

The effect of using smart sportswear technology (KAATSU) On the athletes performance

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Abstract:

The aim of the research is to use clothing technology to design an innovative sports T-shirt using (KAATSU) technology and to identify its functional efficiency and its impact on some performance variables (physical - physical) under research. Also, the experimental approach using the experimental design of two groups, one of them is an experimental group to which the innovative sports T-shirt (KAATSU) technology is applied during training, and a control group uses the traditional method of training, and it represents the research community in the boxing players in Mahalla al-Kubra in Gharbia Governorate who are registered with the Egyptian Boxing Federation for the sports season 2020/2021AD. The number of (62) athletes boxer in clubs (Ghazl Al-Mahalla, July 23, Al-Said), and the research sample was randomly selected, numbering (46) athletes, and the researchers chose the basic research sample and their number was (30) boxers. Each of them (15) boxers, one experimental and the other control, and the most important study tools were the measure of the emotional side to evaluate the method used for (KAATS) training. U) (researchers design), and the most important results were the effect of using the innovative sports T-shirt using (KAATSU) technology on the emotional side of the experimental research sample, superior to the control group, the effect of using the innovative sports T-shirt using (KAATSU) technology on improving the level of performance (physical and physical). The experimental research sample is superior to the control group.

keywords:

KAATSU sports shirt, performance, athletes