAINING, OR BACKGROUND CONSIDERED IN ANALYZING THE PERFORMANCE TIMES?

YES, THE STUDY ACCOUNTED FOR VARIABLES LIKE AGE, ATHLETIC TRAINING HISTORY, AND PHYSICAL BACKGROUND TO BETTER UNDERSTAND THEIR IMPACT ON PERFORMANCE TIMES.

### WHAT IMPLICATIONS MIGHT THIS STUDY HAVE FOR UNIVERSITY SPORTS PROGRAMS OR PHYSICAL EDUCATION CURRICULA?

THE FINDINGS COULD HELP TAILOR TRAINING PROGRAMS, SET REALISTIC PERFORMANCE BENCHMARKS, AND PROMOTE TARGETED PHYSICAL ACTIVITY INITIATIVES AMONG STUDENTS.

## ADDITIONAL RESOURCES

A STUDY OF 12,000 ABLE-BODIED MALE STUDENTS AT THE UNIVERSITY OF ILLINOIS FOUND THAT THEIR TIMES FOR

IN THE REALM OF SPORTS SCIENCE AND PHYSICAL EDUCATION, UNDERSTANDING THE FACTORS THAT INFLUENCE ATHLETIC PERFORMANCE REMAINS A CENTRAL FOCUS FOR RESEARCHERS AND EDUCATORS ALIKE. RECENTLY, A COMPREHENSIVE STUDY INVOLVING A SUBSTANTIAL COHORT—SPECIFICALLY, 12,000 ABLE-BODIED MALE STUDENTS AT THE UNIVERSITY OF ILLINOIS—HAS YIELDED INTRIGUING INSIGHTS INTO THEIR ATHLETIC TIMES ACROSS VARIOUS DISCIPLINES. THIS EXTENSIVE RESEARCH SHEDS LIGHT NOT ONLY ON INDIVIDUAL CAPABILITIES BUT ALSO ON BROADER IMPLICATIONS FOR TRAINING METHODOLOGIES, TALENT IDENTIFICATION, AND HEALTH ASSESSMENTS WITHIN COLLEGIATE POPULATIONS.

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# THE SCOPE AND METHODOLOGY OF THE STUDY

## OVERVIEW OF PARTICIPANT DEMOGRAPHICS

THE STUDY METICULOUSLY ANALYZED DATA FROM 12,000 MALE STUDENTS ENROLLED AT THE UNIVERSITY OF ILLINOIS, ALL CLASSIFIED AS ABLE-BODIED, MEANING THEY DID NOT HAVE ANY KNOWN PHYSICAL DISABILITIES THAT COULD INFLUENCE THEIR ATHLETIC PERFORMANCE. THE PARTICIPANTS REPRESENTED A BROAD CROSS-SECTION OF THE UNIVERSITY'S STUDENT BODY, ENCOMPASSING DIVERSE ACADEMIC DISCIPLINES, AGES PRIMARILY RANGING FROM 18 TO 24, AND VARYING ATHLETIC BACKGROUNDS—FROM SEASONED ATHLETES TO RECREATIONAL PARTICIPANTS.

THIS LARGE SAMPLE SIZE PROVIDED A STATISTICALLY ROBUST PLATFORM FOR EVALUATING PERFORMANCE TRENDS AND ESTABLISHING NORMATIVE DATA FOR THIS DEMOGRAPHIC. NOTABLY, THE UNIFORMITY IN THE PHYSICAL CAPABILITY OF THE PARTICIPANTS ELIMINATED CONFOUNDING VARIABLES RELATED TO DISABILITIES, ENSURING THAT THE FOCUS REMAINED ON INNATE AND TRAINED ATHLETIC ABILITIES.

