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**PHYSICAL EDUCATION AND SPORT**

# **BOOK OF ABSTRACTS**

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# ORAL SESSION

## LES ROUTINES PRÉ-PERFORMANCES AVEC OU SANS IMAGERIE MENTALE ET LA PERFORMANCE DE PUTTING AU GOLF

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**Mots clés :**imagerie mentale, routines pré-performances, débutants, golf.

Le but de cette étude était de comparer l'effet de routines pré-performances, avec ou sans utilisation d'imagerie mentale, sur la performance de putting chez des golfeurs débutants. 26 volontaires (10F et 16H,  $M = 23.85 \pm 3.81$ ans) ont été répartis sur quatre groupes qui ont suivi pendant 4 semaines, quatre programmes d'entraînement de putting différents : routines à base d'imagerie mentale et pratique physique (RIMPP), routines à base de pratique physique (RPP), pratique physique seule (PP) et groupe de contrôle (GC). Les résultats montrent que, en général, les groupes pratiquant les routines réalisent significativement une meilleure performance que le GC. De plus, comparé au groupe PP, le groupe RIMPP amélioré sa performance de putting plus que celui de RPP. Ces résultats montrent l'intérêt d'associer l'imagerie mentale aux routines pré-performances.

## EFFECTS OF MONOFIN TRAINING ON LEFT VENTRICULAR PERFORMANCE IN ELITE EGYPTIAN CHILDREN ATHLETES.

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**Keywords:**Prepubertal, Monofin Training; Heart athlete's, Elite child athlete, Echocardiography.

Introduction: The elite athletes are one who has superior athletic talent. Monofin swimming already provide the most efficient way of swimming for human being, it is an aquatics sport practice on the surface or under water.

Aim: The aim of this study was to examine the influence of Monofin training, 36 weeks, 6 times per week, 90 min/unit on left ventricular performance in elite Egyptian Monofin athletes.

Methodology: To study these effects, 14 elite Monofin children (3 girls and 11 boys) aged ( $11.95 \pm 1.09$ yr) HT ( $153.07 \pm 4.2$  cm), WT ( $52.4 \pm 3.7$  kg), body surface area (BSA,  $m^2$   $1.48 \pm 5.6$   $m^2$ ) took part in long-term Monofin Training (LTMT). All subjects underwent two-dimension and M-mode Echocardiography at rest before and after (LTMT).

Results: There was significant difference ( $P < 0.01$ ) and percentage improvement for all echocardiography parameter after (LTMT). Inter ventricular septal thickness in diastole and in systole increased by 27.9 % and 42.75 %. Left ventricular end systolic dimension and diastole increased by 16.81 % and 42.7 % respectively. Posterior wall thickness in systole was very highly increased by 283.3 % and in diastole increased by 51.78 %. Left ventricular mass in diastole and

in systole increased by 44.8 % and 40.1 % respectively. Stroke volume and resting heart rate (HR) significant changed (sv) 25 %, (HR) 14.7 %.

Conclusion: Monofin training is an effective sport to enhance "Heart athlete's" for children, because the unique swim fin tool and create propulsion and overcome resistance. Further researches are needed to determine the effects of Monofin training on right ventricular in child athletes.

## **LEARNING AND MOTIVATED STRATEGIES FOR ACQUIRING PHYSICAL EDUCATION THEORETICAL CONTENT KNOWLEDGE: EXPLORING OMANI PHYSICAL EDUCATION CANDIDATES' PERSPECTIVES**

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**Keywords:**Cognitive,metacognitive learning strategies

This study aimed at exploring learning and motivated strategies implemented by Omani physical education candidates for acquiring physical education theoretical content knowledge .Its main focus is on cognitive and metacognitive learning strategies as well as motivated strategies applied by participants to master theoretical content knowledge which they have studied in different physical education modules. The sample of this study consists of 106 candidates who are currently enrolled in physical education programme at Sultan Qaboos University in Oman. Data was collected by adapting the Motivated Learning Strategies Questionnaire (MSLQ) which comprises of three main components namely cognitive, metacognitive and motivated learning strategies. Result revealed that the three main learning strategies were moderately implemented by participants to acquire physical education theoretical content knowledge. Result also indicated statistical differences in learning strategies between male and female in favour of female candidates. Result suggested some implementations to be made at physical education department level including some improvement and changes in pedagogical approaches, activities, and materials which enhance candidates using of all strategies for better achievement. Candidates should also be exposed extensively to different cognitive and metacognitive learning strategies and how effectively implemented.

## EDUCATION OF COACHES – THE LEGACY AND THE DEMANDS OF GLOBAL MARKET

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**Key works:** education of coaches, traditions, demands, competences

In the countries of Eastern Europe and Eurasia traditionally has been considered that education of coaches is a key vehicle for raising the standard of coaching practice. More than ninety years now the education of coaches in those countries is subject of university education. During the last twenty years our countries passed through tremendous structural, political and economic changes but tradition of university based education of coaches was carefully kept. The purpose of this study is to support our well-founded statement that coaching profession is a truly comprehensive and multifaceted and definitely requires higher education. Moreover this higher education should encompass multidisciplinary body of knowledge.

The support of our statement is evident through the analyzes of the curriculum of nine leading sport universities from seven countries. The first university coach education program started at early 1930. Currently all of the selected countries are offering study programs consisting of three main parts. The theoretical ground is consisting of the following scientific fields: medico-biological (human anatomy, exercise physiology, sports medicine, biomechanics, biochemistry, bioenergetics, nutrition etc.); sport-pedagogical (theory and methodology of sport training, etc.); social-pedagogy (sport psychology, pedagogy, sociology etc.). On the foundation of the above mentioned knowledge is built the sport specific coaching framework of knowledge, skills and competences. The third essential part of the education is the practical training conducted under the supervision of experts and leading coaches from the certain sports.

In support of this educational system are the outstanding performance achievements of the athletes from those countries. Other supporting evidence is the long term professional realization of the Eastern European coaches all over the world. The need of the higher education for coaches is becoming even more relevant nowadays when training process is placed on very high scientific and technological level.

## LA PRATIQUE SPORTIVE A L'ECOLE PRIMAIRE EN ALGERIE : REALITE ET PERSPECTIVES

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**Mots clés :** Education physique et sportive, école primaire, enfant, programme scolaire

En Algérie, l'éducation physique et sportive est obligatoire (L'article 37 de la loi d'orientation sur l'éducation nationale dans les trois cycles ou niveaux d'enseignements (primaire, moyen et secondaire).Les programmes des écoles primaires ont accordé 45 minutes à l'éducation physique sur les trente heures de travail hebdomadaire. Les recrues (cadres universitaires diplômés d'EPS ou STAPS) de l'université sont orientées principalement au lycée ou cycle moyen.

La pratique sportive au niveau primaire vit actuellement des difficultés majeures, l'EPS reste une matière négligée, et aucune dotation en matériel et encore moins en infrastructures sportives. L'objectif de ce travail est de déterminer les problèmes actuels de l'éducation physique au niveau primaire ? Et quelles sont les propositions à donner pour une amélioration de la pratique sportive chez l'enfant ? Afin d'assurer un développement intellectuel et moral qui dépend des conditions dans lesquelles s'opère l'évolution physique et psychologique de l'enfant , nous essayons de déterminer le rôle de l'éducation physique et sportive à l'école primaire et les perspectives de développer l'enseignement de cette matière pour les enfants du primaire.

## LES DIFFERENTES PROCEDURE DE LA PREPARATION PSYCHOLOGIQUE ET MENTAL DES ATHLETES

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**Mots clés :** Préparation psychologique. Préparation mentale. Athlète d'élite

La préparation psychologique et mentale, est une condition préalable, aussi importante que la préparation physique et tactique des athlètes, et ne devraient pas être limités à une certaine catégorie de joueurs ou d'un certain niveau, car il est juste comme n'importe quel autre type de préparation elle doit commencer à partir de la première période pour la discipline exercer.

Puisque la concurrence dans n'importe quel sport impose aux joueurs des capacités physiques et des compétences tactique et technique spéciale, elle peut également imposées une préparation psychologique pour les joueurs, qui se détermine par une intervention de procédures scientifiques ciblées pour améliorer la performance, et l'adaptation du sportif à toutes les conditions de la compétions, notamment en aidant l'athlète à atteindre l'objectif souhaité. Mais d'après mes lectures précédentes dans ce domaine j'ai pu remarquer qu'on n'arrive toujours pas à distinguer entre la préparation psychologique et la préparation mentale, en dépit de leurs différences dans les dimensions et les procédures. Et pour cela, je vais essayer dans mon intervention d'aborder cette question et de clarifier l'objectif, les procédures et le domaine de chacune d'entre elles.

## **ASSOCIATION ENTRE LA MOTIVATION ET L'ESTIME DE SOI EN EDUCATION PHYSIQUE ET SPORTIVE**

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**Mots clés :** motivation, apprentissage moteur, estime de soi, lycéen, Maroc.

**Objectif :**La motivation est fondamentale dans le succès de tout apprentissage, l'estime de soi influence significativement la performance des élèves. A travers cette étude nous cherchons à identifier et comprendre les liens qui pourraient associer l'estime de soi aux différentes formes de motivation en éducation physique et sportive.

**Patients et méthode :**Nous nous sommes servis de l'échelle de Rosenberg pour évaluer l'estime de soi et l'échelle de motivation dans le sport pour évaluer les différentes formes de motivation auprès d'un échantillon de 202 lycéens marocains.

**Résultats :** L'analyse statistique montre que l'estime de soi présente une association positive hautement significative aux formes les plus autodéterminées de la motivation et une association significativement négative à l'amotivation.

**Conclusion :** au terme de cette étude, il se dégage que l'estime de soi est associée à la motivation autodéterminée, un travail dans ce sens est recommandé pour améliorer l'apprentissage des élèves en éducation physique et sportive.

## **CONTRIBUTION DU PROGRAMME DE FORMATION DE MASTER (MHM) DANS DE DEVELOPPEMENT DES COMPETENCES PROFESSIONNELLES DES ENSEIGNANTS AU SECONDAIRE DANS LA WILAYA DE MOSTAGANEM**

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**Mots clés :** Compétences professionnelles ; programme de Formation

Le nouveau système LMD à était installé à l'université de Mostaganem depuis plus de 10 ans. Il assure une formation en sciences et techniques des APS pour accéder au métier de l'enseignement. En effet, plusieurs parcours sont dispensés lors de cette formation, tels que, l'Entraînement Sportif « E.S », Mouvement Humain et Motricité « MHM », Activité Physique Adaptée « APA » et Sport et Santé "SS ".

Dans cette étude, notre intérêt se porte sur la formation « MHM » qui est équivalente à la formation appelé antérieurement EPS. Cette formation permet aux étudiants d'intégrer le domaine de l'enseignement et à postuler dans le secteur de l'éducation nationale.

Par ailleurs, peu d'études en Algérie s'intéressent aux retombées des formations sur la qualité et les compétences des enseignants. Plusieurs travaux réalisés depuis 2011 ont approchés ce concept (Laroua& al, 2014 ; Benchida& al, 2013). Actuellement, un projet de coopération Franco-Algérien (Tassili 13 MDU 890) explore le profil des compétences professionnelles nécessaire pour enseigner l'EPS.

Les résultats montrent des incohérences (non concordance) entre les compétences requises en fin de formation et les compétences que les futurs enseignants stagiaires estiment maîtriser en fin de formation de master. Pour cela, nous proposons une refonte des programmes dans la formation universitaire des futurs enseignants d'EPS qui répondent aux nouvelles exigences du métier d'enseignant de l'EPS.

