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

Efekti sportske gimnastike na motoričke sposobnosti djece uzrasta 11-12 godina

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Effects of sport gymnastics to motor abilities of 11 to 12 years old children

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Cilj istraživanja je utvrđivanje efekata sportske gimnastike na motoričke sposobnosti djece.

Aim of research is establishing of effects of sport gymnastics to motor abilities of children.



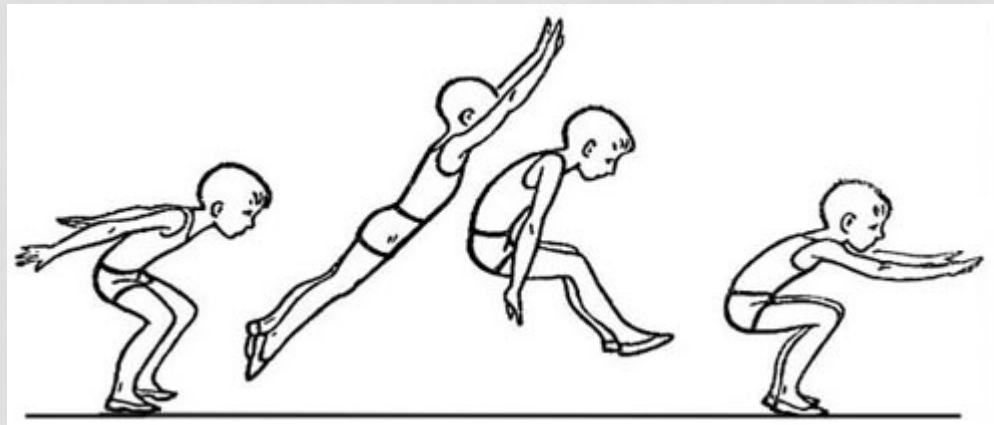
Uzorak ispitanika činilo je 60 učenika Sedme osnovne škole Ilidža u Sarajevu, dobi 11-12 godina ± 6 mjeseci. 30 učenika sačinjavalo je eksperimentalnu grupu, ostalih 30 kontrolnu grupu.

Sample consisted of 60 students of Seventh Elementary School at Ilidža in Sarajevo, aged 11 to 12 ± 6 months. Experimental group consisted of 30 students and control group consisted of remaining 30 students.



- Za procjenu motoričkih sposobnosti bilo je primjenjeno ukupno 9 testova. Tri testa za procjenu repetitivne snage, tri testa za procjenu koordinacije i tri testa za procjenu eksplozivne snage.
- Eksperimentalni program je sproveden u okviru dvanaest nedelja sa učestalosti od dva treninga sedmično i trajanju od 60 minuta.

- For the purpose of assessment of motor abilities total number of 9 tests was applied. Three tests were used for assessment of repetitive strength, three for assessment of coordination and three for assessment of explosive strength.
- Experimental programe was performed within 12 weeks with frequency of 2 trainings per week in duration of 60 minutes.



Na osnovu univarijantne analize, ANOVA konstatovane su statistički značajne razlike u svim motoričkim testovima. Eksperimentalni program je dao pozitivne efekte, tako da odabrana baterija testova može da bude od posebnog značaja za profesore fizičkog vaspitanja u drugim školama kako bi oni uspješno testirali svoje učenike, odnosno odredili stanje motoričkih sposobnosti i uticaj programa gimnastičkih vježbi na razvoj istih.

In accordance with univariate analysis ANOVA, statistically significant differences were observed in all motoric tests. Experimental program yielded positive effects, meaning that the selected battery of tests can be of special significance to PE teachers in other schools as well and used for the purpose of testing their students and the level of their motor abilities as well as impact of the program of gymnastic exercises to their development.

Varijabla	Mean (E)	Mean (K)	MS effect	MS error	F - ratio	P - level
MDTK	29.28	22.60	238.96	30.82	7.75	0.008
MMZG	12.72	8.67	150.76	13.75	10.96	0.002
MČUČ	28.00	22.13	1099.10	480.56	3.29	0.037
MOUV	14.26	17.88	3.19	14.16	13.74	0.001
MKSP	11.65	16.62	52.55	14.44	14.75	0.003
MONT	35.84	42.74	0.80	2.02	13.52	0.000
MSUD	168.91	146.38	1296.03	158.94	8.15	0.004
MTIM	489.96	410.04	3565.01	2585.13	13.79	0.000
MBLD	3672	2969	0.34	0.36	3.01	0.020



- Osnovni cilj istraživanja je bio da se utvrdi uticaj sportske gimnastike na transformacione procese motoričkih sposobnosti kod djece osnovno-školskog uzrasta. Eksperimentalni program je sproveden u okviru dvanaest nedelja sa učestalosti od dva treninga sedmično i trajanju od 60 minuta. Program je imao četvorodelnu strukturu strukturu sa uvodnim, pripremnim, glavnim i završnim dijelom. Uzorak eksperimentalne grupe činilo je 30 učenika Sedme osnovne škole Ilidža. Kontrolnu grupu činilo je takođe 30 učenika iste škole i nisu bili podvrgnuti eksperimentalnom tretmanu. Uticaj eksperimentalnog programa je evidentan u svim varijablama mjerenih motoričkih testova. Razlike između E i K grupe na finalnom mjerenju su potvrdile da je sportska rekreacija jedan od boljih programa za transformaciju motoričkih sposobnosti. Zanimljivo bi bilo ispitati uticaj istog programa segmentalno za svaku motoričku radnju.

- Basic aim of research was to determine influence of sport gymnastics to transformational processes of motor abilities in elementary school children. Experimental program was conducted within 12 weeks with frequency of two trainings a week in duration of 60 minutes. Program was divided into four parts: introduction, preparation, main and final part. Sample consisted of 30 students of the Seventh Elementary School in Ilidža. Control group consisted of 30 students attending the same above mentioned school and they were not subject to experimental treatment. Impact of the experimental program was evident in all variables of measured motor tests. Differences between experimental and control group at final measuring confirmed that sport recreation is one of the best programs for transformation of motor abilities. It would be interesting to test the impact of the same program segmentary for each motor activity.

