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POST DIPLOMATIC-MASTER STUDIES

THEME:

**DIFFERENCES IN STRENGTH DIMENSION AND SOME
MORPHOLOGICAL CHARACTERISTICS BETWEEN FEMALE
STUDENTS AGED 11-12 YEARS OLD**

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INTRODUCTION

Issue addressed in this theme is basic issue of researches which are conducted in the area of physical education and sport. This problem has been and continues to be interest for physical education experts, even to those who deal with the training process with categories and new ages. Handling the information obtained in most cases helps researchers by relying on data obtained to be able to save efforts and time in order to be able to define results based on certain circumferences.

Determining the structure of these dimensions and the relation between them in the manifest and latent space on one side and the definition of their relation as predicator and criterion will provide sufficient information upon which we can ascertain the level of state of these dimensions and the importance of certain morphological circumferences in the realization of concrete tasks that are associated with varying degrees manifestation of all the components, this problem which is the focus of treatment in this topic.

Researches of the transformation processes, especially when these processes are under the influence of programmed activities of kinesiology, present basic information in order to design and control work in order of tools and tasks valorization to achieve the desired goals.

Knowing the dimensions of the human psychosomatic status is selection and implementation efforts of kinesiology operators and effects' measurement of kinesiology operators in achieving the desired transformations. Realization of the primary goals of this paper, is based precisely on the treatment of problems with concrete measuring instruments, namely through motion tests.

Although the action of force factors, especially the explosive strength, is largely dependent on the factor of inheritance, still in certain circumstances of the state of morphological circumferences of these capabilities is conditioned by these factors. In most cases combinations of the condition of these circumferences are the key factors of which the level of certain motion ability is manifested.

I decided to include circumferences of height, weight and the regions dimensions is made of the fact that the age of 12, especially girls, represent the second phase of growth, as a result of the action of hormones as estrogen and progesterone cause dynamic growth of the body, especially the longitudinal dimension which is responsible for the body and bone growth in length. Length is not accompanied by qualitative bone and muscle changes. Also a noted stagnation happens with the regulation of synchronizing of the work of central nerve system with certain muscle structures, which causes dilution control of body movements but also the manifestation of certain motion skills.

Neuromuscular synchronization is important in the manifestation of various types of force, because force as a dimension is directly dependent on the level of functioning of the energy dimensions that are responsible for the excitation intensity and duration of this intensity.

My experience as a teacher has given me the opportunity to directly see the changes that occur this period to the students, so this has been the main reason that has intrigued that empirically to access to the meaning of this issue.

CONCLUSION

Given the fact that girls aged 11-12 years is a very dynamic age characterized by rapid growth in the entire human life cycle and it is more than necessary and priority task of physical education researchers to monitor the effects of different treatments in the fair development and harmonious development.

This presents challenge because in this age of increasing non-compliance and functional development, especially of the locomotor apparatus further makes the effort difficult to determine which of the modalities and what loads will have the right effect. One of the indicators that facilitate this effort is the discovery relations which exist in the relations between different areas of certain dimensions of anthropological status.

In this paper, through the adequate methodology, I tried to discover in what relations are the certain morphological circumferences with the dimension of shareholder factor of force divided into explosive, repetitive and static strength in the sample of elementary school girls from Kosovo.

Methods of descriptive statistics have shown that the distribution of results in all morphological and motion variables is in the range of the normal distribution, which makes us realize that groups were very homogeneous in the realization of tasks set for the fulfillment of the relevant tests.

A greater heterogeneity, in the group of morphological variables is displayed in the variable of body weight. That is understandable given the fact that the age of the sample tested is 11-12 years old and it is precisely this age at which girls undergo the second phase of rapid growth, puberty, as a result of hormone changes that occur. The dynamics of the start of this stage is not the same for all persons and as a result of this change it has the highest heterogeneity in body weight circumference. Also presented in the variable of body height are the results of stress distribution. In tests of the circumference of the arm and thigh and circumference of waist dissemination of results has been lower, a fact which is explained by the fact that changes are significant in terms of body length and the being constant on physical circumferences as indicators of volume.

In the variable motion group the most significant heterogeneity is presented in force tests and the test of explosive strength.

Tables of correlations showed that in the morphological space all variables have realized statistically significant correlation amongst themselves. Higher relations are shown between body weight dimension and the circumferences of mid-upper arm that pass values. While the correlation of body weight with waist circumference and thigh circumference is low, the body height with all circumferences of bodily circumferences has realized significantly lower values.

This overview is presented because of the impact that the puberty phase has brought to the growth of the body in length.

Correlations between morphological and motion tests space in most cases are unimportant statistical correlations in most cases. The only correlation with important statistically values that have negative direction exists between all circumferences of circumferences, height and weight of the body with that measures the dimension of static force of arms.

From table of tests correlations the motion dimensions of the explosive strength dimension has not realized significant correlation with any of the tests which measure the dimension of static strength of the arms and body. While the correlation of explosive strength with repetitive strength of arms and body has achieved statistically significant correlation with repetitive strength of body.

The report of static strength of the arms and body, although insignificant, has a negative correlation direction. This once again proves that these tests have been inappropriate for this age for the sample of girls.

Analyzing the overall table of correlation we see that the motion space is still not clearly defined and that the growth of body dimensions has brought up an unclear overview of reports in terms of relations between action strength factors (explosive, repetitive and static strength).

Regression analysis, the values of multiple correlations, level of significance and value of shared variance between criteria and predictor variables, is said that that the predictor system which consists of morphological circumferences of body height, body weight, circumferences of mid-upper arm, waist circumference and thigh circumference, in any case there was not presented as important predictor to the final outcome of all the motion tests contained in this research.

From the following table it can be concluded that this predictor system does serve to foresee the explosive strength of legs, static strength and repetitive strength of arms.