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"ANTHROPOLOGICAL AND TEO-ANTHROPOLOGICAL VIEWS ON PHYSICAL ACTIVITY FROM THE TIME OF CONSTANTINE THE GREAT TO MODERN TIMES"

Effects of training with medicine ball to motor abilities of elementary school students

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Cilj ovog istraživanja bio je da se ispitaju efekti treninga sa medicinkom na motoričke sposobnosti učenika osnovnoškolskog uzrasta.

Aim of this research was to test the effects of training with medicine ball to motor abilities of students attending elementary school.



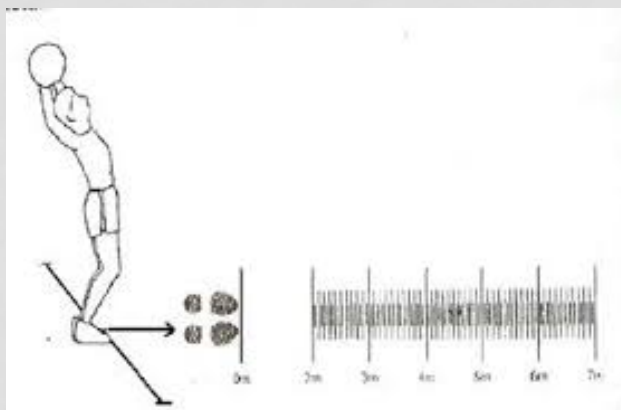
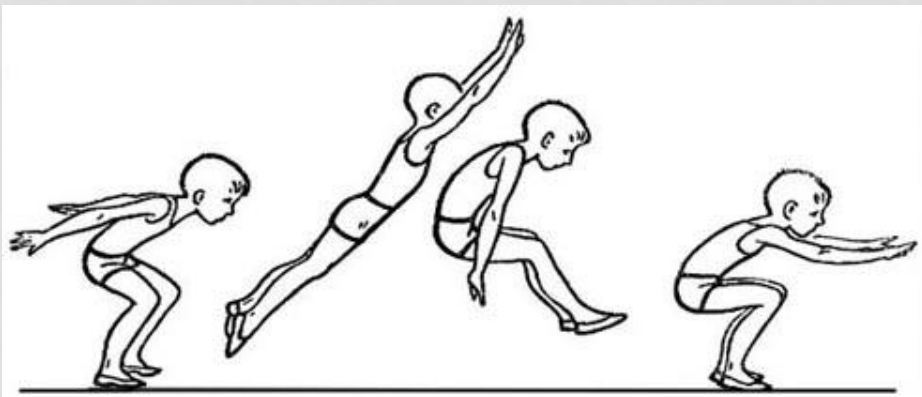
Uzorak je sačinjavalo 40 učenika osnovnih škola uzrasta 11-12 godina. Svi ispitanici su dobrovoljno učestvovali u studiji.

Sample consisted of 40 elementary school students, aged 11-12. All the participants volunteered to take part in the study.



- Motoričke sposobnosti su procjenjene sledećim testovima: skok u dalj iz mjesta, sklekovi, barpee, izdržaj u skleku, flamingo test ravnoteže i testovi bacanja medicine. Eksperimentalna grupa je imala dva puta sedmično trening sa medicinkom u toku 12 sedmica, pod kontrolisanim uslovima u školi.

- Motor abilities were assessed using following tests: standing long jump, push-ups, burpee, plank in push up, flamingo balance test and medicine ball throwing tests. Experimental group had training with medicine ball twice a week, in course of 12 weeks, in controlled environment at school.



Na inicijalnom mjerenju nije bilo statistički značajnih razlika između eksperimentalne i kontrolne grupe. Rezultatima je utvrđena statistički značajna razlika na finalnom mjerenju u testovima: bacanje medicine preko glave naprijed (.017), bacanje medicine iz ležanja (.000) i izdržaj u skleku (.004), na nivou $p < 0,05$.

At initial measurement there were no statistically significant differences between control and experimental group. At final measurement statistically significant difference has been observed in the following tests: medicine ball throw over the head, forward (.017), medicine ball throw lying on the back (.000) and plank (.004), at statistical level $p < 0.05$.



- Trening sa medicinkom uz instrukcije od strane kvalifikovanih stručnjaka može dovesti do značajnih poboljšanja u određenim motoričkim sposobnostima kod djece osnovno školskog uzrasta, takodje može biti vrlo efikasan metod za promovisanje fizičke aktivnosti kod djece i odraslih.
- Training with the medicine ball accompanied with instructions from behalf of qualified experts can result in significant improvements in specific motor abilities in children at elementary school age, and also be very efficient method in promotion of physical activity for both children and adults.

