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THESIS PAPER OF MASTER

SUBJECT:

THE IMPACT OF BASKETBALL AT THE 12-13 YEAR OLD AGE GROUPS (± 6 months) IN THE ANTHROPOMETRIC AND MOTOR SPACE

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CONTENT

INTRODUCTION

The history of the basketball game in the city of Prizren

A group of enthusiasts who have learned the basketball game at the normal school of Elbasan, immediately after the release in December of 1944 to January 1945 they create a basketball section near the sports society of that time "Metohija" in Prizren. This group of enthusiasts were: Ali Dauti, Camil Nixha, Rexho Xhiha, Mazllum Xërxa, Hasan Shala and Hasan Berisha. So according to the data taken in 1945 , this is the year of the formation of the basketball club.

Basketball according to the character of movements it's part of the complex and poly structural sports. Basketball game elements consist of complex and motor movements, with fast and dynamic running, jumping, skills on the ground and especially in the air.

Basketball game nowadays has changed a lot since the results now aren't required in the moment of playing because it should pass a long time for a team to have enviable success. Technical elements in contemporary basketball are implemented in a very fast way, therefore the technique of receiving, passing and dribbling it's made in a very fast and rational way. We can say that the qualitative players implement complex technical elements with a very high speed, contemporary basketball imposes that each player should be qualitative and technical with higher psychomotor provisions. Basketball is one of the most popular sports in our country and in the world, because training the basketball game enables the transformation of anthropological and morphological characteristics, cognitive and conative, especially the motor ones.

Training Basketball in clubs and schools It provides adequate physical transformation and it plays a huge transformative impact of the youth in forming the positive qualities of their character, independence in action, courage, determination, endurance personal weaknesses (fear, pain). More positively affects the organism, speeds the growing of it and it forms a healthy personality of the youth. In order to perfect the training program, coaches need to collect as more information regarding the psycho-somatic development of young people that practise the basketball game. Only in this way coaches manage to create relevant factors and have a clear vision into the creation of appropriate curriculum, they are able to refine the methodology of work, to specify the curriculum development of the youth skills – players. But quite often is evidential the results obtained during the training process that show us about not getting the expected results and the transformation of the psycho-somatic players. This can be explained as a result of the organization of work without a proper program (A quality coach issues. Working without programming), lack of conditions for work, as well as other issues of material nature. Knowing the importance of basketball as one of the most popular games in our country and being aware of the interest that it's bringing to the youth, and based on the importance of earlier researches conducted in the region on this issue, because of its importance, I hope that through this paper to tally a little bit our literature and in this way to affect the development of the volume of work in basketball schools. According to the circumstances and the factors mentioned above, I think that this paper will

be a realistic picture of the actual situation of some anthropometric and motor characteristics of the youth exercising basketball near several clubs in the city of Prizren and their peers who do not practise at any sports club.

Rexhepi, A., (1998), on a sample of 1286 children aged 7-10 years, investigated morphological and physiological characteristics of their own. Through factor analysis emphasized three latent factors "skeletal factor", "factor of arterial blood pressure" and "Factor pulse and breath exchange . Through factor analysis, quantitative surveys that are conducted worldwide, are extracted latent dimensions (biological factors) that explain the latent structure of space morphological and physiological human space.

Rakovica, H., - in a sample of 242 students aged 17-18 years, measured by 16 morphological variables, isolated three factors: The first factor is interpreted as "Subcutaneous adipose tissue factor" second factor "skeleton longitudinal factor" and the third factor "factor of body mass and volume" 29.

BLAŠKOVIĆ, M. and Hoffmann, E., (1983), the research "On the impact of skills basic motor in the success of the game of basketball ", has been the target of authors prove that they have the greatest impact explosive force. Coordination and other skills.

Nixha, M.,(1985), in his doctoral dissertation "Analysis of physical characteristics and motor skills of basketball players of different levels of competitive and comparative analysis with volleyball and handball "where samples of variables has been 11 anthropometric variables and 7 motor. After analyzing the data we came to a conclusion that concluded the three sports players which do not differ in physical characteristics. Where there have been differences, it’s been expected for example the basketballs players that had high values, weight and perimeters handball players had even higher values and volleyball players in adipose tissue. In the characteristics of the motor status basketball players had higher values in agilitynet volleyball players in explosive force-jump and handball players in strength dynamic.