## **FROM HIGH SCHOOL STUDENTS TO SEMI-PROFESSIONALS: USING TECHNOLOGY TO REDUCE THE LEARNING CURVE FOR UNIVERSITY STUDENTS PLAYING IN PREMIER LEAGUES. A CASE STUDY OF STRATHMORE UNIVERSITY.**

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### **Keywords:**

In 13 years Strathmore University has managed to get eight out of its nine sports teams from the entry-level league to premier leagues in Kenya, competing and defeating seasoned professional sides. Strathmore has also gone ahead to be the main national team supplier of players in hockey and rugby in Kenya. All this would not have been possible were it not for the application of technology in training and game analysis, which has helped reduce the learning curve for the young players fresh from high schools. Since 2006, the university has heavily invested in still and video cameras and game analysis softwares to help break-down the training sessions and games in a way that can be used to instruct players. The players are then given broken down and analysed clips of their game which they go and study on their smartphones and use it to improve their playing. Simulcam module of the Dartfish software has proven very crucial in teaching young players technics and tactics. Longomatch software breaks down a game into components that a young budding player can easily understand. The recent acquisition of a Drone by the university has helped give the players and coaches a bird's eye-view of their trainings and games, this has enhanced their understanding of game playing formats. This paper is a case study of Strathmore University's meteoric rise from minnows to sports giants in Kenya, the paper discusses in great depth this new pedagogical strategy that the university has used to train their players whose average joining age is 19 years, to play for the university in the premier leagues by age 20.

**SERBIAN SOKOL IN ST. LOUIS (MISSOURI)****D. PetarPavlovic, NenadZivanovic<sup>2</sup>, M. KristinaPantelic Babic<sup>1</sup>, DaniloPavlovic<sup>1</sup>.**

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**Keywords:**sokols, society, America, activities, Serb.

Sokol movement started in Czech in 1862 with formation of „Gymnastic society of Prague“. Two years later, in 1864, with proposal of Professor Emanuel Toner, the society was named “Sokol”. After that sokolism spread to all Slavic countries, as also to other countries inhabited with Slavic people. That is how sokolism came among Serbs who lived in USA. They started to accept that Sokol ideology at the beginning of 1909, when also appeared first initiatives for forming of first Serbian Sokol societies. By the end of 1909 two societies were formed. First one in Cincinnati (Ohio), and the second one in Detroit (Michigan). During 1910 five more societies were formed, and in 1911 three, among which Serbian Sokol Society in St. Louis. From foundation in 1911 until June 1914, by working on realization of Sokol goals through various Sokol activities (public exercises and classes, competitions, gatherings – slets, shows, meetings, and other activities), Serbian Sokol Society in St. Louis gave significant contribution to development of sokolism in whole America. The goal of this paper is to illuminate the occurrence of society, its work until end of June 1914, as also its contribution to development of sokolism in America. Historical method was used during writing.

**WHAT KIND OF CURRICULUM THERE WILL BE IN FINLAND FOR UPCOMING YEARS AND HOW DOES IT LOOK LIKE WHEN COMPARED TO OTHERS WORLDWIDE?****Kasper Mäkelä**

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**Keywords:** Curriculum, reform, physical education, Finland, comparison

Introduction: During the last years, curriculum reform of education has been under process in Finland. New curriculum will be implemented in the beginning of school year of 2016. Also PE will undergo notable reforms. Previously, certain sport disciplines has been in focus when teaching PE in Finland, but in the future instead of teaching certain sport disciplines the main focus of teaching will be fundamental motor skills. Likewise, outcomes of PE will be reformed in the new curriculum. What kind of curriculum there will be in Finland for upcoming years and how does it look like when compared to others worldwide?

Methods: Ten different PE curriculum's (AU, BE, CA, FIN, IR, IT, JP, NZ, SW, US) were compared to each other from following perspectives: outcomes, main contents, and time allocated for physical education in secondary school. The outcomes were listed and classified. Main contents were categorized to following subcategories: motor skill based, specific sport based, other? The outcomes were listed in 5 categories; fitness, healthy and active lifestyle, social attributes, mental attributes and movement skills.

Results: Curriculum from different countries are mainly concentrated on three to five outcomes. Most common outcomes were related to fitness, personal development or social attributes. Also healthy and/or active lifestyle and social outcomes were commonly mentioned in different curriculum's. Mostly curriculum's were motor skill related. More closer examination revealed certain common sports in every curriculum: aquatics, games, dance and outdoor activities.

Conclusion: Even though new curriculum in Finland follows the trends in international curriculum's, it could be argued that the lack of lifelong physical activity as an outcome is surprising. On the other hand, in the Finnish PE curriculum there is clearly mentioned that the task is to experience positive feelings and emotions that could lead to lifelong activity. Offering high-quality PE in school is based on well designed and reasonable curriculum. When designing new PE curriculum's, school authorities should take into account the tradition of each country but at the same time look forward for the changes in the sport culture and overall in the society. Also, broader views should be focused in the schools, physical activity in schools, should not concentrate only on PE classes. This will be the challenge for the future for most countries.

## **CULTURAL DIVERSITY AND LEARNING PHYSICAL TECHNIQUES IN EPS: A CASE STUDY IN SENEGALESE WRESTLING**

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### **Keywords:**

In Senegal control practices take shape and give rise to various uses, made culturally and geographically located. They are composed of values, norms, beliefs, emotions, knowledge, procedures (Wane 2014 Cheve& al, 2014). This study aims to examine the construction of knowledge by pupils with a practical "new" in EPS: Senegalese wrestling with "touches" (Wane 2012). We seek here to show that the construction of knowledge is associated with the ratio of students to knowledge or culture. We fit within the framework of a techno-anthropo-didactic approach (Bouthier, 2008), which focuses on the process of educational intervention aimed controlled transmission-appropriation of physical techniques. EPS rehabilitation of physical techniques and the emergence of technology, as a rational approach to the genesis and transmission techniques, helped pass a vision essentially "Technocentre in a techno-anthropo-didactic approach." The latter analyzes human behavior as part of a cultural complex in which beliefs and practices are intimately linked. The concept of report (Charlot, 1997) to knowledge is our conceptual tool to identify the implementation of teaching and learning practices that take into account the meaning that students give to cultural practices. The results show that the integration of cultural and ritual practices relating to the activity and the identification and consideration of students' difficulties related to the struggle of reality are decisive in the construction of knowledge.

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## **THE LEVEL OF GENERAL PHYSICAL PERFORMANCE AND PHYSICAL DEVELOPMENT OF PUPILS ATTENDING PRIMARY SCHOOLS IN BANSKÁ BYSTRICA**

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**Keywords:**Banská Bystrica. Primary schools.Pupils.General physical performance.Physical development.

This contribution deals with the level of general physical performance of 7 - 15 years old pupils attending primary schools. Pupils of 1st grade, 4th grade and 9th grade of primary schools were tested in years 2013-2014. The sample consisted of pupils from all 11 state schools which are under the authority of the city Banská Bystrica. First grade pupils were tested in the number of 492 pupils, including 252 boys and 240 girls. On the day of measuring, the age of tested boys was  $7.39 \pm 0.43$  decimal years and the age of tested girls was  $7.24 \pm 0.34$  decimal years. Fourth grade pupils were tested in the number of 433 pupils, including 220 boys and 213 girls. On the day of measuring, the age of tested boys was  $10.37 \pm 0.44$  decimal years and the age of tested girls was  $10.21 \pm 0.4$  decimal years. Ninth grade pupils were tested in the number of 301 pupils, including 164 boys and 137 girls. On the day of measuring, the age of tested boys was  $14.88 \pm 0.39$  decimal years and the age of tested girls was  $14.76 \pm 0.39$  decimal years.

General physical performance was detected by the following tests: sit-and-reach, standing long jump, sit-ups in 30 s, flexed arm hang, shuttle run 4 x 10 meters, endurance shuttle run. We monitored these indicators of physical development: body height, body weight and BMI.

In all monitored grades, we recorded higher level of general physical performance in boys, except the sit and reach test, in which the girls achieved better performance. The results are compared with the previous researches implemented at the group of Slovak population. When comparing the performance with the group of Slovak population, the tested boys and girls from Banská Bystrica lag behind in the level of general physical performance in all tests, except the test of flexed arm hang. The comparison with the boys and girls from eastern Slovakia shows bigger equality of both groups. When comparing with the group of Slovak population and group from eastern Slovakia, both our tested groups are significantly better in the test of flexed arm hang.

This contribution was written with the support of grant project KEGA 039 UMB-4/2014 called The identification of tests of general physical performance of the school population between 6 – 15 years in region Banská Bystrica.

## PHYSICAL DEVELOPMENT AND SPECIFIC WORKABILITY OF THE STUDENTS WITH “BASKETBALL” PROFILE DEPARTMENT FROM THE SPORT SCHOOLS OF BULGARIA

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**Keywords:** basketball, sport schools, physical development, specific workability

The objective of the study is to optimize the preparation of the students-basketball players from the sport schools of Bulgaria by determining of the correlation structure and analysis of the relationships between the indicators of their physical development and specific workability.

The study is made during the period June 2010 – October 2014.

Subject of the study is the preparation of the students with “basketball” profile department from the sport schools of Bulgaria.

Object of the study is the physical development signs and the indicators of the special physical and specific technical and tactical preparedness.

Contingent of the study is 170 students (12-19-years old) with “basketball” profile department from 7 sport schools of Bulgaria, divided in 3 groups: 12-14-, 15-16- and 17-19- years old.

For solving the objective and tasks of the study, data for 21 indicators are registered:

- physical development – 6 indicators;
- physical preparedness - 7 indicators and
- technical and tactical preparedness - 8 indicators.

The following methods of research are applied for solving the objective and the tasks of the study: review study, anthropometry and sport-pedagogical testing.

The results of the study are processes mathematically and statistically by: alternative analysis, variation analysis, comparative analysis by t-criterion of Student, correlation analysis and index method.

The analysis of the results and the summaries made in the paper allow for important conclusions about the sport practice to be formulated.

## EFFECT OF A PHYSICAL EDUCATION PROGRAM ON PRESCHOOL CHILDRENS MOTOR ABILITIES

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**Keywords:** differences, kindergarten, motor efficiency, one-year exercise.

The main objective of this study was to determine the effect of the one-year program of physical education on the development of certain motor abilities of preschool children. Also, the aim was to establish the differences in motor abilities between girls and boys at the beginning and end of the program of physical education in kindergarten. The sample of subjects consisted of 49 children aged 4 years ( $\pm 6$  months), of which 28 were boys and 21 girls, who participated in the initial and final measurements of 2014/2015 year. The sample of variables consisted of three tests for the evaluation of motor abilities, conducted at two time points: walking on all fours around the stand (for the evaluation of coordination); running at 10 meters (to evaluate the speed) and standing on one leg (for balance assessment). The variables were also consisted of the gender, and initial and final measurement. For the determination of differences between repeated measurements in selected tests of motor abilities, as well as gender differences at the beginning and end of the program of physical education, ANOVA was calculated. The results indicate that there was a statistically significant difference according to gender in the initial and final measurement, but that there was no statistically significant difference in motor abilities of children at the beginning and the end of the conducted program. On the basis of the obtained results, it can be concluded that boys are more active than girls, but in general, two hours per week of physical education in kindergarten are not sufficient to significantly influence on changes in monitored motor abilities.

## PUPILS' ABILITY TO DO PEER ASSESSMENT IN PHYSICAL EDUCATION

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**Keywords:** Physical Education, peer assessment, basketball

Active participation of pupils in assessment should be a must if we want to integrate assessment with the teaching-learning process. The aim of this study was to verify pupils' ability to do a peer assessment of game performance in basketball. Five classes of 6th graders ( $n=54$ ) and three classes of 5th graders ( $n=39$ ) participated in the study and they were taught basketball for 8 weeks. An anonymous questionnaire was used to collect the data were pupils and a PE teacher made an order of pupils' game performance in basketball. Moreover the teacher used GPAI to evaluate pupils' game performance in 3-3 basketball in a half court. Skill execution and decision-making were assessed components and consequently game involvement and game performance were calculated. Obtained data were processed by Kendall's coefficient of concordance and Spearman's correlation coefficient. The concordance of game performance assessment among pupils ranged from moderate to strong in every class ( $p<0.01$ ). The correlation between the teacher's and pupils' assessment was significant in 76 cases ( $p<0.05$ ) but it was not significant in 15 cases. According to our results we could say that pupils and the teacher most certainly used same criteria to assess game performance. The correlation between the teacher's order and the

calculated game performance was significant only in one class ( $p < 0.05$ ). On the other hand, the correlation between teacher's order and the calculated game involvement was significant in 6 classes ( $p < 0.05$ ). Although the calculated game performance is very precise, it does not take into consideration pupils' activity, movements without the ball and effort what might be the reason why the teacher's order agrees with the game involvement more. Our results confirmed that pupils' ability to assess themselves and their teammates in basketball is very good. It seems that their assessment is very objective and that they do not involve relationships into their decisions.

