

University of Niš
Faculty of Sport and Physical Educat



STUDENTS' LOAD IN PHYSICAL EDUCATION CLASS

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

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THE SUBJECT AND PROBLEM OF THE RESEARCH

Earlier research has shown that in physical education classes it is not a problem to achieve the desired pulse rate flow in classes where it is possible to provide frontal work with students, certainly provided that the placed activity produces such stresses that imply the required pulse rate.

The subject of the research will be the physiological load of the students in the physical education class.



<https://singidunum.ac.rs/>

THE GOAL AND TASKS OF THE RESEARCH

- The aim of this research was to determine the level and course of students workload on a larger number of realized physical education classes, with different types of methodological units. The next task would be to consider the problem of continuity or discontinuity of the curve, as well as the degree of deviation of the real load curve from the ideal one.



<https://www.detinjarije.com/treci-cas-fizickog-ipak-ostaje/>

RESEARCH METHOD

- For the needs of the research, one class of aerobics was conceptualized as an experimental factor, which was divided into introductory-preparatory, main and final part.
- The research was applied to a sample of fifth grade students (N = 60), with an average age of 11 years. The sample of respondents was formed by random selection of students from six classes, ten students per class.
- The heart rate in students was measured by palpation on the radial artery.

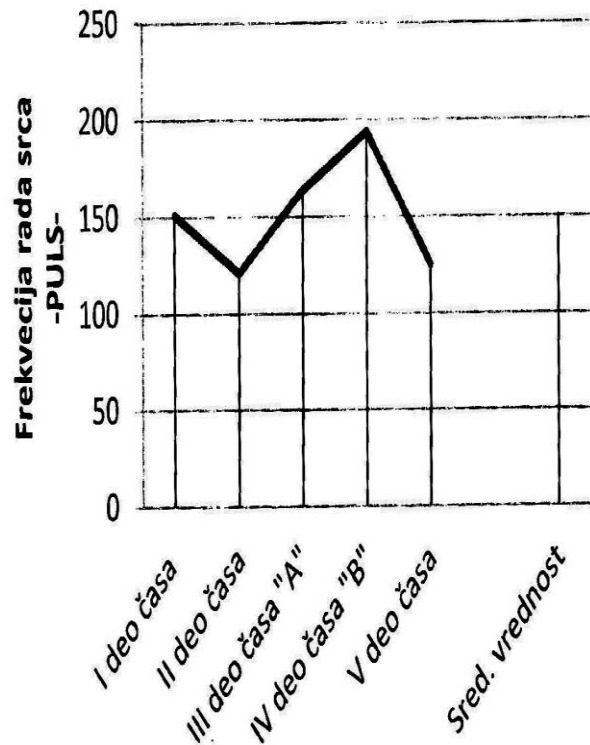


<https://pokretzaokret.rs/>

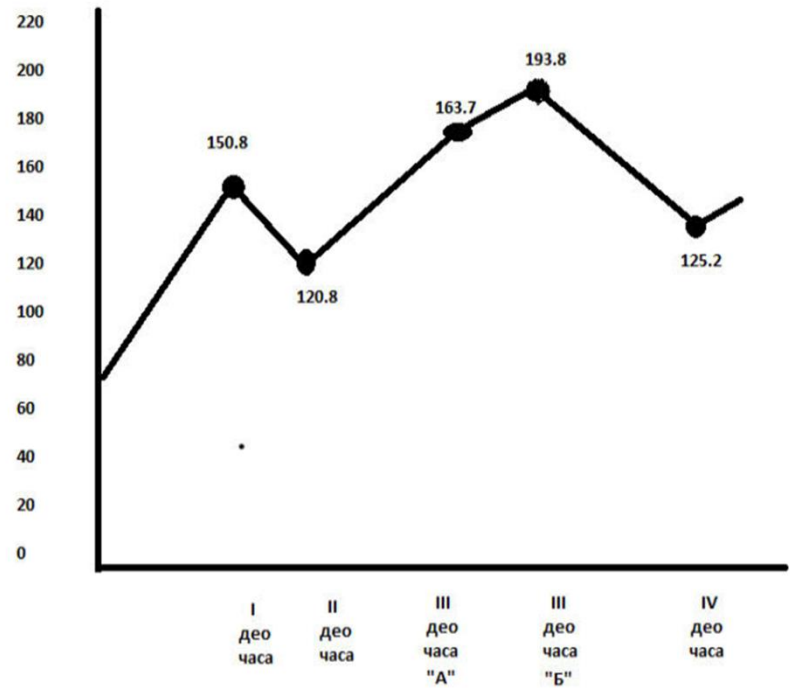


<https://fitdanceblog.wordpress.com/>

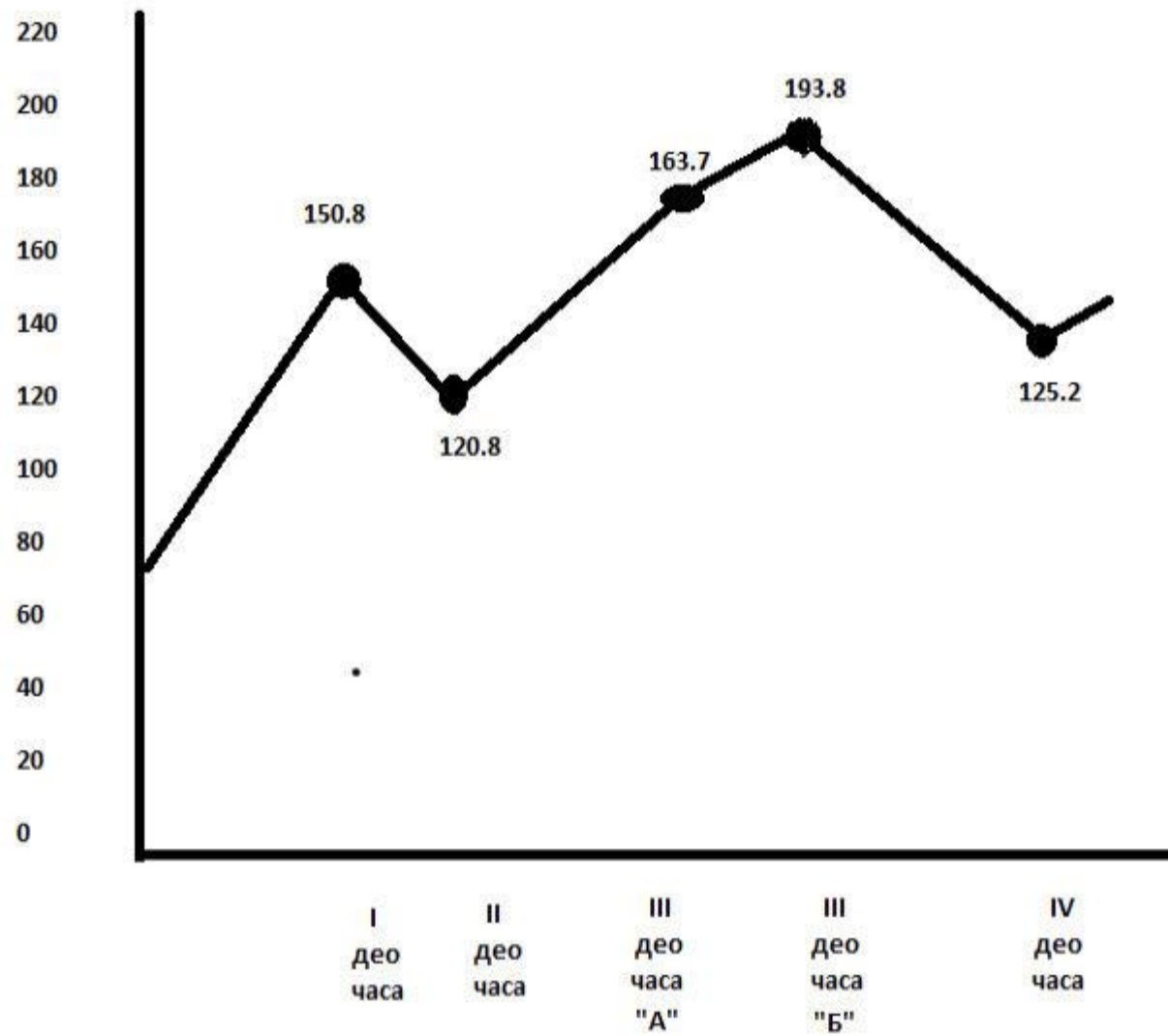
ZUPČASTA RAVAN



— Frekvencija srca -Puls-



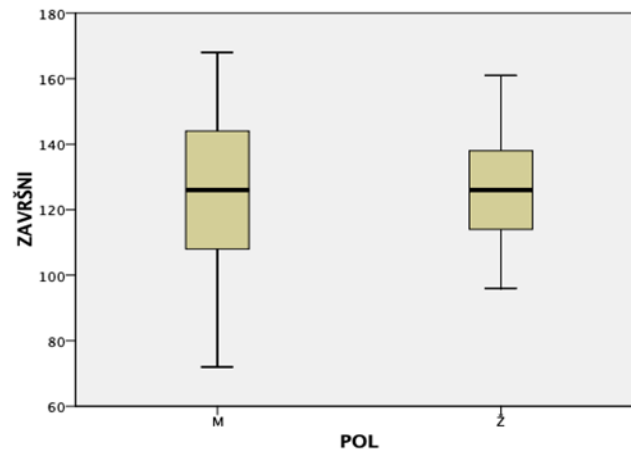
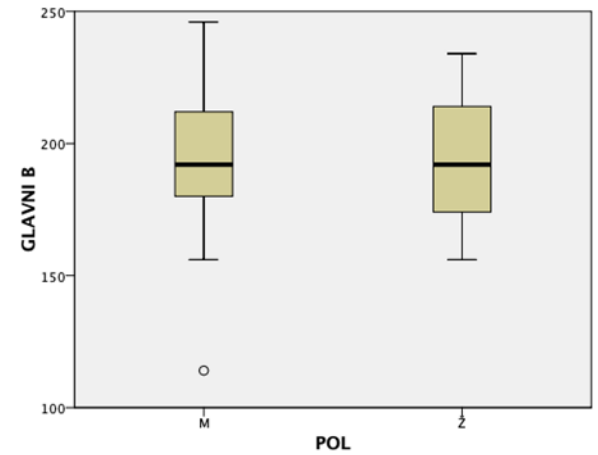
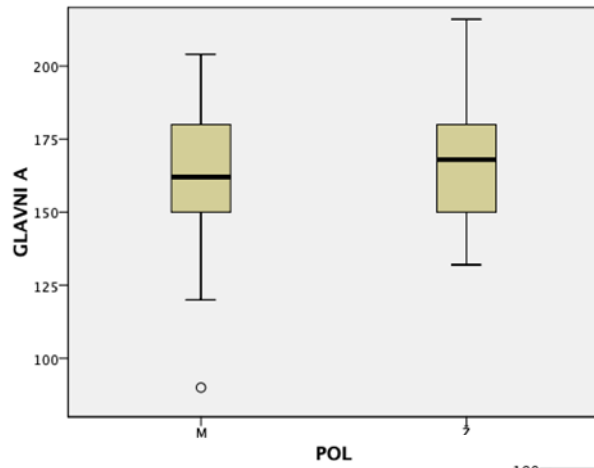
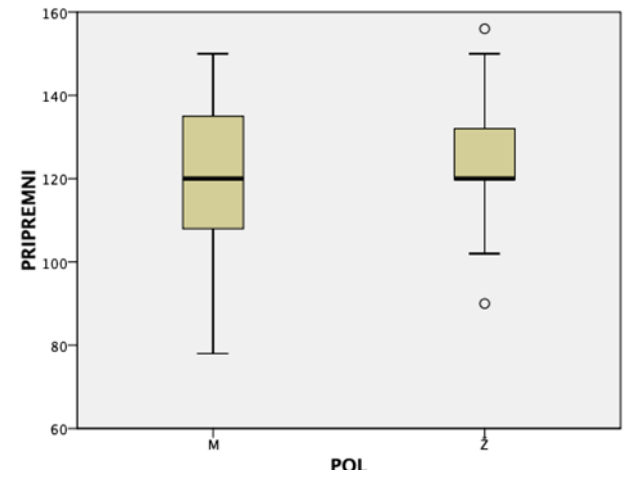
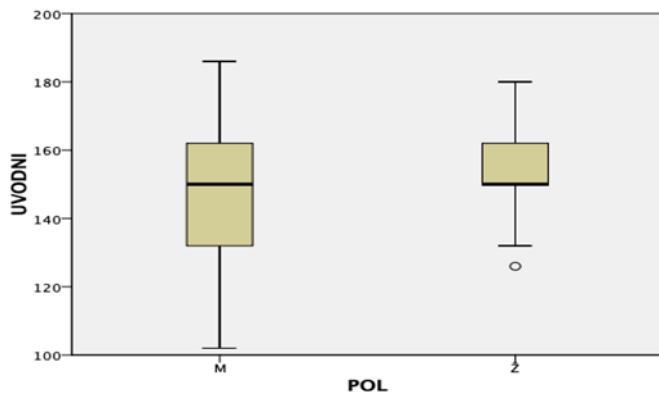
- Frequency of heart rate – frekvencija rada srca
- Pulse – puls
- Heart rate – pulse – Frekvencija srca - puls
- The first (the second, the third, the fourth, the fifth)part of the class – Prvi (drugi, treći, četvrti, peti) deo časa.
- Median – Sednja vrednost



Deskriptivna Statistika

	N	Range	Minimum	Maximum	Mean	Std. Deviation
UVODNI	60	84	102	186	150.97	19.395
PRIPREMNI	60	78	78	156	120.63	18.143
GLAVNI A	60	126	90	216	162.88	23.895
GLAVNI B	60	132	114	246	193.53	25.097
ZAVRŠNI	60	96	72	168	124.78	22.280
Valid (listwise)	N 60					

- Deskriptivna statistika - descriptive statistics
- Uvodni – Introductory
- Pripremni – Preparatory
- Glavni – Main
- završni –Final.



- Uvodni – Introductory
- Pripremni – Preparatory
- Glavni – Main
- završni – Final.
- Pol-gender

CONCLUSION

On a sample of 60 students of the fifth grade of primary school, the efficiency of classical forms of work in physical education classes was checked by checking the heart rhythm of students during certain parts of the class. This model of exercise using programmed exercise of high-low aerobics in physical education gives the best results in the transformation and development of students' psychophysical abilities, greater intensification of the teaching process, motivation and engagement of students in class, which confirms its practical applicability in physical education.

**THANK YOU
FOR YOUR
ATTENTION**