CONCLUSIONS WITH RECOMMENDATIONS

In this paper it was treated a total of 80 samples of male students (Aged 12-13 years (± 6 months) The sample consisted of two groups of students with the following composition: 40 students in Prizren basketball clubs and the KB 'Bashkimi, KB "Kalaja" KB "New Basket" and KB "Mega basket" who on average for a year deal with basketball and 40 students of the elementary school "Abdul Frashëri" in Prizren. 16 variables were used, of which eight anthropometric 5 of basic motor and 3 specific variables for the game of basketball.

The purpose of this study was: to prove the importance of exercising basketball the overall development of children and the impact of basketball in anthropometric and motor space.

Based on the results of the abovementioned may be noted that in the anthropometric space the distribution of results for both groups was normal. It was noticed that the group of club students against school students is characterized by average higher value of body height about 5 cm, which we explained as the right sample selection for the game of basketball.

While the motor space for student clubs group for two variables: deep flexion of the body before the sitting position and free-throw, standard deviation has given high values of avoiding from arithmetic and we managed to explain that this group is characterized by the wide range of results for these two variables. Based on the obtained and interpreted results above, it can be said that all correlative values that were obtained between anthropometric and statistical variables are important values. Also it is noticed that the motor space of 28 total possible coefficient correlation has been achieved 17 significant correlation of which 13 in the .01 level statistical significance, and 4 interconnections in the 05 level of statistical significance. Based on the results that were achieved by interconnections between anthropometric variables and the motor ones we have noticed there have been executed only a few where from a total of 64 possible correlation coefficient are obtained 18 liaison at both levels of statistical significance of which 12 liaison in the level of probability p = .01 and 6 liaison at p = .05. The difference between groups was made through T-test method where we noted that there are differences between both groups in anthropometric and motor surveyed spaces as well. In the anthropometric space the differences are evident in variables of the body height, the dimension of open arms, thigh circumference where of the three variables the difference is in favor of the student group of clubs: ALARTR (body height), the value of t-test t = 3,551 and the value of significance sig = 0:01 and is difference in probability level of p = 0.001. AGJKRH (open arms length), with the t-test value t = 2.423 and value sig = 0.018 and significance is the difference in level of probability p = 0:05. APEKOF (thigh circumference), with the t-test value t = 2,261 and value sig = 0.027 and significance is the difference in level of probability p = 0:05.

While the motor space the difference is evident in the variable of jumping from place to length, on the good of students in school, we also noted that the benefit of the school students it also was the difference in the variable of jumping from a high place where the value that has been reached was the extreme limit of statistical significance ("the tendency of not being statistically significant").

MKVGJA (Jumping from place to length), with the t-test value t = -3296 and the value = 0.001 and significance is the difference in level of probability p = 0,01.

MKVLAR (Bouncing from place to height), the value of t-test t = -1987 and value of the significance sig = 0:50.

We noticed that the other differences between the groups in motor space benefit the group of club students. These differences are variables of dribble the ball with a shot in the basket and free throw, at the same time these are differences with the highest values of statistical importance.

MDTGJK (dribble the ball and shot in the basket for 30 sec), with the t-test value t = 4.970 and with the significance value of sig = 0:00 and it's in difference in level of probability p = 0,01.

MGJLIR (free kick), value t-test t = 4361 and the significance value sig = 0:00 and is the difference in level of probability p = 0,01.

Through discriminative analysis have been explored multidimensional differences between groups, as well as their characteristics where a factor was emphasized: From the obtained results through discriminative analysis we noted that high correlation value with a discriminatory function have implemented the MDTGJK variables and MGJLIR. However, none of the other anthropometric and motor variables haven't implemented significant correlations with discriminating function.

We also noticed that based on the composition and structure of discriminating function and the centroid group, the function or discriminatory extracted factor we were able to appoint such as:

Precision factor

After analyzing and interpreting the results it became possible verifying the set of hypotheses, where the three hypotheses that were submitted their verification was partially. Also from the analysis and interpretation of the results it can be concluded that the basketball practicing has an impact on the motor space in the explored samples in some its features, in particular its impact is in a higher precision in making baskets as from a free kick and under the time pressure as well where by its nature it approaches with the terms of game. While regarding the impact of exercising basketball in anthropometric space the researched samples are not evident as the influence of exercising basketball, but we stated above that they are differences because the students who practice basketball because they belong to the selected samples.

The value of this paper will be theoretical and practical after this paper has a research and scientific character.

Theoretical value of the paper enables to notice the difference between the students that practice and those who are not active in clubs, this case provides an overview of selection of students for the game of basketball.

Another practical value of this paper is because the coaches at the club were offered the data on the made measurements. The paper also could serve as a good scientific basis and an incentive for filing new hypotheses, for researches of capabilities and numerous other factors that affect the success of the basketball game in particular and sports in general.