

Advanced Jump Analysis Package (AJAP) – Release 2010a

AJAP has undergone another upgrade. By listening to what current clients want AJAP has been improved.

- Current clients are eligible for this upgrade free of charge
- Free upgrades are available for three years from your original purchase date
- Simply download the installation file and install; Be sure to uninstall the previous version first
- You do not need to re-install the runtime files
- You will however need to reactivate the software (free of charge)

Exciting new features:

- Now analyses depth/drop jumps
- Analyses multiple jumps collected within the same trial
- Analyse concentric only squat jumps
- Analyse single leg hops
- Choose Newtons or kilograms for body weight output
- Choose metres or centimetres for jump height output
- Help Documentation has been updated to explain the new options

Features:

- Powerful data viewer and plotting tools
 - Zoom in on selected data, save plots as standard picture files for presentations
- Batch analysis of multiple trials in seconds
- Outputs results directly to Excel (compatible with all versions of Excel including 2007)
- Choose from over 30 variables to output
- Calculations can be performed using, force only, displacement only, or both

Current clients include:

- Australian Football League Teams
- English Premier League Teams
- State and National Sporting Institutes

Research conducted using AJAP:

- Cormack, S. J., Newton, R. U., McGuigan, M. R., & Doyle, T. L. A. (2008). Reliability of Measures Obtained During Single and Repeated Countermovement Jumps. *International Journal of Sports Physiology and Performance*, 3(2), 131-144.
- Cormack, S. J., Newton, R. U., & McGuigan, M. R. (2008). Neuromuscular and Endocrine Responses of Elite Players to an Australian Rules Football Match. *International Journal of Sports Physiology and Performance*, 3(3), 359-374.