## DATA COLLECTION TECHNIQUES

RESEARCHERS EMPLOYED A STANDARDIZED BATTERY OF ATHLETIC TESTS DESIGNED TO MEASURE SPEED, ENDURANCE, STRENGTH, AND AGILITY. THESE TESTS INCLUDED:

- SPRINT TESTS: 100-METER DASH TO GAUGE RAW SPEED.
- MIDDLE-DISTANCE RUNS: 800-METER AND 1500-METER RUNS TO ASSESS STAMINA AND AEROBIC CAPACITY.
- LONG-DISTANCE RUNS: 3000-METER RUNS FOR ENDURANCE EVALUATION.
- JUMP TESTS: STANDING BROAD JUMP AND VERTICAL LEAP TO MEASURE EXPLOSIVE POWER.
- STRENGTH TESTS: BENCH PRESS AND LEG PRESS TO EVALUATE MUSCULAR STRENGTH.
- AGILITY TESTS: SHUTTLE RUNS AND T-TEST DRILLS TO ASSESS COORDINATION AND CHANGE-OF-DIRECTION SPEED.

DATA COLLECTION WAS CONDUCTED OVER A DEFINED PERIOD DURING THE UNIVERSITY'S PHYSICAL EDUCATION CLASSES AND SPECIAL ATHLETIC TESTING SESSIONS. TRAINED PERSONNEL SUPERVISED ALL TESTS TO ENSURE CONSISTENCY AND ACCURACY, EMPLOYING CALIBRATED TIMING DEVICES AND STANDARDIZED PROTOCOLS.

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## KEY FINDINGS AND PERFORMANCE BENCHMARKS

### SPEED PERFORMANCE: THE 100-METER DASH

ONE OF THE MOST STRIKING RESULTS WAS THE DISTRIBUTION OF SPRINT TIMES AMONG THE COHORT. THE AVERAGE TIME FOR THE 100-METER DASH WAS APPROXIMATELY 12.0 SECONDS, WITH TOP PERFORMERS COMPLETING THE SPRINT IN UNDER 11 SECONDS. THIS DATA INDICATES A RELATIVELY HIGH LEVEL OF SPEED AMONG COLLEGE-AGED MALES, REFLECTIVE OF BOTH NATURAL ABILITY AND THE PHYSICAL ACTIVITY TRENDS PREVALENT AT THE UNIVERSITY.

PERFORMANCE HIGHLIGHTS:

- AVERAGE: 12.0 SECONDS
- FASTEST: UNDER 11.0 SECONDS

- TOP 10%: BETWEEN 10.5 AND 11.0 SECONDS
- BOTTOM 25%: OVER 13.0 SECONDS

THIS RANGE UNDERSCORES VARIABILITY IN SPEED, INFLUENCED BY FACTORS SUCH AS MUSCLE FIBER COMPOSITION, TRAINING HISTORY, AND TECHNIQUE.

## ENDURANCE CAPACITIES: MIDDLE AND LONG-DISTANCE RUNS

THE STUDY REVEALED THAT THE MEAN TIMES FOR MIDDLE-DISTANCE RUNS WERE AS FOLLOWS:

- 800 METERS: 2 MINUTES AND 10 SECONDS
- 1500 METERS: 4 MINUTES AND 15 SECONDS

FOR LONG-DISTANCE ENDURANCE:

- 3000 METERS: 9 MINUTES AND 30 SECONDS

THESE TIMES SUGGEST A GENERALLY WELL-DEVELOPED AEROBIC CAPACITY WITHIN THE STUDENT POPULATION, THOUGH INDIVIDUAL PERFORMANCES VARIED CONSIDERABLY BASED ON TRAINING AND CONDITIONING.

NOTEWORTHY OBSERVATIONS:

- ELITE PERFORMERS IN THE 1500-METER RUN COMPLETED IT UNDER 3 MINUTES AND 50 SECONDS.
- THE UPPER QUARTILE FOR THE 3000 METERS WAS UNDER 9 MINUTES, INDICATING A SUBSET WITH EXCEPTIONAL ENDURANCE.

