

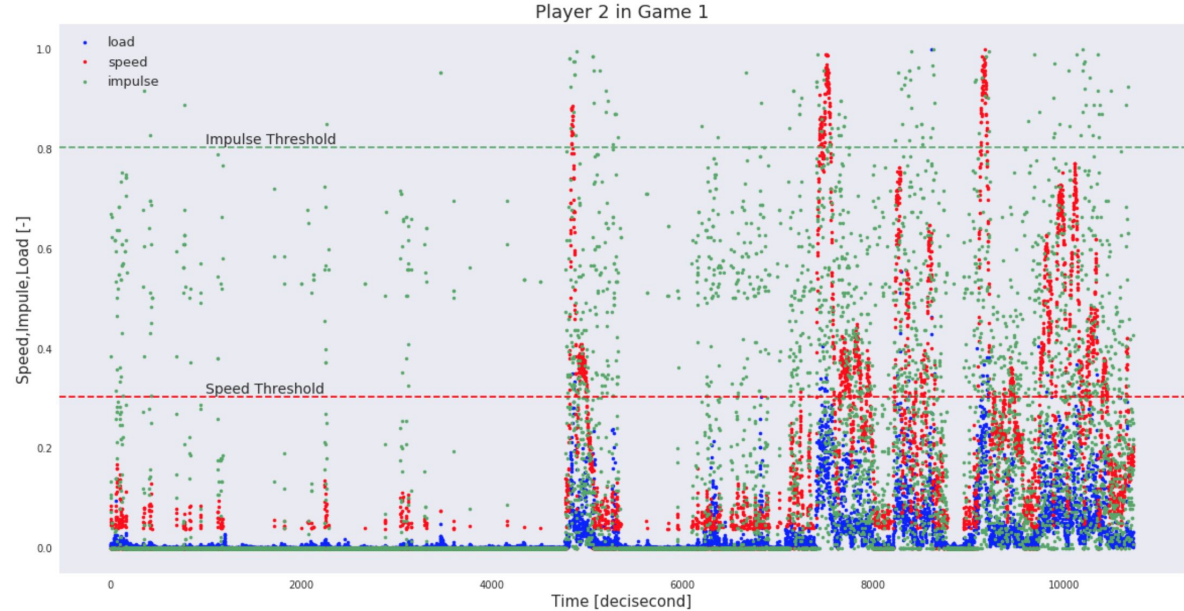
Quantifying Hits and its Relationship to Fatigue

Team Bermuda

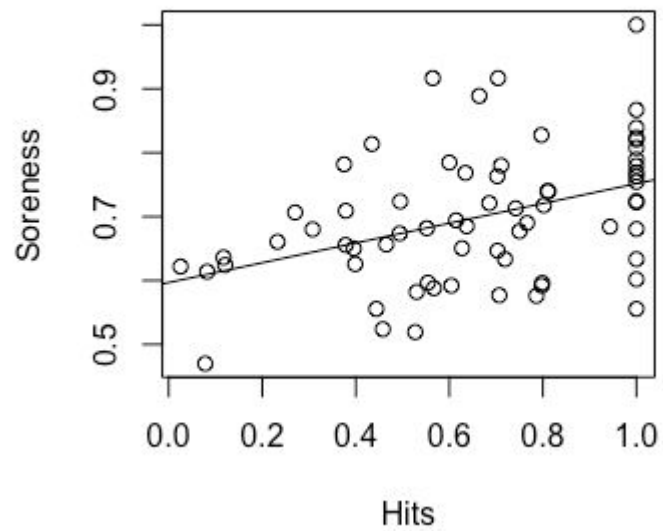


Table 1: Physical fitness data for the Elite Women’s Rugby union players for forwards and backs

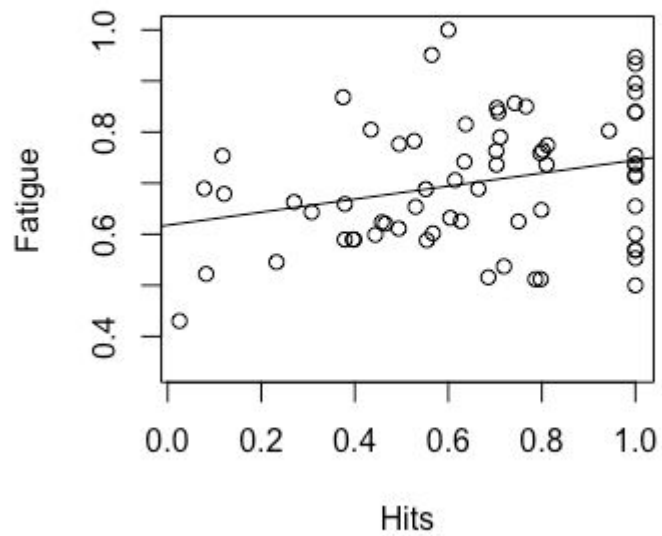
Variable	Forwards (n=16)	Backs (n=19)	p-value
Stature (cm)	165.20 ± 6.50	160.90 ± 6.40	0.0432
Body mass (kg)	78.94 ± 13.01	62.97 ± 5.96	0.0001 *
Sum of skinfolds (mm)	137.40 ± 30.08	106.66 ± 19.12	0.0003 *
Percent body fat (%)	30.81 ± 4.56	26.11 ± 3.81	0.0008 *
Sit-and-Reach (cm)	41.07 ± 5.30	39.91 ± 7.50	0.6423
Vertical Jump (cm)	37.50 ± 5.36	44.35 ± 5.06	0.0070 *
10m Speed (sec)	2.08 ± 0.08	1.90 ± 0.07	0.0002 *



N.M, Hene & Bassett, Susan & Andrews, Barry. (2011). Physical fitness profiles of elite women's rugby union players. South African Journal for Research in Sport, Physical Education and Recreation. June. 1-8.



$$r^2 = .1545$$



$$r^2 = .0626$$