

We invite you to participate in the research entitled "Investigation of the Effect of Static and Dynamic Core Exercises on Serve and Spike Speed in Young Volleyball Players" by Bilal GÖK, which received permission from the **Istanbul Gelişim University Ethics Committee** on 18/03/2026 with document number 2026-04-40*. Participation in this study is entirely voluntary. You have the right not to participate or to withdraw from the study at any time after participating. You will not be charged any fee for participating in this study. You will not receive any payment for participating. The information obtained from the study will be used solely for research purposes, and your personal information will be kept confidential.

*To be completed and used after receiving permission from the Istanbul Gelişim University Ethics Committee.

The purpose of the research	The aim of this study is to investigate the effects of static and dynamic core exercises on serve and spike speed in young volleyball players.
Research Methodology	<p>This research was conducted using a quantitative research approach and designed with a quasi-experimental pre-test-post-test control group design.</p> <p>The study will begin by informing the athletes about the purpose of the study and the evaluation methods to be applied. Then, the distances for the tests will be measured and the tests will be prepared. To collect data, the athletes' body weight and height will be measured first. Then, the necessary measurements for the pre-test will be taken. For the study titled "Investigation of the Effect of Static and Dynamic Core Exercises on Serve and Spike Speed in Young Volleyball Players," which will last 6 weeks, the football players will be divided into two groups: 12 in the Static group and 12 in the Dynamic group. Those in the Static group will add static core exercises to their training programs. Athletes in the Dynamic group will apply dynamic core exercise programs in addition to their training programs. At week 7, the test measurements of the athletes will be taken again and the relationship between them will be compared.</p> <p>Participants</p> <p>The study will include 24 young volleyball players aged 12-14 from Istanbul Gençlik Sports Club, who are licensed and competitive players in the Volleyball League, and who have no health problems. Parental consent forms will be obtained from the families of the athletes.</p> <p>Data Collection Method</p> <p>A personal information form will be collected to gather information about the participants, along with measurements of age, height, and weight. In this study, a radar gun (BUS-101911, Bushnell®, California, USA) will be used to measure serve and spike speed.</p>

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Measurement of Spike Speed

Spike speed will be measured using the radar gun (BUS-101911, Bushnell®, California, USA). Players will be asked to assume a spike position, the device will be placed in front of the player throwing the ball, and the player will be asked to spike at the highest possible speed. A total of 3 measurements will be taken, and the highest speed among the measurements will be read from the radar device's screen and recorded. Rest periods will be determined between measurements, and players will be asked to dunk when they are ready.

TRAINING PROGRAM

STATIC DRILLS	WEEKS	SET	RPT/TIME	RECOVERY
Statik Side Plank	1. ve 2. Weeks	3	20 sec.	20 sec.
Front Plank	3. ve 4. Weeks	3	30 sec.	30 sec.
Lower Abdominal Plank	5. ve 6. weeks	3	45 sec.	45 sec.
Posterior Plank				

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DYNAMIC DRILLS	WEEKS	SET	RPT/TIME	RECOVERY
Dinamik Side Plank	1. ve 2. weeks	3	8 Right 8 Left	60 sec.
Spiderman Plank	3. ve 4. weeks	3	10 Right 10 Left	75 sec.
Bicycle Plank	5. ve 6. weeks	3	12	90 sec.
Push Up				

Statistical Analysis

Data obtained from the serve and spike speed tests will be analyzed digitally using the SPSS 24.0 program. The normality of the data distribution was evaluated using Shapiro-Wilk tests, skewness and kurtosis values, and the ratios obtained by dividing the skewness and kurtosis values by the standard error. When evaluating the skewness and kurtosis coefficients, normal distribution standards were accepted within the ± 3 range for all scores. According to Kalaycı and the researchers, coefficient values within the ± 3 range are considered acceptable. After the evaluations, if the data conforms to a normal distribution, the t-test will be used to compare two independent groups, and the paired t-test will be used to compare two dependent groups. If the data does not show a normal distribution, the Mann Whitney U test, a nonparametric test, will be applied. In the analyses performed, a statistical significance value of $p < 0.05$ will be accepted.

**Estimated Duration of the Study
(Start and End Dates)**

02/04/2026- 02/06/2026

Number of Participants/Volunteers**24**

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Expected to Participate in the Research	
Locations where the research will be conducted	İstanbul Gençlik Sports Club Facilities
Will video and/or audio recordings be made?	Yes <input type="checkbox"/> No <input checked="" type="checkbox"/>

PARTICIPANT STATEMENT

I have been informed about the purpose and content of this research, as stated above. Following this information, I was invited to participate in the research. If I agree to participate in this study, I have received assurances that my identity will be kept confidential both during the research and when it is published. I consent to the use of my data. I have been given sufficient assurance that my personal information will be carefully protected during the use of the research results for educational and scientific purposes. I may withdraw from the research without giving any reason. I do not assume any financial responsibility for the expenses incurred for the research. No payment will be made to me. I have fully understood all the explanations given to me regarding the research. I am participating in this study with my own individual consent, without any coercion. A copy of this signed form will be given to me.

Name and Surname	Bilal GÖK	Date
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