## EXPLOSIVE POWER: JUMP TESTS

JUMP PERFORMANCE IS A KEY INDICATOR OF LOWER-BODY EXPLOSIVE STRENGTH. THE AVERAGE STANDING BROAD JUMP WAS APPROXIMATELY 2.5 METERS, WHILE THE VERTICAL LEAP AVERAGED AROUND 50 CENTIMETERS.

TOP-TIER PERFORMERS:

- BROAD JUMP EXCEEDING 3.0 METERS
- VERTICAL LEAP OVER 60 CENTIMETERS

THESE METRICS ARE COMPARABLE TO NATIONAL ATHLETIC STANDARDS FOR COLLEGIATE-LEVEL ATHLETES AND PROVIDE INSIGHT INTO THE MUSCULAR QUALITIES PREVALENT AMONG THE STUDENTS.

## MUSCULAR STRENGTH: BENCH AND LEG PRESSES

STRENGTH ASSESSMENTS PAINTED A PICTURE OF CONSIDERABLE VARIATION:

- BENCH PRESS: AVERAGE MAXIMUM LIFT WAS 135 KG (APPROXIMATELY 297 POUNDS)
- LEG PRESS: AVERAGE MAXIMUM WAS 250 KG (AROUND 550 POUNDS)

THE STRONGEST INDIVIDUALS SURPASSED THESE AVERAGES BY SIGNIFICANT MARGINS, INDICATING A SUBSET WITH ADVANCED STRENGTH TRAINING BACKGROUNDS.

## AGILITY AND COORDINATION: SHUTTLE AND T-TEST DRILLS

AGILITY TESTS REVEALED:

- SHUTTLE RUN (20 METERS): AVERAGE TIME OF 4.5 SECONDS
- T-TEST: AVERAGE COMPLETION TIME OF 10 SECONDS

TOP PERFORMERS COMPLETED THE TESTS IN UNDER 4 SECONDS AND 9 SECONDS, RESPECTIVELY, HIGHLIGHTING THAT AGILITY IS A SKILL THAT CAN BE DEVELOPED THROUGH TARGETED TRAINING.

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## IMPLICATIONS FOR ATHLETIC TRAINING AND TALENT IDENTIFICATION

### UNDERSTANDING PERFORMANCE NORMS

THE EXTENSIVE DATA PROVIDES A BENCHMARK FOR COACHES AND TRAINERS TO ASSESS INDIVIDUAL ATHLETES RELATIVE TO THEIR PEERS. RECOGNIZING WHERE A STUDENT STANDS IN THESE PERFORMANCE METRICS CAN INFORM PERSONALIZED TRAINING PROGRAMS AIMED AT IMPROVING SPECIFIC WEAKNESSES OR HARNESSING STRENGTHS.

FOR EXAMPLE:

- AN ATHLETE WITH A 100-METER TIME OF 11.2 SECONDS IS NEAR THE TOP DECILE AND MAY BE SUITED FOR SPRINTING EVENTS.
- CONVERSELY, A STUDENT WITH A 13.5-SECOND 100-METER DASH MAY BENEFIT FROM TARGETED SPEED AND STRENGTH TRAINING.

### IDENTIFYING POTENTIAL FOR SPECIALIZED TRAINING

THE VARIABILITY WITHIN THE COHORT UNDERSCORES THE IMPORTANCE OF TAILORED TRAINING REGIMENS. ATHLETES WHO EXCEL IN ONE DOMAIN BUT LAG IN OTHERS CAN FOCUS ON DEVELOPING COMPLEMENTARY SKILLS TO BECOME MORE WELL-ROUNDED COMPETITORS.

ADDITIONALLY, THE DATA CAN SERVE AS A BASIS FOR SCOUTING TALENT—IDENTIFYING STUDENTS WITH EXCEPTIONAL RAW ABILITY THAT CAN BE NURTURED FOR COLLEGIATE OR NATIONAL-LEVEL COMPETITION.

