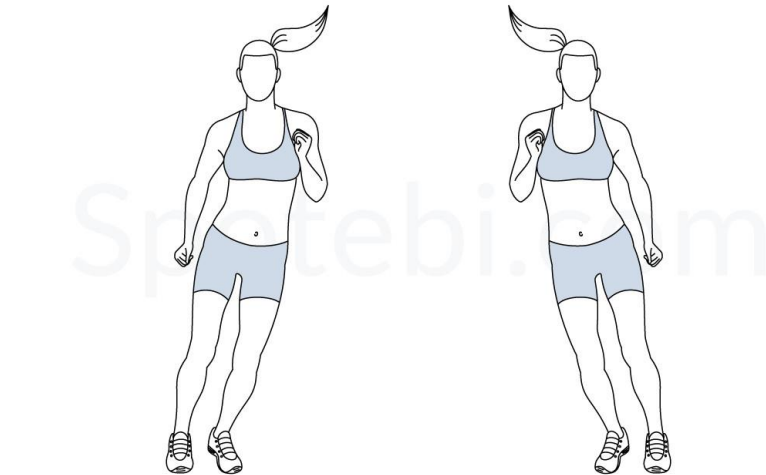


INFLUENCE OF THE COMPLEX SET OF EXERCISES ON SPEED IN STUDENTS FROM 1ST TO 4TH GRADE OF ELEMENTARY SCHOOL

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Subject, problem, aim, goals



HYPOTHESES

- ▶ H1 - Significant influence of the complex set of exercises on running speed is expected in children of younger school age.
- ▶ H2 - Significant correlation of morphological characteristics with running speed is expected in children of younger school age.

METHODS

- ▶ Sample of subjects
- ▶ Sample of variables
 - ❖ Morphological (body mass, body height, body mass index)
 - ❖ Motorical (10m, 20m, 30m sprint, hand tapping, cone running)
- ▶ Methods of data processing

RESULTS

	Statistic									Std. Error		
	N	Min	Max	Mean	Std. Dev.	Variance	cV%	Skew.	Kurt.	Mean	Skew.	Kurt.
T10	26	2.5	3.5	2.98	0.25	0.06	8.35	0.25	-0.40	0.05	0.46	0.89
T20	26	4.4	6.0	5.05	0.45	0.20	8.96	0.48	-0.82	0.09	0.46	0.89
T30	26	5.2	7.9	6.30	0.87	0.77	13.89	0.35	-1.19	0.17	0.46	0.89
ČT	26	24.1	34.1	27.01	2.13	4.55	7.89	1.56	3.76	0.42	0.46	0.89
TV	26	113	155	134.79	8.60	73.92	6.38	-0.17	1.16	1.69	0.46	0.89
TM	26	22.1	54.5	32.49	6.78	46.01	20.88	1.28	3.21	1.33	0.46	0.89
BMI	26	14.1	24.9	17.76	2.40	5.77	13.52	1.13	1.59	0.47	0.46	0.89

RESULTS

Varijable	Godine	Statistic									Std. Error		
		N	Min	Max	Mean	Std. Dev.	Variance	Skew.	Kurt.	cV%	Mean	Skew.	Kurt.
T10	7	9	2.9	3.5	3.19	0.20	0.04	0.08	-1.21	6.36	0.07	0.72	1.40
	8	6	2.8	3.2	2.98	0.16	0.03	-0.04	-1.31	5.37	0.07	0.85	1.74
	9	5	2.5	2.9	2.74	0.17	0.03	-0.51	-0.61	6.11	0.07	0.91	2.00
	10	6	2.6	3.2	2.85	0.20	0.04	1.05	2.47	6.93	0.08	0.85	1.74
T20	7	9	5.1	6.0	5.52	0.32	0.10	-0.11	-1.15	5.71	0.11	0.72	1.40
	8	6	4.7	5.3	4.98	0.23	0.05	0.30	-1.42	4.65	0.09	0.85	1.74
	9	5	4.4	4.9	4.64	0.21	0.04	0.24	-1.96	4.47	0.09	0.91	2.00
	10	6	4.5	5.4	4.77	0.33	0.11	1.94	4.06	6.85	0.13	0.85	1.74
T30	7	9	6.0	7.9	7.06	0.64	0.41	-0.30	-0.81	9.02	0.21	0.72	1.40
	8	6	5.2	7.2	6.07	0.82	0.67	0.30	-1.92	13.50	0.33	0.85	1.74
	9	5	5.2	6.4	5.62	0.49	0.24	1.27	0.86	8.75	0.22	0.91	2.00
	10	6	5.2	7.5	5.97	0.79	0.63	1.87	4.25	13.27	0.32	0.85	1.74
ČT	7	9	26.6	34.1	29.03	2.21	4.89	1.65	3.43	7.62	0.74	0.72	1.40
	8	6	25.6	27.7	26.63	0.86	0.75	0.08	-1.87	3.24	0.35	0.85	1.74
	9	5	24.1	27.7	25.56	1.46	2.12	0.73	-0.37	5.70	0.65	0.91	2.00
	10	6	25.0	26.2	25.55	0.51	0.26	0.38	-2.01	1.99	0.21	0.85	1.74
TV	7	9	113	136	127.33	7.23	52.25	-0.77	0.65	5.68	2.41	0.72	1.40
	8	6	129	138	133.83	3.19	10.17	-0.33	-0.27	2.38	1.30	0.85	1.74
	9	5	133	144	139.60	4.64	21.55	-0.89	0.48	3.33	2.08	0.91	2.00
	10	6	134	155	142.92	7.42	55.04	0.82	0.34	5.19	3.03	0.85	1.74
TM	7	9	22.1	33.3	27.97	3.93	15.43	0.02	-1.40	14.05	1.31	0.72	1.40
	8	6	25.7	37.4	32.60	5.37	28.79	-0.87	-1.85	16.46	2.19	0.85	1.74
	9	5	30.0	42.5	34.08	5.17	26.72	1.44	1.60	15.17	2.31	0.91	2.00
	10	6	28.7	54.5	37.83	9.03	81.54	1.49	2.72	23.87	3.69	0.85	1.74
BMI	7	9	15.6	20.6	17.21	1.65	2.73	1.23	1.30	9.59	0.55	0.72	1.40
	8	6	14.1	21.5	18.18	2.81	7.89	-0.60	-1.13	15.45	1.15	0.85	1.74
	9	5	15.4	20.5	17.45	2.07	4.30	0.69	-0.34	11.89	0.93	0.91	2.00
	10	6	16.0	24.9	18.41	3.43	11.79	1.79	2.96	18.65	1.40	0.85	1.74

RESULTS

		T10	T20	T30
ČT	Pearson Correlation	0.804**	0.839**	0.747**
	Sig. (2-tailed)	0.00	0.00	0.00
TV	Pearson Correlation	-0.588**	-0.584**	-0.37
	Sig. (2-tailed)	0.00	0.00	0.06
TM	Pearson Correlation	-0.23	-0.25	-0.01
	Sig. (2-tailed)	0.25	0.22	0.96
BMI	Pearson Correlation	0.14	0.12	0.28
	Sig. (2-tailed)	0.48	0.56	0.16

CONCLUSION

- ▶ H1 - CONFIRMED
- ▶ H2 - PARTIALLY CONFIRMED
- ▶ DISADVANTAGES