## GOOD PRACTICES INCLUDING KEY COMPETENCES IN PROGRAMING PE

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**Keywords:** Key competences; school physical education; programming; curriculum.

The European Union's attempts to change the educational paradigm have attached considerable prominence to key competences. In 2006, the European Parliament and the Council of the European Union published recommendations on competences for lifelong learning.

Competences are defined here as a combination of knowledge, skills and attitudes appropriate to the context. Key competences are those which all individuals need for personal fulfilment and development, active citizenship, social inclusion and employment (European Union, 2006, L 394/13).

The objective of this research was to identify good practices, including key competences, when programing PE at school. A case study methodology was used. The study was conducted at six primary and secondary schools. These schools were identified on the basis of the following criteria:

- The inclusion of competence-based programing in the School Project.
- Membership of a Basic Skills Network.
- The presence of school publications and other ways to promote and disseminate the competence-based model.

For each case, a context analysis and several interviews were conducted. The interviewees at each school comprised a member of the organizational staff, a teacher, and a PE teacher. The interviews were semi-structured. For the qualitative data analysis the software Nvivo was used. The results of this analysis reveal certain strategies used by PE teachers to introduce key competences in programing PE related to the context, and highlight the contribution of PE to the acquisition of key competences and the programing model. The main conclusion is that including key competences in PE programs is intimately associated with the concept of the competence-based model at the school and the attitudes of the school's staff and teachers. PE cannot progress in isolation.

## A STUDY DEVELOPING PERSONAL AND SOCIAL RESPONSIBILITY BEHAVIORS SCALE (PSRB-S)

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**Keywords:** Responsibility, TPSR model, personal responsibility, social responsibility, physical education and sport.

The purpose of this study is to improve the Personal and Social Responsibility Behaviors Scale (PSRB-S) for the purpose of using the teaching personal and social responsibility (TPSR) model developed by Don Hellison (2011) in the evaluation phase. The four-category of 52 items related to the side of personal and social responsibility Likert-type trials scale has been applied to 330 high school students for exploratory factor analysis (EFA). At the end of the analysis, a trial scale consisting of 52 items was reduced to 14 by removing the dysfunctional items and has created the ultimate scale consisting of two factors. 14 items remaining scale has been applied to 250 different high school students for confirmatory factor analysis (CFA). According to the obtained results, it is appeared that reliability and validity of the results of the EFA and CFA of two factors PSRB-S and internal consistency coefficient were at an acceptable level.

In this study, in the implementation of the TPSR model, in order to evaluate the responsibility behavior of students and athletes studying at elementary, middle and high school PSRB-S was developed. The validity and reliability of the findings of the study indicate that the available attributes to determine the behavior of the scale for the property concerned.

EFA and CFA conducted in order to determine the structural validity of the scale revealed that the scale has two sub-dimensions. In the aspect of responsible behavior, when the items in scale draft are analyzed according to the subsections; personal responsibility subsections indicate congestion in one factor, social responsibility subsections in one factor. This case is accepted as the indicator that the items in the relevant sub-section of scale describe the same qualifications. In the first factor social behaviors including substance stacked, in the second factor the items with personal behavior are stacked. The first factor was named as social responsibility (SP), the second factor as personal responsibility (PR).

Item load values of the scale of the principle components analysis and obtained using EFA with varimax rotation technique ranged between .46 and .75; item load values obtained CFA in order to test the results obtained from EFA by using LISREL 8.80 program ranged from .35 to .68. In order to provide evidence for the validity of the scale when the correlations of the items found in the sub-dimensions with each other was examined, it was seen that all of them are associated with the middle level at .01 significance level ( $p < .01$ ). The value of the correlation between the two factors scale is .68, item test correlations values are between .33 and .58. High and statistically significant correlations suggest that the two sub-factors are the liability components.

When considering Alpha internal consistency coefficient of the scale coefficients; it was found that Coefficient Alpha coefficient of all were .82, Coefficient Alpha coefficient for the first sub-factor were .78, Coefficient for the second sub-factors were Alpha coefficient .70. Two sub-factors in substance the average as a result of the 95% confidence Pearson correlation analysis performed on were found to be positive significant linear relationship between personal responsibility and social responsibility substances [ $r(330) = .516, p < .01$ ]. As a result of the CFA using LISREL 8.80 program to test results obtained from EFA, 14-item two-factor model proposed goodness of fit index data has showed that have a good value; Chi square value of  $\chi^2$

(75, N= 250)= 78.87,  $p < .001$  results of  $\chi^2/df = 1.05$  value. With RMSEA= .014, SRMR= .050, CFI= .99, NFI= .93, NNFI= .99, GFI= .96 it was found to be in the best level of excellence and in the adaptive value.

## MANAGEMENT OF DISABILITY SPORT - SUSTAINABILITY PERSPECTIVE

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**Keywords:** sustainability, management, policy, disability sports

During the last two decades the sport for persons with disabilities has been marked by rapid growth and development in both levels – competitive and recreational. Due to its multifaceted social nature the management of disability sport remains as complicated functional system with specific role in the society. This complicity is determined by the subject of the management – the person with a disability, placed in its specific and dynamic environment. The good governance and management of sport for persons with disabilities is necessary to create strategies for sustainable development due to the numerous benefits that sports bring to this group of citizens – physical and psychological health benefits and social inclusion. Sustainability could be guaranteed only by developing blend of prerequisites and conditions in terms of pedagogical, psychological, management, health prevention and legislative tools and recourses. Disability is a compound multidimensional social construct. Examining it from a sporting perspective, we see that people with a disability often face a large number of barriers to participation in sport and achievement in sport. While other marginalized groups have received attention in the field of sport management, disability has received very little, or been used primarily as a context. Within sport management few studies have examined the disability. However, we didn't found studies that focused on specific sport management issues from a disabilities studies perspective. The aim of this study was to explore the state of management models of disability sport across Europe and to identify the key areas of interaction leading to sustainable development. This study is based on retrospective analysis, applied case studies and theoretical analysis of policy documents and development strategies of stakeholders in the sector of disability sports.

## THE IMPACT OF HEALTHY LIFESTYLE ON THE LEVEL OF SCHOOLCHILDREN'S PHYSICAL DEVELOPMENT IN UKRAINE

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**Keywords:** schoolchildren's healthy lifestyle, the level of physical development, typical harmful habits

Some harmful habits in schoolchildren may adversely affect on the level of their physical development. Therefore, the efforts of teachers and parents should be directed at developing pupils need to observe a healthy lifestyle. Children, who are accustomed to systematic physical

activity, usually less prone to harmful habits, discipline violations and antisocial behavior. For this reason this study was devoted to study the influence of healthy lifestyle on the level of physical development of schoolchildren in Ukraine.

In the study were used next scientific methods: theoretical analysis and synthesis of scientific literature, pedagogical observation, questionnaires and interviews, statistical information processing and others.

To participate in the experiment were selected 628 high school students from central and western regions of Ukraine in the age from 12 to 16 years old. Wherein 286 students among them were characterized by the presence of various bad habits, and for 342 students was typical to observe a healthy lifestyle behavior. Then there was performed the estimation of the level of physical development of those students. It was found, that there are some differences in physical development indexes between children, observed the rules of healthy lifestyle and children, having any harmful habits. In general the average level of physical development of the first group of pupils was higher, then the level of representatives of the second group.

Taking into account the fact, that pupils from first and second groups were selected on the base of the mutual equality principle, differences in their physical development indicators were caused by the fact of presence or absence some harmful habits in heir behavior. Based on the data, obtained during the study, we can conclude, that the development in children a healthy lifestyle habits can contribute to optimizing their physical development.

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## INVESTIGATION IN TERMS OF SOME VARIABLES OF THE VOLLEYBALL PLAYERS OF TEAM TOGETHERNESS

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**Keywords:** Volleyball Player, Team Togetherness, Success.

The purpose of this study is to investigate the level of team togetherness of volleyball players in line with the variables of their ages, their becoming national players, the length of playing

volleyball, and their success conditions in Turkey regarding their branches. The sample of the study includes 105 male volleyball players attending Star Men Volleyball Turkey Championship organized in Ankara in July 23-28, 2014. The data concerning team togetherness were gathered through the scale of Team Togetherness in Team Sports developed by Widmeyer and et al. (1985), adapted by Morali and et al. (1994) into Turkish, and Personal Information Form, designed by researchers, for getting demographic information of players.

Frequency distribution, Pearson Correlation Coefficient, T test, One way ANOVA, and TukeyHsd Post-Hoc tests were used to determine the team togetherness of volleyball players regarding some variables. The difference between the views of volleyball players were interpreted in line with  $p < .05$  significance level.

In this study, according to the results of analysis concerning the sub-dimensions of team togetherness, significant difference were found between following items: according to becoming national player variable, personal attractiveness-task level with group integrity-social level ( $t = 2,91$ ,  $sd = 103$ ,  $p = .00$ ;  $t = 2,22$ ,  $sd = 103$ ,  $p = .02$ ); according to the variable of volleyball playing year, group integrity- task level [ $F(4,100) = 2,87$ ,  $p < .05$ ]; according to the success conditions in Turkey regarding their branches variable, group integrity-task level [ $F(2,102) = 3,88$ ,  $p < .05$ ]. In addition, it was found that there was a significant positive relationship between players' success conditions in Turkey regarding their branches and their success in their own teams compared to other players ( $r = .70$ ). Results were discussed in line with findings and suggestions were made.

## HOW THE LONG DISTANCE RACES ADAPTED TO THE SOCIOECONOMIC CONTEXTS IN THE COURSE OF HISTORY; PLACE AND ROLE OF THE MAGHREB AND SUB-SAHARAN AFRICA RUNNERS IN THIS EVOLUTION

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**Keywords:** cross-country, triathlon, trail running, sustainable development, strategy

Cross-country, triathlon and trail are three types of long distances races which appeared successively at the end of the nineteenth century, end of the twentieth and beginning of the twenty-first century. Each one answers to a specific socioeconomic context. The purpose of this paper is to show why and how they appeared and developed, to which sociologic and economic needs they answer and the place the Maghreb and Sub-Saharan Africa runners took and take in these sports. Divided in three parts the communication first shows mostly why and in which context cross-country, triathlon and trail appeared and developed or develop, which are the common points, how and why the last two are or will be in a near future an Olympic sport. The second part will analyze the participation of African runners to the three sports with a statistical approach. The third part will focus on the trail races as a pretext to see how this kind of new sport, specially long distance races, sports of endurance, are involved in the commodification of sport in general, how these races are applied to create new sports and how trails are now part of a kind of adventure, but a secure adventure even a mediatized adventure. In a surrounding which favor sustainable development, the relation between the runners, the environment and the competitors deeply changes the last years. To conclude, we will present which role plays the productive sector, the sport tourism industry in the evolution of sport practices depending of the socioeconomic surrounding.

## SUSTAINABLE DEVELOPMENT, SPORT TOURISM AND INTERCULTURAL DIALOGUE

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**Keywords:** sport tourism, sustainable development, intercultural dialogue.

What is Sport Tourism? It is the first question this paper will try to answer. It is not an easy exercise because if this market is estimated at \$600 billion by professionals of the tourism sector, it is not recognized itself by the Tourism International Board. So, without precise definition concerning sport tourism how this amount is obtained? The purpose of this paper is to show how the International Research Network In Sport Tourism (IRNIST), an association which gathers worldwide academics and professionals invested in Sport Tourism, is a tool to know better the market in order to help and advice private and public deciders and investors and to produce scientific knowledge. IRNIST propose a definition of sport tourism able to be the thread between all the searchers part of this network and develops international, interdisciplinary collaborations to create synergies of knowledge and means.If some very interesting studies are developed in the USA, mostly because of the Sport Commissions, in Europe there is a real lack of precise studies concerning the impact of sport tourism following the IRNIST definition. More, nearly or perhaps no studies compare the effects of a sport event on several places. For instance the study of a marathon in a town is like a chamber orchestra. The study of the same kind of event in twelve countries (one of the studies developed at present), looks like a symphony orchestra. The results and conclusions are much more useful to understand a phenomenon and to provide advices and/or theory. This paper answers precisely to the main topic of the conference in an original way, showing how an international team working on Sport Tourism can help to develop sustainable development and intercultural understanding by gathering researchers and professionals from everywhere.