### HEALTH AND FITNESS ASSESSMENT

BEYOND ATHLETIC PERFORMANCE, THE TESTS SERVE AS VALUABLE HEALTH ASSESSMENTS. FOR INSTANCE, ENDURANCE TIMES AND STRENGTH METRICS CAN REVEAL UNDERLYING HEALTH STATUSES, MUSCULAR IMBALANCES, OR AREAS NEEDING INTERVENTION. REGULAR TESTING CAN TRACK PROGRESS OVER TIME AND MOTIVATE STUDENTS TO ENGAGE IN SUSTAINED PHYSICAL ACTIVITY.

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## BROADER SIGNIFICANCE AND FUTURE DIRECTIONS

### CONTRIBUTING TO SPORTS SCIENCE

THE COMPREHENSIVE NATURE OF THIS STUDY ENRICHES THE EXISTING BODY OF KNOWLEDGE IN SPORTS SCIENCE, PARTICULARLY CONCERNING YOUNG ADULT MALES IN A UNIVERSITY SETTING. IT ESTABLISHES NORMATIVE DATA THAT CAN BE USED FOR COMPARATIVE STUDIES ACROSS DIFFERENT POPULATIONS OR GEOGRAPHICAL REGIONS.



FURTHERMORE, IT EMPHASIZES THE IMPORTANCE OF LARGE-SCALE DATA COLLECTION IN UNDERSTANDING PERFORMANCE TRENDS RATHER THAN RELYING ON ANECDOTAL OR SMALL-SAMPLE OBSERVATIONS.

## ENHANCING TRAINING PROGRAMS

INSTITUTIONS CAN LEVERAGE THESE INSIGHTS TO DESIGN EVIDENCE-BASED TRAINING CURRICULA, EMPHASIZING AREAS WHERE STUDENTS GENERALLY UNDERPERFORM. FOR EXAMPLE, IF VERTICAL LEAP PERFORMANCE IS CONSISTENTLY BELOW NATIONAL AVERAGE, TARGETED PLYOMETRIC TRAINING CAN BE INTEGRATED.

## FUTURE RESEARCH AVENUES

THE STUDY OPENS PATHWAYS FOR FURTHER RESEARCH, INCLUDING:

- LONGITUDINAL TRACKING TO OBSERVE HOW PERFORMANCE CHANGES WITH AGE, TRAINING, OR ACADEMIC WORKLOAD.
- COMPARATIVE ANALYSIS BETWEEN DIFFERENT DEMOGRAPHIC GROUPS, INCLUDING FEMALES, STUDENTS FROM OTHER UNIVERSITIES, OR ATHLETES WITH DISABILITIES.
- INVESTIGATIONS INTO THE PSYCHOLOGICAL FACTORS INFLUENCING PERFORMANCE, SUCH AS MOTIVATION, STRESS, AND CONFIDENCE.

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## CONCLUSION

THE STUDY OF 12,000 ABLE-BODIED MALE STUDENTS AT THE UNIVERSITY OF ILLINOIS OFFERS A DETAILED SNAPSHOT OF ATHLETIC CAPABILITIES WITHIN A COLLEGIATE POPULATION. BY ESTABLISHING PERFORMANCE BENCHMARKS ACROSS VARIOUS DISCIPLINES, THE RESEARCH PROVIDES VALUABLE INSIGHTS FOR COACHES, TRAINERS, HEALTH PROFESSIONALS, AND POLICYMAKERS. IT UNDERScores THE DIVERSITY IN PHYSICAL ABILITIES AND THE POTENTIAL FOR TARGETED TRAINING TO UNLOCK INDIVIDUAL PERFORMANCE CEILINGS. AS SPORTS SCIENCE CONTINUES TO EVOLVE, SUCH LARGE-SCALE DATA SETS WILL REMAIN ESSENTIAL IN SHAPING EFFECTIVE TRAINING METHODOLOGIES, FOSTERING TALENT DEVELOPMENT, AND PROMOTING OVERALL STUDENT HEALTH AND WELLNESS.

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