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POST DIPLOMATIC-MASTER STUDIES

THEME:

**DIFFERENCES IN WEIGHT, HEIGHT AND PROCEEDINGS FACTORS
OF FORCE BETWEEN MEN AND WOMEN OF THE AGE 15-16 YEARS**

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ABSTRACT

In this master thesis paper I tried to make a summary of the differences in men and women aged 15-16 years of age through anthropometric and motor tests, as well as the impact of proceedings factors of force in terms of health. This paper at its center has differences in weight, height and factors of force that influence the implementation of some motor activities or movements that will appear next to the paper through the tests conducted with students in order to harmonize best the programs and charges which are performed by students of this age in health and physical education classes, but mainly based on the results that will be obtained from the tests. Therefore, I hope that in this paper all the studies on the applied tests are promptly dealt, as in anthropometric terms and motor as well.

Key words: anthropometry, motor, test, health, coordination

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Introduction

In school practice, especially in the classes of Physical Education it is more than necessary to permanently monitor the impact of program content in the development of various aspects of anthropological status. This place the teacher facing the need to organize its work based on the latest scientific achievements of this field and from the field of sports. It is important to track and determine the relations that exist between different areas of anthropological status and to prove how the organized process affects the positive changes of these relations.

Recognition of motor anthropometric problems and its interconnections with motor activities, sports is one of the main relevant issues of the theory and practice in sport and in the process of physical- health education. So a precondition that the work is being directed in the right direction we should have a clear picture of the initial level of the preparation of athletes or students with whom they will work. Measurement of baseline indicators of students is achieved through the method of diagnostic aerobic indicators, anaerobic and certain level of motor skills such as speed, durability, general muscle strength, endurance speed etc. The harmonious development of motor skills, especially in sensitive age as is the case of our sample creates a good basis so that the children are able to competently manage their motor apparatus. Both sexes, regardless of age, need to move and possible effects of physical activity are the same, because physical activity has positive health effects for all children.

Society in which people live and work, along with the development of science and culture, of great importance should be paid to their health. Age at which will be comparisons is 15-16 years and if they don't get the required attention quickly it can come to physical deviations and functional obstacles, so we should give great importance to the charges of school program. Also this age is characterized by rapid growth and development, where due to hormonal influences comes to the appearance of structural changes and thus to the appearance of changes in terms of working and functional capacities of both genders. In this age there is a need for physical separation of activities, in most of them are realized within the program content of physical education health.

For this reason it is important to gather as much factual information which would show exactly certain segments which should be considered when applying to different activities. The success of a motor or athletic activity is achieved by making the harmonious development of all anthropological abilities features and characteristics of the child. One of the factors which in many researches is proven very damaging and stumbling in the development and manifestation of motor skills is adipose tissue, especially when its values are above normal values.

Speed and explosive strength are the most important motor skills and a necessary foundation for all sports. Speed is the component that gives a dynamic expression to the movement, makes them more pronounced and faster, and it gives them a shape and a fuller understanding. The speed is constrained by the genotype but the genotype doesn't reduce the possibility of intervention with

adequate motor exercises and appropriate age for its growth. Changes that occur in anthropological dimensions of this age also affect the appearance of changes in the level of manifestation of motor skills, but yet the one which is mostly affected by these changes is the component of force with all its dimensions. Therefore, through these researches we will prove that there are changes and at the same time we will show the extent of these differences between the two sexes in this age.

Through the direct technique it was managed to get a clearer structuring of factors and an easier explanation of them, since the avoidance from the condition of orthogonality, with the rotation of gained factors enables a clearer projection of factors within the largest cluster of variables that contribute to the generation of that component. The register of parallel projections is the most important within the three registers obtained by this method, and based on the projections which were completed on this register is done the naming of obtained components on the basis of concentration and logic conceptual and their compatibility.

It should be noted that in determining the size of the value of the available variables in the factor 30 is set as a normal limit of validity and all values lower than them which were not involved at all in the table, in order to avoid the appearance of excess values with the aim of greater visual clarity when analyzing the situation.

From the obtained results in Tab. 15 and on the basis of concentration of variables in the first factor, this factor can be properly called as factor of explosive and repetitive force as the projections available at this factor realized the variables MKGJAV, MVR30m, MNGTU and MLTM, all these variables cover the dimensions the explosive force of the legs and trunk repetitive force. The values of their design factors are quite high and range from .673 to .894. The second factor represents the factor of static force of arms since in that has realized important projections the variable MASH90 with value of .985.

This overview of the factors in the motor space is different from the obtained list to the male gender and the fact that we are designing common tests which measure the explosive force and those of motor force and a separation test of static force as factors itself speaks for the non-differentiation of the remaining components of the force of the girls of this age, especially at the level of latent regulators of the energy component.

Conclusion

In the research where samples of men and women aged 15-16 years is treated with 2 anthropometric tests and 5 tests of motor space which measure the action dimension of force were are involved explosive force tests, and the static repetitive force. The main purpose except to prove the state of the parameters measured in two samples was to be verified whether there are significant differences between the sexes, especially in the dimension of the factor action force.

The results have shown that the differences are evident and that in all cases for this age differences were in favor of men. Such results are also shown in the researches of other authors, since when dealing with this age, the stage of puberty is over and that the action of sexual hormones causes significant changes which are manifested with the level of force of the explosive type, static and repetitive. Also in the factorial structure were observed differences since in men the design of variables in the factors was much clearer than in women. This overview of the design of factors shows that the latent structures of the force factor in men at this age is more stable than in women. This is an indication that caution must be exercised when using the force exercises but we should be particularly careful when we are planning the designing of long-term programs which should lead to the establishment of each of the components of the action factor of force. This research represents an attempt within the continuous efforts of kinesiologists for finding the factual data which will continuously regulate and adapt the activity so that the transformative processes of the human system to go in the right direction and also assist in the development and preserving the its bio-psycho social integrity. Transformation processes are directly related to the levels and the status of certain functions and capabilities which are vulnerable to and measurable in terms of their programming and control.