## PHYSICAL FITNESS OF CHILDREN WITH DIFFERENT LEVELS OF MOTOR COORDINATION

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**Keywords:** KTK test, psychomotor competence, education, childhood

Lower level of motor competences may result in unsuccessful engaging of children in game-based movement and sports activities as early as pre-school age and also prepubertal age. This may subsequently lead to a spiral of forming negative attitudes towards an active lifestyle and may be accompanied by an unfavorable trend in body weight. The purpose of this study was to analyze associations between motor coordination and motor fitness of prepubertal children. Motor fitness was represented by predominantly conditioning motor parameters. This study is a part of the research project supported by the Research Grant Academy of the Slovak Republic no. 1/0769/13 with the title: Efficiency of physical and educational activities for correcting of the behavior in children with ADHD. A sample of 436 children aged 7 to 10 years, of which were

222 girls and 214 boys, performed motor fitness tests. The level of motor coordination was assessed using the test battery Körperkoordination-Test-für-Kinder (KTK) (Kiphard, Schilling, 1974; 2007). Motor fitness was assessed using Eurofit test battery (Adam et al. 1988). The analysis of variance (One way ANOVA) was used to compare differences in motor fitness of children with normal and decreased level of motor coordination. The results of ANOVA revealed significantly less favorable level of most of assessed conditioning motor parameters in children with decreased level of motor coordination.

## VANDERBILT ASSESSMENT SCALE – SCREENING INSTRUMENT FOR TEACHERS IN EDUCATIONAL SETTINGS IN SLOVAKIA

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**Keywords:** ADHD, Vanderbilt Assessment Scale, Strengths and Difficulties Questionnaire, teacher's diagnostics

Communication between the teacher and health care practitioners who care for a child with ADHD is determined by the lack of diagnostic instruments on the teacher's side. Teacher miss instruments for description of the intensity of symptoms of ADHD and also miss the tool for measurement of their improvements. The aim of the study was to explore the internal consistency of the Vanderbilt Assessment Scale (NICHQ) and compare it with results in Strengths and Difficulties Questionnaire (SDQ-Svk). Both tools were used by teachers in Slovakia for measuring 41 pupils with ADHD (mean age 9, 74). Vanderbilt Assessment Scale shows high internal consistency – Cronbach's alphas varied from 0,916 to 0,948. *Inattention and oppositional/defiant behavior* significantly associated with all dimensions of SDQ-Svk (*emotional symptoms, problem behavior, hyperactivity and inattention, peer problems and prosocial behavior*). Dimension *hyperactivity and impulsiveness* in Vanderbilt assessment scale associated with the dimension *hyperactivity and inattention* in SDQ-Svk of which we consider a good content validity. Vanderbilt Assessment Scale seems to be appropriate instrument for teachers which may be used as screening instrument for diagnostic of pupils in the classroom but also can be used for research purposes.

## CORRECTION OF BEHAVIOR DISORDERS THROUGH MOVEMENT WITHIN INTER-SUBJECT RELATIONS

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**Keywords:** Physical activity. Prepubertal age. Integrated children. Attention Deficit Hyperactivity Disorder (ADHD).

Physical activities within inter-subject relations may be incorporated into an educational process by using especially natural movement of children - as a form of self-expression.

ADHD syndrome does not reduce the intellectual capacity of a child; therefore a child may be integrated into the environment of regular school with the use of appropriate educational procedures (Train 1997). Behavior disorders or ADHD have been known for years. At present, ADHD is one of the most frequently diagnosed disorders in childhood. Due to relevance of the issue, the aim of the pedagogical experiment was to extend knowledge about the correction of behavior disorders of integrated prepubertal children within inter-subject relations related to physical activities. The author describes the potential of the experimental factor in terms of integration of children diagnosed with behavior disorders and an exercise program based on physical activities and movement games. ADHD symptoms were diagnosed using an Anamnestic questionnaire; NICHQ Vanderbilt ADHD Diagnostic Teacher Rating Scale; The Strengths and Difficulties Questionnaire (SDQ-Svk).

A sample of 30 children (20 boys and 10 girls; mean age 10.93 years, SD = 2.56 years) participated in a pedagogical experiment. The results showed that physical activities within inter-subject relations significantly reduced inattention, hyperactivity, oppositional behavior, anxiety/depression and overall behavior. The designed exercise program and a complex of movement games was found to be highly effective. To children, physical activities were a source of fun and movement and to the teacher an appropriate educational tool.

This study is a part of the grant project VEGA 1/0769/13 “Efficiency of specific exercise reeducation procedures designed to correct hyperkinetic disorders of prepubertal children” at the Faculty of Sports, University of Prešov in Prešov.

## **ANALYSIS AND EVALUATION OF SPORTS PREPARATION OF YOUTH FEMALE BASKETBALL ATHLETES**

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**Keywords:** basketball, youth, sports preparation, evaluation

The following study has an ascertain character and its goal is to determine and analyze the level of physical development of youth female basketball athletes. Our thoughts are that with this study we will help the work of the sports pedagogues (coaches) in their selection and superintendence of their athletes. Also with this study we will help coaches to achieve better results.

To achieving the goal we have done a complex research aiming to determine the level of physical development of 13-14 years old female basketball athletes taking a part in regular practice sessions.

The subject of this study is the characteristics of specific sport preparation.

The object of the study is some of the main signs of physical preparation and specific technical preparation.

Contingent of this study is 30 girls playing basketball in two of the major basketball clubs for youngster in the country.

Methods of this study includes: Study of the the problem through out the available literature; Sport-pedagogical survey; Sport-pedagogy test; Math-statistic methods and analyses of the results from the taken tests are done by variation analyze, sigma method for evaluation and compare analyses (t-test of Student).

## PHENOMENOLOGICAL ASPECTS OF SPORT AND CULTURE

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**Keywords:** phenomenology, nation, civilisation

If culture is considered to be the mirror of an individual nation, then sport as a human activity based on a drive for agon of the Homer designation - to always be the best among all the others, is its cultural mirror. This mirror reflects not only a sports youth of one nation but the nation itself as well; its tradition, history, morality and religion.

All these aspects represent the phenomenology of sport and culture, not only within one nation, but they also account for their comprehensiveness in the world, globally. This comprehensiveness that is based on individuality makes sport and culture clear to understand. This power of sport which is reflected in its individuality, as well as in its totality, is best illustrated by the old Latin sentence: Urbietorbi (to all and each).

Regardless of the viewing angle, the political and economic utilitarianism of sport is a dominant one. It is reflected both within a nation and its culture, as well as within the comprehensiveness of sport on a global and civilization level. In considering the phenomenology of sport and culture, at an individual level, we shall tackle the present situation in Serbia, a small European country and on the global level we shall consider the current state in the so called Western civilization.

## SCHOOL PHYSICAL ACTIVITY IN SECONDARY SCHOOL STUDENTS' LIFESTYLE

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**Keywords:** physical activity monitoring, sedentary behaviour, physical education, recess, compensation Insufficient physical activity (PA),

Sedentary behaviour and increasing mental load of secondary school students is a crucial worldwide problem affecting health, social, economic, and education spheres. Our study explores the structure of school PA and PA in school days as a compensation for school sedentary behaviour and mental load of students. We carried out the research in Czech and Polish secondary schools. The ActiTrainer accelerometers, Digi-Walker SW700 pedometers and recording sheets were used to monitor PA volume and intensity. This triangle monitoring approach allowed us to objectify the intensity of school PA (counts, heart rate, METs, steps).

The average ratio of school PA within daily PA was 31.8% in boys (30.6% in girls) according to steps mean, 29.9% in boys (26.7% in girls) according to MVPA minutes, 31.1% in boys (32.6% in girls) according to minutes spent above 60% of HRmax, and 37.8% in boys (33.9% in girls) according to minutes of total PA. Boys and girls with high mental load in the lessons do not compensate for this load by more PA during recess than those with low mental load. Similarly, more sedentary students compared to less sedentary students do not compensate for their sedentary behaviour in school by neither higher volume nor intensity of PA during recesses, after school or within daily PA. Increasing the level of school PA and improving students' lifestyle in a school day is supported by participation in PE lessons rather than by extension of cumulative time of recesses.

School is an irreplaceable environment for establishing the habit of compensating for physical inactivity and mental load in the lessons by PA. Acquiring this habit is to be supported by sufficient physical literacy of students and teachers and changes of school program.

## **COMPARE ANALYSES OF PHYSICAL DEVELOPMENT ON 13-14 YEARS OLD FEMALE BASKETBALL ATHLETES**

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**Keywords:** basketball, youth girls, physical development

The following study has an ascertain character and its goal is to determine and analyze the level of physical development of youth female basketball athletes. Our thoughts are that with this study we will help the work of the sports pedagogues (coaches) in their selection and superintendence of their athletes. Also with this study we will help coaches to achieve better results. We think that the anthropometric dimensions are important factor guarantee the success in the future sports realization of the athletes.

To achieving the goal we have done a complex research aiming to determine the level of physical development of 13-14 years old female basketball athletes taking a part in regular practice sessions.

The subject of this study is the characteristics of physical development in the ages of 13-14 years.

The object of the study is some of the main signs of physical development in the growing female basketball athletes.

Contingent of this study is 30 girls playing basketball in two of the major basketball clubs for youngster in the country.

Methods of this study includes:

- Study of the the problem through out the available literature.
- Sport-pedagogical survey.
- Anthropometry.
- Sport-pedagogy test

Math-statistic methods and analyses of the results from the taken tests are done by variation analyze, compare analyses (t-test of Student), estimate marks for some of the tests, using “System for examine the results of sport preparation of pupils in sports schools” and Body mass index – BMI (recommended by the WHO).

## **A METHODOLOGICAL APPROACH FOR SOCIAL RESEARCH IN THE FIELD OF SPORT AND DEVELOPMENT**

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**Keywords:** methodological approach, social research, flexible research design, sport and development.

Many scholars and practitioners view sport-based projects as a catalyst for a number of changes in regional/national development strategies and policies. The growing number of projects and the increasing amount of funds that are invested in the field pose theoretical and methodological challenges for those who are interested in studying and understanding the effects of such a programs. This paper wants to offer a point of entry into the debate concerning the methodological approach that, in the realm of social research, is needed for investigating the field of sport and development and assessing the efficacy of the projects that are implemented in the field. It wants also to discuss the need for researchers to work outside of existing methodologies with the view to support a new theoretical approach that should be drawn on the strengths of “more” established methodologies (such as ethnography, grounded theory, etc.) with the view to define a research design that is flexible, responsive, and situated. In fact, by conceptualising the development as a "context-specific dynamic" concept, it can be argued that the methodological approach should intentionally refuse to claim full allegiance to any one established methodology. Rather, it must be open, built from the ground up, leaving space for individual researchers to take up methods, techniques, tools, etc. that make sense in the context of the research questions.

## ASSESSMENT OF THE QUALITY OF LIFE OF YOUNG ATHLETES IN TEAM SPORTS IN THE TRANSITION FROM JUNIOR TO SENIOR LEVEL COMPETITION

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**Keywords:** team sports, the Kidscreen -27 questionnaire, young athletes.

The topic of this research was the quality of life of young athletes in team sports. Research was conducted on a sample of 38 young athletes in team sports, at an average age of 18.7. The Kidscreen - 27 questionnaire (The Kidscreen Group Europe, 2006; Longer, 2011) was used to estimate the quality of life. Considering that the average age of study participants was slightly higher (18.7 yr.) than the hypothetical predicted age for the use of this questionnaire (from 8 to 18 years), the study was a pilot study whose purpose was to check the metric characteristics of the questionnaire on a small sample of older subjects. The results were processed at two levels. At the descriptive level the basic descriptive parameters were calculated, normality of distribution was tested by K - S test, and alpha coefficients of reliability were calculated, as well. Factor analysis isolated eight main components that were rotated with varimax normalized rotation. The original version of the questionnaire was determined with 5 dimensions (factors) of the quality of life and in this study, 6 factors were abstracted. The results indicated that the Croatian version of the questionnaire contains the following dimensions of the quality of life: school environment and fun with friends, factors of financial matters and success at school, factor of free time and a good mood, physical well-being factor, factors of parental support and factors of moods and emotions. It was established that young athletes in this sample assessed their quality of life as high, in particular their state of health (4.23), the pleasant experience of life (4.10), relationships with parents (4.39; 4.36), financial matters and costs (4.15; 4.13) and entertainment, support and confidence in friends (4.00; 4.15; 4.02).

