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**DIPLOMA THESIS MASTER**

**SUBJECT:**

**COMPARISON AND ANALYSIS OF THE CONDITIONAL LEVEL OF  
FSK MEMBERS - AND PK**

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# CONTENT

INTRODUCTION .....	
CURRENT RESEARCHES .....	
Objectives of physical preparation of the FSK- members .....	
Development stages of Condition .....	
Preparatory Phase.....	
Phase Condition .....	
The holding phase of the conditional form .....	
Assessment methods .....	
Purpose of Research.....	
Main Hypothesis .....	
Work Methods .....	
Sample of entities.....	
The sample of variables and test conditions .....	
Description of the technique of test realization .....	
Methods for processing the results .....	
Analysis and interpretation of the results.....	
The basic statistical parameters – FSK .....	
The basic statistical parameters- PK.....	
Graphical presentation of results .....	
Comparison of the results of 2008 (TMK) and 2015 (FSK).....	
Comparison of the results of 2009 and 2014 .....	
Correlations reports.....	
Correlations Coefficients-PK .....	
Correlations Coefficients-FSK.....	
Verification of hypotheses .....	
Conclusion with recommendations.....	
Literature.....	

## **INTRODUCTION**

The scale of human physical preparation directly affects its readiness for emergencies. Many difficult moments of the people of Kosovo have highlighted the important role of physical preparation on the location of disaster. Increased interest in physical preparation is followed by many research studies on the effects of regular participation in the program for healthy physical preparation. A very important conclusion is that such program improves a person's quality of life, increases the productivity and highlights the positive physical and mental changes. FSK needs not only healthy members, but they are more likely to have happy and productive life.

This chapter provides a review of fitness. He defines physical fitness, highlights its phases, discusses and evaluates the different types of programs. Commanders and leaders can use this information to develop appropriate programs of physical fitness. Physical fitness, as the main focus of this paper is only a component of overall fitness. Some of the other elements are: weight control, diet and nutrition, management of stress, dental health, spiritual and ethical wellbeing and prevention of hypertension, substance abuse and smoking. This paper in the focus has to do with issues that are directly related to the development and maintenance of the components of physical fitness, namely those conditional to members of FSK (Force Kosovo security) and KP (Kosovo Police members - unit with special tasks). In general the results of this paper, we hope to be in the function of determining and verifying the current state of physical preparation as well as their monitoring and controlling after a certain period of time, in order to verify possible changes. Special space in this paper is dedicated to the level of results respectively the conditional preparation in different spaces of time as for members of the FSK and former TMK and also of PK members.

## **CONCLUSUION WITH RECOMMENDATIONS**

Results of the paper conducted with the members of FSK and PK we think it is a very valuable asset in terms of advancing the members of these units, at the same time the fulfillment of international standards and criteria. Monitoring and testing of the conditional level of FSK and KP, to a large extent also enables more efficient implementation and successful completion of the set tasks to members. Even though the results of operation have proved significant changes, especially in the first two tests, however these changes are not on the wished level. Subjects in the treated tests, it is proven that they have characteristics in some tests with great heterogeneity of the members regarding the level of their physical preparation. The lack of better results in the running test (sustainability) is probably due to the inactivity of members in maintaining the stability of different motor and sport activities. I think that the results of the paper are valid for the purpose of preparation and readiness in terms of general physical development as well as other aspects which are important for the FSK in successfully realization of their duties. Justification of this paper is related to the fact that through this paper I wanted to initiate changes in approaching and planning of the systematic and training program of the FSK and PK members and creating a better base which would serve for programming exercises and strictly implementing the program motivating and stimulating to increase activities in order to increase the physical and conditional performance.

This research could also be as a guide for the preparatory activities of certain sport groups.

Undoubtedly, the results obtained submit tackling the problem by taking appropriate measures to improve the existing situation, in the first place:

- Continuous control of the conditional-level of members.**
- Mandatory and Systematic application of the training programs.**
- Selection of members under conditional preparation and requirements in the realization of complex tasks.**

This paper issued some conclusions which can be translated as conclusions that will serve as a good guide for systematic testing as a criteria for the continuing performance of their duties and obligations under their responsibilities.