



BPrAL - PPOHE
Kolegji AAB

FACUTLY OF PHYSICAL CULTURE AND SPORTS

THESIS PAPER OF MASTER
SUBJECT: SPORTS GYMNASTICS

**REPORT OF THE SCHOOL SUCCESS WITH THE LEVEL OF
LEARNING SOME TECHNICAL ELEMENTS OF SPORTS
GYMNASTICS**

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Prishtine, 2015

CONTENT

Introduction

Report between the learning process and absorbing the motor knowledge

Purpose of Paper

Main Hypothesis

Work Methodology

Samples of Entity

Samples of Variables

Variables of the technical elements in sports gymnastics

Variables of the technical elements on the floor

Variables of the technical elements of jumping on horsebacks

Variables of the technical elements of gymnastics exercises

Description of Technical Elements Execution in Sports gymnastics for female

Variables of the technical elements on the floor

Variables of the technical elements of jumping on horsebacks

Variables of the technical elements of gymnastics exercises

Methods of Processing the Results

Interpretation of the Results and Discussion

Descriptive Analysis of the variables of gymnastics elements for the pupils at 12 year old age with very good grades

Descriptive Analysis of the variables of gymnastics elements for the pupils at 12 year old age with very good grades

Connection between variables of gymnastics elements for the pupils with excellent grades

Connection between variables of gymnastics elements for the pupils with very good grades

Connection between variables of gymnastics elements for the pupils with good grades

Discriminatory analysis of variables of the gymnastic elements

Authentication of Hypotheses

Conclusion

Literature

INTRODUCTION

Sports gymnastics takes part in to activities or conventional sports together with other sports such as: sliding, dancing, jumping on water rhythmic sports gymnastics etc. Sport Gymnastics is a combination of motor skills and abilities such as strength, coordination, precision, balance, flexibility and other acrobatic skills which are executed by men and women. Ban, 1967 (Bonacin me bp. 1995; Buda, 1977; Dizdar me bp. 2002)

With Gymnastics as a concept it can be understood the skill of executing the movements for a specific purpose and with a clear definition of the movements. But Gymnastics as a sport, respectively Sports gymnastics it presents exercises and competitions in gymnastics tools in competition of men and women, as individual and as a team competition as well. In stereotyped movements whose effectiveness isn't evaluated with quantitative measure, but the points which characterizes the quality of it's execution, it includes all branches of gymnastics.

The quality of execution of movements depends on the leadership and control of various parts of the motor activities: the strength and speed of the muscle contraction, the complicated coordination in the movement of several body parts, maintaining balance, orientation in time and space, flexibility in knots, activities to which we haven't any other support surface etc.

The strength and speed of the muscle contraction in these sports branches is expressed in different forms. Here we encounter loads of various size (position in ring), very briefly (up to 3 sec.) And typical activities which comes into immediate force and speed, as different jumps are. In sports gymnastics we often encounter static loads. They expressed in different positions: staying on hands and in different positions depending on the execute element and the tool where they are executed (Ema, 1982; Findak, 1995).

Static loads are characterized by rapid exhaustion which sometimes leads to interruptions of breathing. Coordination of movements in different disciplines of sports gymnastics is varied: from simple movements of the hands to composite movements associated with the movements of four limbs and body (Malacko, 2002).

There is a division of movement of both hands and the hands and feet movement in five steps of complexity (Petkovic, 1984). The first group consists the most simple coordination based on unconditional motor reflexes which do not require training and follow automatically. These are symmetrical movements to which are also contracted the same muscles of two hands or lower limbs. The second level of complexity is characterized by a more complicated coordination but it's often encountered in the daily life and requires training or elementary exercises. These are the cross movements to which both muscles of the limbs are contracted (Example: simultaneous movements of one hand in front and the other behind). Movements of the third scale toward complexity are alternative movements (example: raise one hand aside, then we draw nearer the other hand in the same position, after this we raise our first hand then we draw nearer the other one and so on. These coordination of the movements are even more difficult as far as the speed of

movements is bigger and the break is smaller between them. The fourth level of complexity of the movements is based in the coordination of the limbs movements which are executed at different levels(Frontal plane, sagittal and horizontal). In the fifth scale of movement towards the complexity of movements and the scale of complexity coordination are included asynchronous movements which are executed at different rates. Flexibility or readability in limbs and spinal cord should be greater to gymnasts. In essence, the increase of flexibility is proportionate to the length of the muscle. Measurement of balance is essential especially in sports gymnastics. To some movements are presented difficulties in maintaining balance. In sports gymnastics is expressed to the swallow exercises and jumping on horseback. Orientation in time and space is a necessary precondition for the execution of quality elements in sports gymnastics. Especially, huge requirements in terms of orientation in time and space, are presented exercises which appear to move the body about its vertical and horizontal axis (Petkovic, 1999). In many cases the good rating it is important by watching during the execution of gymnastic elements. We face position without support to many gymnastics where the body of the human is without support during the execution of elements in the air.

American authors, on the other hand, are oriented to the development and use of the methods and techniques that can reach optimal physical and mental condition (Planinšec, 2002). These methods shouldn't be ignored because there is compliance in this area and the following points, essential psychological preparation (Jeričević with bp. 2002).

- Psychological preparation of gymnasts is a long process, a continuous process;
- It's executed or worked during the process of playing the sport (ie., The phase training, not only in relation to the race!
- It includes planned and systematic actions of athletes, coaches and professional associates, psychologists or doctors)
- These activities are of psychological, pedagogical and epistemological nature
- They are oriented on creating favorable conditions for the development of provisions of personality in general, as well as specific ones, related to success in the relative sport.

CONCLUSION

The position of students in school and sports can be determined by a number of dimensions, not necessary and independent. In this school subsystem, this position that is associated with the type of school, dominantly is defined by the success of school students. In that sport, meanwhile the type of sport made by the social perspective makes the student more important than the school success, especially if society is considering every kinesiology activities as a very important indicator for the position of the subject in that subsystem.

In this research is addressed a very specific field of anthropology which it is as important as actual because to know the level of acquisition scale of motor skills of the target population it means to make programs on the right orientation. The research was conducted in order to see how much it is important and in what extent motor dimensions respectively the speed of learning gymnastic elements it is influenced by the overall success of the school, which are of particular importance in the selection of schoolgirls or women in various kinesiology activities and especially in gymnastics sports at younger ages.

The purpose of this paper is to determine the ratio of academic success at the speed of acquisition of technical elements and regular execution of technical elements in three various disciplines of sports gymnastics to the students of 12 year old age. To accomplish this purpose, in this research were included 90 girls of the 12 year old age where 30 of them had excellent grades, very good grades had 30 of them, meanwhile 30 sixth grade girls of SHFMU "Zenel Hajdini" Pristina had good grades. In accordance with the purpose and statistical methods for processing the results were submitted four hypotheses. The Variable sample is composed by 9 technical elements of gymnastics sports rated by three judges. Based on the purpose and submitted hypotheses, were applied methods of processing the results which have enabled the provision of sufficient information to achieve the goal.

Processed results show that:

- a) There is a significant correlation between academic success and the acquisition scale of practical knowledge and execution of gymnastic elements.
- b) Based on the coefficients of correlation the judges were independent in the assessment of students in the execution of gymnastic elements.
- c) The correlation coefficients indicate that gymnastics elements are specific and separated from each other for the motor structure and appear as independent elements.
- d) The highest rating in the acquisition and level of execution of the Gymnastic elements have had students with excellent success.

e) School success as the only factor can't serve as an indicator in selection of young women in various activities of kinesiology especially in sports gymnastics.