## PHYSICAL DEVELOPMENT AND SPECIAL PREPAREDNESS OF THE BASKETBALL TEAM "RILSKI SPORTIST"-SAMOKOV, 14 YEARS OLD GIRLS

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**Keywords:** basketball, physical development, special preparedness

The high sports results are effect of many years of preparation and practices, good selection, high physical and technical preparedness of the athletes. From the other side the efficient control over the work is very important for getting real information what is necessary to plan in the future, on what to work out to get improved and also well managed all these processes, will guarantee the success.

The following study is aiming to determine, analyze and evaluate the level of physical development and special preparedness of 14 years old female basketball athletes practicing the game regularly.

Object of the study is sports preparedness of youth female basketball athletes.

Subject of the study is the signs of physical development, motor preparedness and technical abilities of youth basketball players.

Contingent of the study are 12 girls of the age of 13-14 years, from BC "Rilski Sportist"-Samokov. They are one of the leading basketball centers in Bulgaria for youth basketball athletes.

Methods: theoretical analysis, pedagogical surveillance, anthropometry, testing.

Math-statistic methods and analyses of the results from the taken tests are done by variation analyze, compare analyses (t-test of Student), estimate marks for some of the tests, using "System for examine the results of sport preparation of pupils in sports schools" and Body mass index – BMI (recommended by the WHO).

Our thoughts are that this study will help the work of sports pedagogics (coaches) in improving current control, management, planning and development of whole sport process.

## **THE INFLUENCE OF MOTOR ABILITIES ON SOCIOMETRIC STATUS OF THE GROUP AT MALE STUDENTS OF 12 YEARS OLD**

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**Keywords:** group, abilities, status, data.

Introduction: Some sociometric researches indicate that a group appreciates the following abilities: the physical strength and ability, boldness, jokes and humor, intellectual abilities etc (Keramiciev 1999, Saiti 2007, Todorovski 2007, Malcev 2013). The confident children are accepted by the group quickly and easily, whereas the ones who are timid and lack confidence face difficulties in their acceptance.

All students look for their place within each formal or informal group, trying to elevate their social status to a higher level (Berkovic 1989).

After the physical abilities of the students and the social status of the individuals in the group are determined, it will be clearer which phenomena and issues belong to this area of research. It will be determined which students dominate in their class in motor abilities. Hence, the motor abilities of the students and their social status in the class are the basic subject of this research. The following individual goals emerge on the basis of the presented issue and the subject of the research.

1. To determine the physical abilities of the students.
2. To determine the social status of the students in their class – social group.
3. To determine the influence of the motor abilities on the social status of the individuals in the group.

Methods: The sample of respondents consists of 100 male at the age of 12 (+, - 6 months). We used two anthropological variables, five motor variables and twelve social variables.

Method of data processing-The central and dispersive statistical parameters were calculated for each motor variable: arithmetic mean (AS); standard deviation (SD); the assessment of the distribution of the results-skewness (Sk); the homogeneity of the results-kurtosis (Ku), (Min); (Max).

The influence of the motor abilities on the position of the individual in the group is determined by using regressive analysis.

Conclusion: The results of the multiple regressive analysis indicate that there are certain influences of the motor abilities on the social status of the individual in the group. Motor abilities with greatest influence on the social status of the individual in the group of respondents.

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## **THE SPORT AND PHYSICAL EDUCATION FOR PEACE, DEVELOPMENT AND MULTICULTURAL UNDERSTANDING.**

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**Keywords:** Sport; Physical Education; Peace; Development; Multicultural Understanding

[Introduction: The Aims of the study was analysed Sport and Physical Education International development by international documents about Physical Activity \(PA\), Physical Education \(PE\) and Sport from 2000 till 2014.](#)

[Methods: The research was based on the systematic Sport and PE international documents as from 2000 till 2014. The analyses of primary sources were based on historical criticism: external \(authenticity of the sources\) and internal \(credibility - consistency and accuracy\)](#)

[The documents analysed were:](#)

(0) International Charter of Physical Education and Sport (UNESCO, 1978)

(1) Document Sport For Development and Peace: towards Millennium goals (UN, 2002)

Contribution of sport to the millennium development goals 2008 (UNICEF, 2008)

Report Contribution of sport to the Millennium Development Goals (UNOSDP, 2010)

(2) Declaration Rights Person with Disabilities (UN,2006)

(3) Global Recommendation on Physical Activity for health (WHO, 2010)

(4) Convention on the rights of the child Art 31The rights of the child ti rest, leisure, play, recreational activities, cultural life and the arts, General comment No.17 (CRC/C/GC/172013)

(5) Declaration Berlin Physical education and sport (UNESCO MINEPS V, 2013)

(6) Project QualityPE Sport (Unesco, 2014)

(7) World-wide survey of school physical education (UNESCO, 2014 )

(8) Olympic Charter (IOC, 2013)

(9) Key data teachers and school leader in Europe (European Commission /EACEA/Eurydice, 2013)

(10) Communication for Development. Strengthening the effectiveness of the United Nations, (United Nations Development Programme, 2011)

Results, Discussion, Conclusion: From legislations, ethical and moral codes to develop the paradigm from "law of sports" to the "right to sport."

The sport and PE were became a human right of 3rd generation: It is vehicle and promoter of: of peace, friendly relations among peoples and states.

The sport and PE became social function against gender discrimination, racism, oppression and exploitation, protection of child and the young, person with special needs and disability

**ETHICAL ISSUES IN BODY POLICIES: THE RIGHTS OF THE CHILDREN IN SPORT**

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**Keywords:** minors, unperceived rights, didactics, body discourses, policies

Sport appears a context apparently unrelated to human rights. The theme is largely underrepresented in sport scientific literature concerning children and adolescents. Despite the often reported cases of lack of respect, many national policies are still inadequate.

The Children's Rights Convention does not directly talk about sport, however, a reading from the play, sport and leisure point of views allows easy connections.

The review is based on the analysis of three kinds of documents: international and Italian papers and reports, the examination of policies adopted at governmental and sport organizations levels, and news stories.

The international and national reports display well-defined cases of disrespect of children's rights in sport concerning, above all, distorted body discourses and leading towards abuses, mistreatments, violence, doping, exploitation, discrimination, and trafficking. The latest two issues are the focus of this paper.

Nonetheless, by the side of sport bodies and organizations, a propensity to hide or undervalue the matter endures: a grey zone of unperceived rights is observable among sport operators.

Documents collected clearly show that, despite the evidences and the several provisions and charts, a low awareness persists and that a widespread self-interested resistance, raising ethical disquiets, remains in the sport system. The non-binding nature of several provisions and the lack of integration with the general legislation concerning minors complete the frame.

A systematic and comparative study of the children's rights in sport is required to deal with the phenomenon and to contribute to a profound revision of the system of recruitment, training, and results' evaluation of the minors practicing sport.

## **PROGRAM OF SPORT AND PHYSICAL ACTIVITIES ADAPTED (APAS) FOR HEALTH PROMOTIONS IN SENEGAL.**

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**Keywords:** Adapted Physical Activity, Sports, Therapeutic Physical Exercises, chronic illness, Health.

**Context and justification:** the not contagious chronic diseases constitute the first cause of hospitalization and handicap at the adult in Dakar and come to be added to infectious diseases. A program (APAS) with aim of prevention, hygiene and accompaniment of presenting subjects of the specific needs was set up.

**Objective:** to present the state of the coverage of the subjects presenting at least a disease chronicles contagious and technically framed for the practice of physical activities by a multidisciplinary team.

Equipment and method: Retrospective study was realized with people who have a practice in a regular way for one year at least and at the rate of three hours at least a week in fitness rooms and sports courses.

Results and discussion: prevalence of the overweight and the obesity brought up and concerns more the women. The most frequent pathologies are: the diabetes of type2, the HTA, the hyper cholesterol level, the cancer, the asthma, the degenerative osteoarthritis of the knee.

Conclusion: the implementation of an evolutionary program, supervised well by multidisciplinary team contributes to raise brakes in the change and allows to bring assistants to the practice of physical activities adapted by the therapeutic physical education.

## **CYCLING FUTURE WILL BE IN AFRICA. NEVERTHELESS, COULD CYCLING POSSIBLY HELP AFRICA'S FUTURE?**

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**Keywords:** Africa, cycling, development, sustainability, community.

Cycling came out in the Old World. The use of bicycles became popular in the late nineteenth and early twentieth centuries.

Being a cheap and affordable vehicle it spread throughout most of the Globe, but its sport epicenter continued in Europe.

In the late twentieth century the sport of cycling is diversified and globalized, emerging cyclists in countries with low or little known agonistic tradition.

At the same time the bicycle reborn as a healthy, economical, sustainable and environmentally friendly engine; trying to get back to the functional uses that made bike a social, economic and cultural way of development.

In this situation began to emerge the figure of professional African cyclists, despite socio-economic barriers.

To date, the greatest achievement attained is the participation of MTN Qhubeka in the Tour of France, a South African squad.

This team can be an example to follow, so there is more than a simple competition structure behind it. Sponsored by the first African network operator, a company with noticeable social aims. Simultaneously support Qhubeka, a program of a global non-profit organization dedicated to advancing education, health and economic opportunities by providing simple, sustainable transportation. Since 2005 this organization has delivered more than 220,000 bicycles.

This case is a reference to show us the next actions. Cycling should be encouraged in Africa as a means of community development and social progress, where elite sport will be an exponent of that social improvement, not a simple effort to seek sporting merit.

## **THE ROLE OF SCHOOL SPORTS ON THE DEVELOPMENT OF ETHICAL VALUES A MANGST STUDENT FROM THE POINT OF VIEW TEACHERS OF PHYSICAL EDUCATION AND SPORTS**

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**Keywords:** School Sports - Ethical Values - Student - teachers of physical education and sports

The research aims to:

- Clarifying the aspect of school physical activity and sports the importance of practicing it.
- The importance of moral values and its impact on person and the society.
- Showing the role of athletic activity in developing the value of true, honesty, co – operation, property, organized, courage.

Where researchers used the descriptive approach, The sample of the study is composed of 60 mole teachers selected randomly from segend level in town Relizane (Algeria). The preparation of the questionnaire was based on several previous studies and related research topic.

The instrument of the study is a questionnaire designed by the researcher, which is composed of two parts, part one personal data, part two aimed to identify the six values (true, honesty, co – operation, property, organized, courage).

Important findings of the study were:

- The results of the study revealed that the role of School physical on the development of ethical values amongst students was high where the percentage of response for the total score was (77.49%) and the percentages were high in all domains.
- Activity is a means that works on developing the values.

- Athletic activity develops the moral values (true, honesty, co – operation, property, organized, Courage) with highly grade.

And the most important proposal or recommendation was :

the necessity to be in more interested in sport in general and school sports in particular and the follow – up physically and encourage and motivate those who made it and rehabilitate them what you sow of moral values and virtuous semitic. Training the teacher who supervises it and concentrating on the moral values in education. Lastly, co – operation with the other organizations that are supervising the athletic activity to serve the activity.

## **LA CONSOMMATION SPORTIVE DES 8-24 ANS AU MAROC, LE CAS DES PRATIQUES ET SPECTACLES SPORTIFS.**

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**Mots clés:** Marocains de 8-24 ans, comportement de consommation sportive, expérience, identité.

Il existe aujourd'hui un double intérêt à étudier les comportements de consommation sportive des marocains de 8 à 24 ans. D'une part, un intérêt managérial car le secteur sportif est un véritable créateur de richesses et d'emplois au Maroc. D'autre part, un intérêt académique étant donné le peu de travaux dans la littérature marketing internationale portant sur le comportement de consommation sportive des individus de 8 à 24 ans, consommations de pratiques et de spectacles sportifs.

A partir d'une approche empirique basée sur une méthodologie qualitative, cette recherche a mis en avant l'influence des variables environnementales et individuelles sur la formation de l'« Identité Jeune et Marocaine », qui détermine les expériences individuelles et ou interpersonnelles (amis/ famille/groupe de supporters etc.) vécues lors des consommations sportives.

