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**Scientific Abstract**

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**IMMEDIATE EFFECT OF STATIC STRETCHING VERSUS DYNAMIC STRETCHING OF THE HAMSTRING MUSCLE ON AGILITY AMONG RECREATIONAL COLLEGE ATHLETES – A PILOT STUDY**

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**Objective:** Traditionally, static-stretching exercises have been a prominent feature of warm up routines. However, support for a dynamic warm up has grown in recent years, because several investigations have shown the potential for acute, static stretching to degrade performance on short sprints, speed and reaction time. Hence, the objective of this study was to compare the effectiveness Static Stretching (SS) and Dynamic Stretching (DS) of the hamstring in acutely improving agility among recreational college athletes. **Methodology:** 25 recreational athletes were randomly assigned to one of two groups – 30 seconds SS or DS through a full range of motion. All athletes had limited hamstring flexibility, defined as a 20° loss of knee extension measured using the 90-90 test. T-test for agility and 90-90 test were recorded before and after stretching.

**Results & Conclusion:** Student's paired t-test indicated that agility gains in DS group (1.26 secs) were significantly greater than SS group (0.27 secs) ( $p < 0.001$ ). Also a significant difference in hamstring flexibility was indicated between SS group (3.60°) and DS group (8.12°) ( $p < 0.001$ ). Hence, indicating that one session of DS through a full range of motion improved hamstring flexibility and in turn agility, better than the SS group.