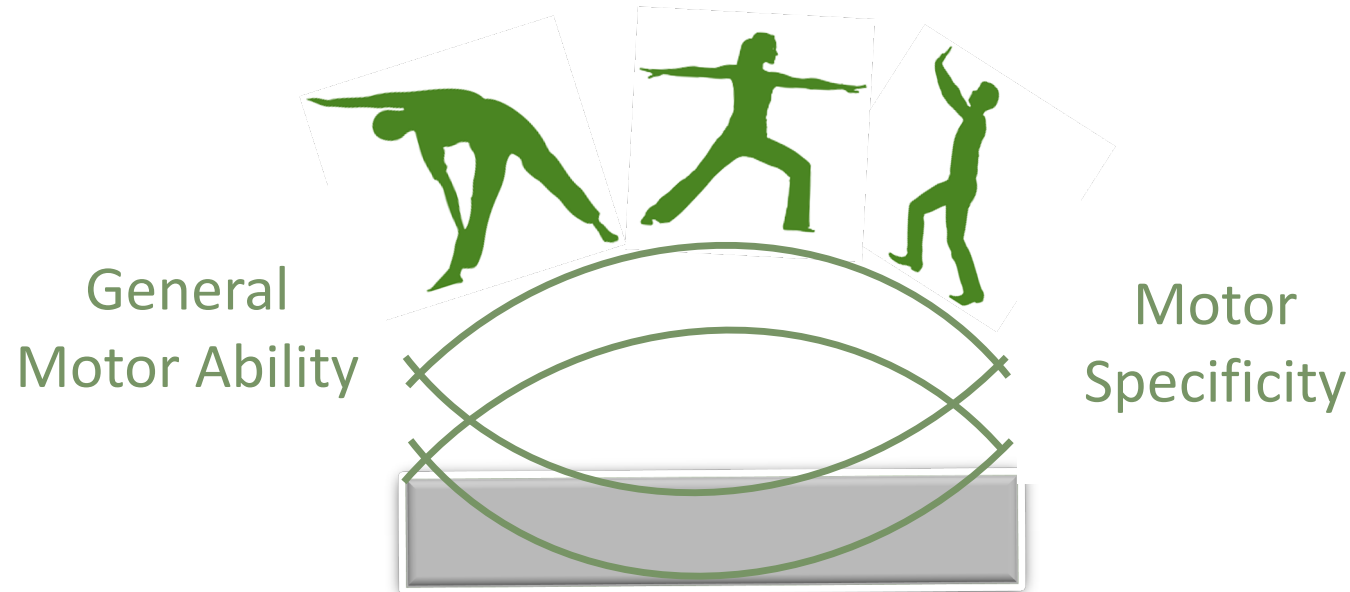


Re-examining the relationship between measures of static and dynamic balance among young adults

A.M. Duquette, M. Senia, P.M. van Wyk, J. Baker, K.C. Paquin, S. Horton
University of Windsor; York University

Replicate the classic Drowatzky & Zuccato (1967) study.
570 participants completed six balance performance tests.



Results contrasted original study.
Calls for the need to revisit the debate regarding the complexity of balance & the specificity of practice

The Balance Debate

Future Research:

- Adopt a holistic approach when studying postural balance
- Explore the contribution of each factor involved in balance skill acquisition
- Deepen the understanding of neurological processes underpinning balance performance and expertise