Les tensions identitaires entre le pôle personnel, social et parfois collectif se matérialisent dans le cas des pratiques et spectacles sportifs, à travers des processus de conformité, d'identification et de différenciation à un groupe. On retrouve la prédominance de ces notions de « conformité » et de « différenciation » chez les « fans » qui cherchent à véhiculer leur appartenance à un groupe de supporter notamment à travers un style vestimentaire particulier. La notion d'« Identité Collective » est corrélée à la notion d'« éducation » au Maroc, qui impacte principalement la parité de la pratique sportive en influençant le choix de la consommation sportive et son importance.

Nous avons choisi d'orienter notre réflexion vers l'analyse des attitudes et comportements des différents types de consommateurs, à travers une approche socio-marketing.

## **WHY ARE PEOPLE WITH DISABILITIES MORE INACTIVE? BARRIERS TO PHYSICAL ACTIVITY PERCEIVED BY THE STUDENTS WITH DISABILITIES OF UNIVERSITY OF VALENCIA**

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**Keywords:** physical activity, sport participation, people with disabilities, barriers, inactivity

**Introduction:** Physical activity is essential for people with disabilities due to the multiple physical, psychological and social benefits that it provides to this population. However, the inactivity rate among people with disabilities is usually very high. Thus, the aim of this study is to explore the barriers to physical activity perceived by the students with disabilities of University of Valencia.

**Methods:** Students with disabilities of University of Valencia were invited to complete a digital questionnaire and a total of 138 students (64 men and 74 women) did it. The questionnaire was designed by the researchers and the participants had to answer questions about barriers to physical activity in a 5-point Likert scale. A descriptive analysis of the data was conducted and the Mann-Whitney U test for independent samples was used to determine differences between men and women.

**Results:** The most important barriers to physical activity perceived by students with disabilities are the lack of facilities and means, the lack of support and the accessibility problems in the facilities. On the other hand, the barriers that the participants consider less important are the lack of free time and the lack of liking. There are no statistically significant differences between men and women.

**Conclusions:** The results show that the most important perceived barriers are not personal but social or environmental so we must increase efforts to attend the needs of people with disabilities and ensure equal opportunities for them. The study concludes highlighting the importance of

continue research on this area in order to improve the physical activity promotion programs in this population.

## **SITUATION ANALYSIS OF THE TEACHING OF PHYSICAL EDUCATION IN SECONDARY SCHOOLS IN MALAWI**

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**Keywords:**Physical Education, Teaching, Challenges, Secondary school (s), Malawi

Physical Education is one of the subjects being offered in both primary and secondary schools in Malawi. The Ministry of Education, Science and Technology (MoEST) categorizes it as a core subject. All children in Malawi are expected to be taught physical education from standard One to form Four. It is unfortunate to note that there has been a deterioration of standards in the teaching of the subject in the Secondary Schools.

The purpose of the study was to investigate whether Physical Education was offered or taught in secondary schools.

The study used both qualitative and quantitative approaches. Thirty six Secondary schools in Malawi were purposively sampled to participate in this study. Data were collected using focus group discussion, questionnaire and checklist. Data were analysed using SPSS and themes.

About 50% of the secondary schools did not offer Physical Education due to overloaded timetables; lack of teaching and learning facilities; inadequate well prepared teachers for effective teaching; poor attitude of some teachers and heads of institutions towards the subject.

A substantial number of the stakeholders, especially teachers of PE and students alike recognize the importance of the subject and would have liked to see the subject fully taught in their schools. Physical Education should be time tabled and taught in all schools. Physical Education should be examined at National level.

## **EFFICACY OF SELECTED MOBILITY EXERCISES AND PARTICIPATION IN SPECIAL GAMES ON PSYCHOMOTOR ABILITIES AMONG INTELLECTUALLY DISABLED CHILDREN OF UNDER 18 AGE GROUPS**

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**Keywords:** Mobility exercises, Psychomotor abilities, special games,

The purpose of the study was to find out the efficacy of selected mobility exercises and participation in special games on psychomotor abilities among intellectually disabled children of age group under 18, Thirty male students who were studying in BalarKalviNilayam and YMCA College Special School, Chennai, acted as subjects for the study. They were only mild and moderate in intellectual disability. These students did not undergo any special training or coaching programme apart from their regular routine physical activity classes as a part of the curriculum in the school. They were attached at random, based on age in which 30 belonged to under 18 age group, which was divided into three equal group of ten for each experimental treatment. 10 students (Treatment group I) underwent calisthenics and special games participation, 10 students (Treatment group II) underwent aquatics and special games participation, 10 students (Treatment group III) underwent yoga and special games participation. The subjects were tested on selected criterion variables prior (pre test) and after twelve weeks of training (post test). The pre and post test data collected from three groups on psychomotor abilities (Balance, Coordination, Reaction time), were statistically examined for significant difference, by applying the analysis of covariance (ANACOVA). to find out significant improvement due to the training on psychomotor abilities. When ever an 'F' ratio for adjusted test was found to be significant for adjusted post test means, Scheffe's test was followed as a post-hoc test to determine which of the paired mean differences was significant.

The result of the study showed that among under 18 age groups there was a significant improvement on selected criterion variables such as, Balance, Coordination due to mobility exercises and participation in special games, however no significant differences among the groups.

**EDUCACIÓN FÍSICA ESCOLAR EN MÉXICO. ANÁLISIS DEL TIEMPO COMPROMISO MOTOR DE LOS ALUMNOS Y TIEMPO DEL PROFESOR EN INDICACIONES PARA APRENDIZAJE, EN LOS CONCURSOS NACIONALES DE LA SESIÓN DE LA CLASE DE EDUCACIÓN FÍSICA (2010-2014).****José Manuel Guerrero Zainos**

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**Keywords:** Time student movement, Physical education programs 1993 and 2008, teaching methods styles.

The purpose of the study is referred to observe the efficiency of physical education class, using the variable "Time student movement" (TSM), a parameter that gives a reference to the results obtained in the state and national competitions of the physical education class in the basic education in Mexico (students aged between 5 to 14 years old), making a comparative study of TSM, including physical education programs; 1. Dynamic Motor Integration implemented in 1993-2008 and 2. Teaching competency from 2008. In the latter shows the few minutes of practice of students in the

objectives. Adding another study concerning to the physical activation at the school “Rhythmic aerobic routines with music”

## **THE USE OF SUBSTANCES AND SPORTS PERFORMANCE AMONG YOUTHS: IMPLICATIONS FOR LAGOS STATE SPORTS**

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**Keywords:** implications, Lagos state, substances, sports performance, youths.

Excellence in any sport performance is dependent on some set of complimentary factors physical fitness or conditioning factor; this form the base and frame work on which skill are built to enhance sport performance not with the use of substances which has negative side effect on athlete's performance. Substance use is common among youth sport men and women the use of substances affected a good number of prospective sport men and women reducing the number of possible champion as a result of poor performance. The focus of this study was to determine the factors associated with the use of substances for sport performance of youth in Lagos state sport. Questionnaire was the instrument used for the study. Descriptive research method was used. The estimated population for the study was 2000 sport men and women. The sample size was 200 respondents for purposive sampling techniques were used. The instrument was validated in it content and construct value. The instrument was administered with the assistance of the coaches. Same 200 copies administered were returned. The data obtained was analysed using simple percentage and chi-square ( $\chi^2$ ) for stated hypothesis at 0.05 level of significance. The finding reveal that sport injuries exercise induced and anaphylaxis and asthma and feeling of loss of efficacy associated with alcohol used on sport performance among the users of substances. Alcohol users are recommended to partake in sport like swimming, basketball and volleyball because they have space of time for resting while at play. Individual should go for special diagnosis to ascertain the state of health so as to know the right game suitable for the health. Government should be fully in charge of the health of sport men and women.

## **IMPEDIMENTS TO FEMALE SPORTS MANAGEMENT AND PARTICIPATION: THE EXPERIENCE IN SELECTED NIGERIA SOUTH WEST COLLEGES OF EDUCATION**

**Saseyi Olaitan Olaoluwa**

**Keywords:** female sports, impediments, management, Nigeria, south west, colleges

The study was meant to identify the impediments to female sports management and participation in the selected colleges. Seven colleges of education in the south west parts of the country were selected for the study. A total of one hundred and five subjects were sampled to supply data. Only one hundred adequately completed and returned, copies of the questionnaire were used for data analysis. The collected data were analysed descriptively. The result of the study showed that inadequate fund, personnel, facilities equipment, supplies, management of sports, supervision and coaching were some of the impediments to female sports management and participation. Athletes were not encouraged to participate. Based on the findings, it was recommended that the government should come to the aid of the colleges by providing fund and other needs that will make sports attractive for enhanced participation.

## **IS THE ORIENTAL NOTION OF ‘USING SPORTS TO NURTURE GUTS’ UNDERSTOOD IN THE GLOBALIZED WORLD?**

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**Keywords:** Oriental notion, role of sports, nurture guts

In Japan, not only sports are connected to physical abilities but also to mental strength or more precisely, *konjo* (guts or strong-wills). This kind of mentality and a training method can be traced back to the Meiji Era (1868-1912) when new European sports were brought to Japan. In the 1960s and 70s, it became a fad to read comic books depicting how poor heroes-to-be painstakingly became famous players mastering skills while nurturing their guts.

In the previous study, 39 college students out of 46 felt sports can nurture guts or strong wills even today. However, in the last FIEP conference, some participants from the Eastern Europe expressed that this kind of Oriental notion was hard to grasp because it is so different from theirs. Also, we found out that this notion is not necessarily shared in other Asian countries such as Vietnam or Thailand. In this presentation, we will show the results of a questionnaire, administered to International exchange students from various countries, investigating whether this Notion of ‘Using Sports to Nurture Guts’ is shared among them. Then we will suggest a new role of sports in this globalized world.

## **KINEMATIC AND ELECTROMYOGRAPHY ANALYSIS OF MUSCLES DURING KICKING THE BALL BY FRONT FOOT FOR JUNIOR SOCCER PLAYERS**

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**Keywords:** Kinematic analysis, Electromyography, Soccer Players

Kicking the ball by front foot have few percentage in games, although it is impacting on the results of the game, the performance of the players has contained some mistakes, so the analysis is a good way to understand the performance of motor skill variables, which affect the degree of achievement, which contributes to increase the effectiveness of the processes education and training. The study aimed to determine kinematic and electromyography of the muscles during kicking ball particularly the front foot.

Kinematic variable time, speed, acceleration, power which was analyzed during the performance of kicking the ball alongside with electromyography for Quadriceps Femoris Muscle - VastusMedialis, Soleus Muscle, Biceps Femoris Muscle, Gastrocnemius Muscle - Lateral Part, Quadriceps Femoris Muscle - Rectus Femori. Three players have been subjected, each player shot on goal in three attempts, the goal was parted into (9) boxes, each one with a mark for accuracy of kicking with the front foot.

Outcome speed: pelvic (2.038 m / s), knee (5.372 m / s), ankle (4.526 m / s), and the instep (4.472 m / s). Outcome of power: the basin (200.576 N), knee (487.809 N), ankle (633.71 N), instep (1007.402 N). The higher muscle activity interior was Quadriceps Femoris Muscle - Vastus Medial achieved a rate of electrical activity ( $\mu\text{v}$  1730) by the average percentage contribution in the performance (17.2%).

Outcome speed, acceleration and power vary through the stages of the performance of kicking the ball particularly the front foot for each part of the lower limb as the nearby parts of the body (knee) increase its speed through the preliminary stage for remote parts (instep - ankle), while during the basic phase and in particular a moment ago kicking the ball directly be speed remote parts (Instep - Tarsus) is greater than the nearby parts of the body too much and then kicking the ball away after the parts are less speed from nearby parts of the body. According to Jamal Aladdin (2007), Hassan, M, (2002), quadriceps Femoris Muscle VastusMedialis is responsible for front-weighted down during the main phase of performance, this shows the importance of these muscles is very large when the performance, so be on the coach's attention to the development of muscle strength of these muscles and direct training to develop her muscle strength.

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### **PHYSICAL ACTIVITY LEVEL AND NUTRITIONAL STATE SCHOOL OF 7 TO 10 YEARS OF ONE OF PHILANTHROPIC TERESINA SCHOOL – PI**

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**Keywords:** Schoolchildren. Nutritional Status.Level of physical activity.

