Supplementary material

Supplementary Table 1. One-way ANOVA analysis.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | | | simple | mean | 95% confidence interval for mean | |
| Lower Bound | Upper Bound |
| SJ | | | | | | |
|  | VJD | Table Tennis | 20 | 37.665 | 34.002 | 41.328 |
| Badminton | 20 | 42.465 | 38.889 | 46.041 |
| Tennis | 20 | 39.340 | 35.946 | 42.734 |
| PF | Table Tennis | 20 | 2.1940 | 2.1058 | 2.2822 |
| Badminton | 20 | 2.2200 | 2.1688 | 2.2712 |
| Tennis | 20 | 2.2000 | 2.1608 | 2.2392 |
| PP | Table Tennis | 20 | 45.3570 | 42.6606 | 48.0534 |
| Badminton | 20 | 52.5695 | 48.9322 | 56.2068 |
| Tennis | 20 | 48.8540 | 45.4932 | 52.2148 |
| PV | Table Tennis | 20 | 2.4130 | 2.3098 | 2.5162 |
| Badminton | 20 | 2.6225 | 2.5197 | 2.7253 |
| Tennis | 20 | 2.5070 | 2.3896 | 2.6244 |
| CMJ | | | | | | |
|  | VJD | Table Tennis | 20 | 41.105 | 36.817 | 45.393 |
| Badminton | 20 | 45.030 | 41.406 | 48.654 |
| Tennis | 20 | 41.230 | 38.245 | 44.215 |
| PF | Table Tennis | 20 | 2.2145 | 2.1687 | 2.2603 |
| Badminton | 20 | 2.2695 | 2.2313 | 2.3077 |
| Tennis | 20 | 2.1720 | 2.1230 | 2.2210 |
| PP | Table Tennis | 20 | 48.0850 | 44.4774 | 51.6926 |
| Badminton | 20 | 54.6250 | 51.3073 | 57.9427 |
| Tennis | 20 | 49.3900 | 45.8654 | 52.9146 |
| PV | Table Tennis | 20 | 2.5665 | 2.4509 | 2.6821 |
| Badminton | 20 | 2.7630 | 2.6573 | 2.8687 |
| Tennis | 20 | 2.6380 | 2.5349 | 2.7411 |
| FTF | Table Tennis | 20 | 31.680 | 28.944 | 34.416 |
| Badminton | 20 | 38.955 | 34.060 | 43.850 |
| Tennis | 20 | 34.310 | 29.980 | 38.640 |
| EP | Table Tennis | 20 | 21.605 | 19.484 | 23.726 |
| Badminton | 20 | 29.620 | 28.393 | 30.847 |
| Tennis | 20 | 23.465 | 22.117 | 24.813 |

ANOVA, analysis of variance; SJ, squat jump; VJD, vertical jump displacement; PF, peak force; PP, peak power; PV, peak velocity; CMJ, counter-movement jump; FTF, fast twitch fibers; EP, pre-stretch effect.