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POST DIPLOMATIC-MASTER STUDIES

THEME:

**THE LEVEL OF MOTION SKILLS OF EXPLOSIVE CHARACTER
BETWEEN YOUNG PEOPLE (12,13 AND 14 YEARS OLD)**

FROM ULQIN AND PRISHTINA

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INTRODUCTION

Multiple motion activities, especially activities with certain program content, show fundamental component in the transformation of the human anthropologic status.

Researches of transformation processes, especially those processes under the influence of programmed kinesiological activities: show basic information with the purpose of the projection and control of the work, in the function of the valorization of means and tasks to achieve the aspirations in the process of physical and sportive education.

In the absence of proper treatment of this issue, I have chosen precisely the population of young people aged 11,12 and 13 years old, an optimal age in their determination and orientation in specific sport activities.

In addition, this research project will include two samples of young people aged 11-14 years old who work in different working conditions and different regional affiliations. The control system and the objective assessment of motion skills is still marginalized.

In general the results of this study, we hope to be in the function of determining and verifying the current state of the motion skills, with particular emphasis on the motion skills of the explosive character, always with the aim of further diagnostics and forecasting of results in various sportive activities.

Different authors dealt with the treatment evaluation of young people skills in physical and sports education. Many authors in their works have addressed this issue in finding the theoretical and practical model for assessment of knowledge.

- Physical education in schools, sports and recreational activities play an important role in the formation, education and creating healthy personality from the physical aspect in general and also the intellectual aspect.
- Physical education and monitoring the psycho-physical conditions in schools, which is very important in primary schools through standardized tests that measure the state of strength, speed, coordination, etc. matter to the benefit of each student to himself, on the other hand contribute to the sport in general by the selection through shown results.
- Explosive force is largely investigated and confirmed to be the result of genetic inheritance.
- According to the importance after the speed factor, the explosive strength is being shown as a key factor for selection in sport; therefore the recognition of the force of this age and the recognition of differences between age groups is very important given that the development of the explosive force can be initiated from the age of 5-7 years old.

The aim and objective of this paper was the verification of the level of motion skills of the explosive type, and comparison of the student population from two different regions, these comparisons are still missing in various treatments from our field experts.

CONCLUSION

Researches in the motion aspect besides being very important for kinesiological practice, they are also very complex at the same time.

Among other things, the dimension of explosive factor is dominant in achieving results in various motion–sportive activities.

The data obtained in this paper clearly reflect the complexity of the motion skills.

The successful implementation of these movements, although structurally are seen as simple, they depend on many other factors, primarily by the concentration and neuromuscular reaction to a shortest time, emotional state etc. However, the results obtained have been affected by the above mentioned components.

Changes between two different groups of two different centers though emphasizing the geographical distances nevertheless do not reflect significant changes.

Test results have distribution that is characteristic of samples of young people who are not profiled in various sports activities.

Despite the differences in age, from the results there are no major changes, in some tests 12-year-olds possess same skills as 13-14 year olds.

One of the causes of this phenomenon lies in the impact effects of puberty.

Although I am aware that the paper compared relatively a small number of students of different age groups, but with all of that we gained a lot important information of the manifestation level of the explosive factor in certain ages.

In this paper comparing the students from Prishtina and Ulqin, we should take in consideration:

- Different working conditions
- Climatic and geographical conditions
- Various programs of educational work from the physical education subject
- Experience namely the lack of information regarding tests etc.

For the kinesiological is important the practice of theadequate program of stimulator kinesiological taking into account the anthropological characteristics of certain ages, so that this important factor not be in stagnation, as in the data presented in the paper.

To achieve this, the monitoring and control of motion status is necessary by the inclusion of a larger number of the addressed people in future papers.