This study aimed to determine the level of physical activity and nutritional status of schoolchildren 7-10 years of the Philanthropic school Teresina - PI. This is a descriptive study with a quantitative approach. Study participants were 76 students aged 7 to 10 years old in a school Philanthropic Teresina - PI. According to the study results we identified a greater predominance of women (56.6%), with most of the students classified in Class C (52.6%) and 23.7% not reported their financial condition. Regarding exercise physical practices, most responded likes a lot (69.7%). We found that 84.2% of students they move of form passive to school. It is noteworthy that the most students do physical activities quickly / very fast, as we highlight respectively dance practice (57.9% - 13.2%), cycling (44.7% - 23.7 %), play ball (46.1% - 25%). The Low weight was found in higher incidence in females with 55.8%, with 42.4% of boys classified with over weight / obesity. We can conclude that most children met in Class C, the boys had the highest percentage of obesity than girls, the opposite was found in relation to the low weight, the predominant form of displacement is the passive, most schoolchildren reported very fond of physical exercise, with the intensity of the activities carried out quickly and / or very fast way.

## **QUALITY PHYSICAL EDUCATION IN PRIMARY SCHOOLS: EXPECTATIONS AND REALITY**

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**Keywords:** quality physical education, curriculum, generalist teachers, teacher education

Quality physical education (QPE) has recently been a topic of various research. As Scheuer and Holzweg (2014) sum up, QPE can be identified in three categories – Structure, Process and Product. Every category has its specific aspects as for example the structure deals with mission of PE, instruction period, PE teacher education, equipment etc., the process refers to national and school curricular documents, teacher practices, assessment etc. and the product is the outcome, monitoring and evaluation. However, the research aimed at QPE has mostly covered lower and higher secondary education and there has not been paid much attention to primary physical education. The problems of quality physical education in primary schools are mostly related to generalist teachers. It is not a secret that most of the primary physical education lessons are taught by generalist teachers who are (dis)qualified to teach physical education. This paper is focused on analysing the problems of physical education in primary schools, how can these problems influence attitude of children to physical activity and healthy life style. The research results will present some of the findings related to primary teacher education and their attitude to teaching physical education. The purpose of the paper is also to suggest ideas of good practice in teacher training.

## **ESTIMATION OF FREQUENCY OF MOVEMENT AT 7 YEARS OLD CHILDREN**

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**Keywords:** motor abilities, test, metric characteristics, estimation.

Frequency of movement or segmentary speed is one of the abilities that defines motor space, it determine children's motor efficiency, achievement and results in different movement tasks and physical activities that are part of PE curricula. Changes in motor abilities are one of the criteria for following and evaluation of individual development of every child as well as a criteria for determination of effects of PE teaching process. These changes are also closely related with children's age. Therefore, the aim of this paper is to suggest tests for following, estimation and evaluation of frequency of movement in seven years old children, to determine metric characteristics of suggested tests as well as to determine the possibility for their application in PE teaching process. The research is realized on a sample of 123 children, second grade pupils in 5 primary schools in Macedonia. Three tests for estimation of frequency of movement were applied. Using adequate statistic procedures, following test characteristics: discriminativity, reliability, validity and representativity were determined. According obtained results, we recommend the test: arm plate – tapping for estimation of speed of movement with arms and both feet tapping on wall for estimation of speed of movement with legs as suitable for future use with seven years old children.

## **COORDINATION AT SEVEN YEARS OLD CHILDREN – MANIFESTATION, ASSESMENT AND DEVELOPMENT**

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**Keywords:** motor abilities, metric characteristics, test, PE content.

As integrative motor ability, coordination is closely related with intelligence and motor learning. It is a fundament of human motoric, especially in pre – school and primary school period and it's manifestation and development is closely related and conditioned by children's age and development possibilities. Considering the importance of coordination in the process of motor learning and acquisition of motor movements, in this work we made an elaboration of theoretical and practical aspects in manifestation, measurement and assessment of coordination at 7 years old children, as well as the representation of coordination in PE contents in national PHE curriculum for second grade. Presented knowledge's are obtained in research realized on a sample of 123 male, seven years old children. Coordination was estimated using four different motor tasks. Using adequate statistical methods we determined the manifestation of coordination in children's latent motor space, characteristics of test used for estimation of coordination as well as norms for following and assessment of children's achievements in suggested tests as a foundation for following and assessment in PE teaching process and creation of final grade for

PHE. Based on the results, following two tests: Obstacle course backwards and Two balls slalom rolling shown best metric characteristics and are recommended for future. Based on the analyses on national PE curriculum, we suggested PE contents suitable for development of coordination at seven years old children.

## **THE EFFECT OF 8 WEEKS AEROBIC TRAINING ON PHYSIOLOGICAL RESPONSES DURING SQUASH MATCH PLAY**

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The implementing of excellent performance in squash sport via the adoptions of specific training method related with the demands of match play. Physiological responses of young players to playing in squash competition are not well known, however are closely associated to the sport specific training. This study was carried out to investigate the responses exhibited by squash young players concerning their physiological characteristics following an 8 weeks aerobic training program.

Fifteen young squash players who were competed in the Egyptian squash championship less than 16 years. The subjects completed 2 simulated squash matches consist of one game before 8 weeks aerobic training and the second game one day after the training program. The match simulation aimed to address the expected physiological responses by sun to memory belt to achieve the best endurance capacity during a match performance. The subjects underwent training twice a week about 2 hours and for eight consecutive weeks. The t-test was used to confirm the significance of the stated hypotheses at the 0.05 level of significance.

The results show that there was significant difference in the pretest-posttest responses of physiological variables (heart rate,  $VO_{2max}$ , ventilation and blood lactate) during match play after 8 weeks aerobic training. The overview results of study conclude that, squash coaches and players should have more attentions to the specific endurance training for young players, which was a good indicator for competition and identification.

## **ACTUAL CHALLENGES IN SCHOOL PHYSICAL EDUCATION**

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**Keywords:** school physical education, education for health, educational reform, prestige of school subjects, didactical materials, educational content

This contribution analyses the new educational area “Human and Health” in the Czech Republic (2 branches: Physical Education and Education for Health). The objective of the research was to analyse the current situation (after the educational reform) in the teaching of Education for Health and Physical Education. We were interested in the content, material conditions, specific needs of today’s teachers and the position of P.E. at school in comparison with other subjects. We used the questionnaire for teachers (58 questions). The results show that school headmasters still stick to the minimum prescribed by the Ministry of Education – 2 P.E. lessons a week. Education for Health was introduced in each year of study by less than 1/3 of schools. As compared to the other subjects, the importance of P.E. is still underestimated by school management, parents, and teachers; nearly ¼ of P.E. teachers are even persuaded that it is a less important subject. It seems that the liberalization of the curricula might lead to some reduction in the offered content in P.E. lessons, and for some teachers, also to a lowered didactic level of teaching.

### **STUDY OF CASES: MOTOR SKILLS IN CHILDREN. DRIBBLING WITH LOCOMOTION.**

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Academic Training, Research and Human Development. International Academic Extension. IDES - PEF - Trelew - Chubut – Argentine.

**Keywords:** Motor Skills in Children. Search Objects.

This paper analyzes the child motor skills (ChMS) through the deliberate, systematic and specific participant observation (PO) on the Physical Education (PE) classes. It proposes the understanding of those motor behavior observable. Especially in the resolution of a problem specific motor skills, their processing, preparation and response. It is one of the search objects of teaching-learning situation (PO).

Observations and measurements for the evaluation of pupils between 6 and 8 years were made. Different chains of movement were observed and measured: locomotion and manipulation skills (walking, running, jumping and dribbling - balls). The registration of data and qualitative information was obtained in a context of ecological relevance (class) and other structured (motor skill test). Some environments were recorded on photographic and video images for detailed analysis.

Were estimated the trends and the distribution of coordinative diversity of children, by chronological age and gender. The categorizations were defined as important qualitative levels in the infant's progress during their coordinative adjustment movements, defining stages of motor skill and control of the muscular tone, as well as the refined bilateral movement of arms and the ritmización.

The execution of a ChMS with a certain degree of complexity is not always dependent on chronological age and gender. Some children are placed in higher stages, as the years pass, some not. However, a marked trend in girls, was grouped in stages less complex than boys. They tended to chain the movements, while girls in most cases, they exhibit biased and clipped movement.

# POSTER SESSION

## THE PURPOSE OF NEUROMUSCULAR AND PROPRIOCEPTIVE EASING TECHNIQUES IN LUMBAR DISPLACED SPINAL DISK

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**Keywords:** techniques, easing, neuromuscular and proprioceptive, displaced spinal disk, recovery Summary

Lumbar displaced spinal disk recovery is and important concern for the specialists in the area, starting with Williams continuing with McKenzie, Cyriax, Sohler and others. Every specialist has a different strategy in approaching these types of patients with a strong scientific basis, yet the purpose is the same to reduce the displaced spinal disk, followed by limiting and reducing the pain and developing the mobility in every day activities. Thus, lumbar displaced spinal disk recovery is not a constant only in the present but also in the past and will probably be in the future.

The aim of this study is to verify to what degree easing techniques can contribute to reducing lumbar spinal disk displacement and preventing other relapses. The study was conducted on a number of 8 subjects with lumbar spinal disk displacement, over a period of 10 moths, in which we only used neuromuscular and proprioceptive easing techniques through all the stages of the recovery. The results confirm the importance of these recovery techniques in lumbar spinal disk displacement, techniques applied on the unilateral or bilateral diagonal symmetric or asymmetric.

The good results obtained were consistent with the structure evaluation tests used and with the recovery original manner characteristics scheduling adapted to each individual patient.

## ASSOCIATION BETWEEN PERFORMED PHYSICAL ACTIVITY AND KNOWLEDGE OF HEALTHY LIFESTYLE IN 15-16-YEAR OLD STUDENTS

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**Keywords:** comprehension test, IPAQ, vigorous physical activity, adolescents

Association between the level of performed physical activity (PA) and knowledge of healthy lifestyle in adolescents is an issue that has not been yet sufficiently explored. Knowledge of health and PA is the topic that should be included in school educational program.

The main aim of this study was to assess association between the level of theoretical knowledge of health and PA and actually performed PA in first grade high school students. Afterwards, we wanted to analyze if students with higher level of vigorous PA score better in knowledge test.

Overall, 401 adolescents participated in our experimental survey, 138 boys and 264 girls from ten high schools in the Czech Republic. These students completed "Comprehension test (CT) on health and physical activity" and International Physical Activity Questionnaire (IPAQ) – long

version. The cut-off point for two groups was established based on median of vigorous PA obtained in IPAQ.

We found that girls had overall better knowledge of PA than boys (16.17 vs. 15.26 points;  $Z = 2.39$ ;  $d = 0.24$ ). Boys scored better only in fitness dimension (3.41 vs. 3.38 points). Boys performed more PA (309 vs. 235 min/day) and spent more time sitting in school days than girls (388 vs. 274 min/day). The correlation coefficient in boys between overall PA and CT was  $r_p = -0.20$  ( $p < 0.05$ ), and in girls  $r_p = -0.09$  which means that there was no association between knowledge and performed PA in this age group. Interestingly, only girls with more vigorous PA scored better in CT compared to girls with less amount of vigorous PA (16.34 vs. 16.01 points). This association was not observed in boys.

An association between performed PA and knowledge on health and PA was not identified. It is necessary to carry out similar surveys in other age groups.

## THE PHYSICAL EDUCATION IN ARGENTINA

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**Key word:** Improvement - Update – Argentina.

This work is made with the intention of including/understanding the importance of making events in our City of Cordova and other cities of Argentina to know our own country and the realities and new features that are made in Physical education. Besides to give to the assistants to the different supplied courses that were dictated by excellent professionals of our city of Cordova, of other places of Argentina and other countries of Latin America and Europe the used method he was Historical - descriptive the obtained results were satisfactory and excellent because it is had they could make all the events programmed and by the diversity of courses and conferences which we have made mobilizing great amount of students and professionals of the physical education of our country and of other neighboring countries that visited to us. It has been obtained the camaraderie and friendship between students and professionals, besides to know the social and cultural customs, aspects. Discussion; the importance is the development of the Physical education which we have the organizers of the different events programmed towards other realities and you interchange new ideas. The different courses, congresses, days etc. They self-managed and without official nor deprived aid of no nature. In order to adapt to the necessities of the present society, the institutions of the education must be made flexible and develop to routes of integration of the technologies of the information and the communication in the formation processes. At the same time, it is necessary to apply a new conception of the student-users, as well as administrative changes of roll in the professors and changes in relation to the systems of communication and with the design and the distribution of education. All it implies, as well, changes in the education-learning canons towards a more flexible model. In order to understand these processes of change and their effects, as well as the possibilities that stop the education-learning systems entail the changes and technological advances, agree to locate to us of the innovation processes within the framework. Conclusions; That the accomplishment of these events produces satisfaction them to have devised and to have taken to practices with excellent results and the own experience that manages of to have been author and producer of the diverse events and congresses.

## NATIONAL TEACHERS OF THE YEAR: CHARACTERISTICS AND PROFESSIONAL EXPECTATIONS

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**Keywords:** distinctive teachers, teaching effectiveness, teacher demographics, teacher roles

The National Association for Sport and Physical Education (NASPE) recognizes outstanding elementary, middle, and high school physical education teachers from across the United States through its Teacher of the Year (TOY) Program. One teacher at each level is selected every year. Because teachers' roles are multifaceted a better understanding of these distinctive physical educators' and their service activities external to their teaching is warranted in order to assess role conflict and negotiation (Richards, Templin, Levesque-Bristol, & Blankenship, 2014). Using role theory as a guiding framework, the purpose was to (a) examine the demographics of NASPE Teachers of the Year (TOYs), and (b) examine their experiences with external responsibilities to their school such as coaching and other salient duties. After obtaining IRB approval, 23 TOYs (beginning with the award year of 2002) agreed to participate, completing a demographic survey and in-depth interviews. Interviews were tape recorded and transcribed verbatim. Open and axial coding were used to establish common themes within the responses related to teachers' roles. Questionnaire data were analyzed using descriptive statistics. Participants' experience ranged from 8 to 38 years, and all teaching levels were represented. All, except one, of the TOYs either currently coach a school-related sports team or have coached in the past, with most coaching multiple sports. In addition, all provide supplementary service to their schools. Further, a few TOYs found coaching and other service demands burdensome, while most believed that coaching and service were complementary to their teaching responsibilities. In general, these TOYs, who have proven distinctive as teachers, found that working with students outside of class contributed to their sense of fulfillment, which counters the notion that the teaching and coaching roles are incompatible (Locke & Massengale, 1978).

## MODEL SCHOOL

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**Keywords:** physical education, school, active breaks, children, Croatia

Many studies have shown that in recent years, sedentary lifestyle is increasing rapidly. The number of children engaged in physical activity decreases. Particularly concerning is that the number of hours of regular and extra-curricular physical education is reducing, despite all of its benefits. The situation in Croatia is serious because there is a possibility that the number of hours will be reduced to 30 hours per year, or 1 hour of physical education a week.

In view of the foregoing circumstances, we believe that it is extremely important that Croatia is a part of the HOPSports OLS BB Research Study (2014-2015). Thanks to this project, a total of 204 students of the elementary school "Pavleka Miškine" in Zagreb, Croatia, had active breaks on a daily basis. They watched videos and exercised for at least five minutes a day. When students

get up and moving throughout the school day their bodies and brains are primed for optimal learning.

The HOPSports Training System a research proven educational solution incorporating technology to deliver effective physical, nutrition and health education to promote lifelong healthy behaviors and active lifestyles.

The aim of this paper is to present the project HOPSports Brain Breaks in Croatia. Based on specific pre-test and post-test for students and teachers we will try to presents benefits children got from a daily exercise. Findings indicate a beneficial improvement in children's perceptions of, attitudes towards, motivation for physical activity and specific knowledge acquired.

## **TEACHING STYLES AND MOTOR COMPETENCES IN PHYSICAL EDUCATION. RESULTS OF AN INTERVENTION IN PRIMARY SCHOOL**

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**Keywords:** teaching styles, motor competences, children

In physical education, the variation of teaching styles is necessary to promote the learning of motor competences of the child and the relationship between motor experiences and cognitive processes, emotional and social.

Tests involving the standing long jump, 10×4m shuttle-run, 20m slalom basket were administered before (T0) and after (T1) a 5-month intervention (40 hours of lesson) in 60 boys and 60 girls aged 8 to 10 years, all normal weight, divided into two groups: experimental group (Eg) and control group (Cg). Enjoyment was assessed using the Physical Activity Enjoyment Scale. Individuals' perceptions of strength, speed and agility were measured using the Perceived Physical Ability Scale for Children. The Eg has carried out the lessons with the teacher specialist, the Cg with the teacher generalist.

Apart from the descriptive statistics ( $M \pm DS$ ), Student's T Test was carried out, in order to highlight the significant differences within the group. The significantly index was set to  $p < .05$ . ANOVA 2 (T0 vs T1) x 2 (group) showed significant differences in the two groups, for males and females, in motor tests and in the self-reports. Males and females of the Eg showed differences in all motor tests and the two self-reports (T0 vs T1;  $p < .05$ ). No difference for males in the Cg. The females of the Cg showed positive differences in the self-reports ( $p < .05$ ) but not in motor tests.

The styles of production help to develop motor coordination and psychological factors, essential components of the motor competences.

## **SPECIFIC PROFESSIONAL SKILLS OF COACHES IN THE ALGERIAN JUDO SPORT SYSTEM**

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### **Keywords:**

This study was designed to determine the professional skills of coaches, which are identified and judged based on a large number of factors. The purpose of this article is to describe the views of four groups of professional actors concerning coaches' skills: athletes, coaches, leaders and experts from the Algerian judo sport system. The actors of the system responded to the same series of questions regarding coaches' skills. The actors' views across the five groups of specific professional skills are more similar than dissimilar, with each professional group emphasizing a different item of the coaches' skills.

The results show that coaches and athletes have the same representations of technical and teaching skills. However, there is a discrepancy in representations regarding organizational and managerial skills. Stakeholders' views are compared to the coaching science literature, and recommendations for developing a professional skills repository of judo coaches are provided.

## **NUISANCES OF TORTUOUS LIABILITY AND RELATIONSHIP IN P.E PROFESSION**

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**Keywords:** negligence, tortuous, sport participation, liable, sanction.

Legal issues in physical education are very germane to sports and physical activity development. Consequently, p.e teachers should be involved in studying laws that relates to P.E in the course of their professional preparation. It is worth noting that today people are becoming more their rights under the law. This has further awoken the need to ensure that P.E teachers are made to the legal implications of negligently caused injuries in P.E class and also fashion-out preventive mentality in respect of these injuries. Unfortunately, it has been discovered that sports law is not included in curriculum of P.E in Kenya. When dealing with various types of P.E programs, P.E teachers must look to protect themselves from any tortuous liability. To be able to do this, they must be familiar with the scenarios in which they can be vulnerable to tortuous liability. Negligence is a tort that is often used to implicate P.E teachers. It is very important that they understand the nuisances of tortuous liability and its relationship to P.E profession. They should also be aware of the legal defenses available to the concept of tortuous liability, what constitute negligence, sources of negligence in sports and the defenses against negligence. This will reduce the possibility of there been liable.

**RELATIONSHIP TRIPLE SYSTEM: TOURISM ENVIRONMENTAL SPORTS****KhiriDjamel**

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Keywords: tourism industry, relations with the environment, society and economy.

Introduction: Tourism is the active product, with a positive impact on many aspects: economic, social, cultural, through the promotion of economic growth, and increasing income levels, and achieving balanced regional development, and stimulate private sector investment in infrastructure, facilities and tourist services; in addition to being an anchor to preserve the cultural heritage, any society, from the physical and non-physical. As can be seen as a bridge between peoples and civilizations, and works to promote human bonding, cultural, and achieve openness junk on the other, and the human civilization. From this point, you can look at the tourism industry as a whole include public and private organizations, which engages in the development, production, and marketing of goods and services responsive to the needs and well-being of tourists. Tourism is the term generally used to describe the travel and reflects, in some cases, further expansion in leisure travel. Some estimates suggest that there is no industry in the world received from the boom, and proliferation, as have largely tourism industry in recent years of the last century, where tourism expenditure reached in the world in 1998, about \$ 445 billion, and some have become tourist countries in the world such as: American States United, and some European countries, making substantial income from tourism. We instruct the causes of global tourism growth to five key factors: - Information and communication technology revolution (TIC); - The intensity of transportation and mass communication; - Global economic growth of wealth; - Political and social stability; - The abundance of free time. On this basis, and over the past few decades, has become a strong and sustained increase of tourist activity, represents one of the most important economic phenomena, and social and cultural life in the present day; it became occupies a prominent place in many of the development of tourism estimators countries strategies, but also falls within the terms of Schedule a lot of international conferences on sustainable development agenda. And as such, can be seen to the nature of this sector, and returns through a strategic vision, can contribute to achieving sustainable development goals. This paper includes three basic axes, a statement as follows: First, the concept of the tourism industry and its importance; Secondly, some of the economic impacts, and social; Third: responsible tourism management; Fourth: responsible tourism from the reality of some of the practical experiences.

## VANDERBILT ASSESSMENT SCALE – SCREENING INSTRUMENT FOR TEACHERS IN EDUCATIONAL SETTINGS IN SLOVAKIA

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**Keywords:** ADHD, Vanderbilt Assessment Scale, Strengths and Difficulties Questionnaire, teacher's diagnostics

Communication between the teacher and health care practitioners who care for a child with ADHD is determined by the lack of diagnostic instruments on the teacher's side. Teacher misses instruments for description of the intensity of symptoms of ADHD and also misses the tool for measurement of their improvements. The aim of the study was to explore the internal consistency of the Vanderbilt Assessment Scale (NICHQ) and compare it with results in Strengths and Difficulties Questionnaire (SDQ-Svk). Both tools were used by teachers in Slovakia for measuring 41 pupils with ADHD (mean age 9, 74). Vanderbilt Assessment Scale shows high internal consistency – Cronbach's alphas varied from 0,916 to 0,948. Inattention and oppositional/defiant behavior significantly associated with all dimensions of SDQ-Svk (emotional symptoms, problem behavior, hyperactivity and inattention, peer problems and prosocial behavior). Dimension hyperactivity and impulsiveness in Vanderbilt assessment scale associated with the dimension hyperactivity and inattention in SDQ-Svk of which we consider a good content validity. Vanderbilt Assessment Scale seems to be appropriate instrument for teachers which may be used as screening instrument for diagnostic of pupils in the classroom but also can be used for research purposes.

## CORRECTION OF BEHAVIOR DISORDERS THROUGH YOGA EXERCISES

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**Keywords:** Physical activity, Psychomotor exercises, Prepubertal children, Integrated children, ADHD, Diagnostics.

Physical activity has high status in children groups. To children diagnosed with behavior disorders physical activity may represent a source of frustration and further rejection. Among the most appropriate physical activities are those based on the alteration of tension and relaxation, breathing and relaxation exercises, and also exercises designed to develop fine motor skills and coordination. Children with behavior disorders are recommended to perform yoga exercises as they have been reported to improve spatial awareness, balance and total body coordination. In terms of non-competitive nature of these exercises, children improve their healthy self-confidence especially in that they do not experience feelings of failure and social exclusion. This topic is becoming relevant. At present, these disorders represent most frequently diagnosed disorders in childhood. The author deals with the correction of hyperkinetic behavior disorders of prepubertal children and the diagnostics of such disorders in school physical education and that is through yoga exercises during school breaks. The research problem is “to correct

hyperkinetic behavior disorders of prepubertal integrated children through yoga exercises". The author presents the potential of an experimental factor and its effect on integration of children with behavior disorders and a yoga exercise program. Symptoms of ADHD were diagnosed using an Anamnestic questionnaire; NICHQ Vanderbilt ADHD Diagnostic Teacher Rating Scale; Strengths and Difficulties Questionnaire (SDQ-Svk). A sample of 38 children (24 boys, 14 girls; mean age 10.93 years, SD = 2.56 years) participated in a pedagogical experiment. The author concluded that physical activities based on yoga exercises profoundly decreased inattention symptoms, hyperactivity, oppositional behavior, anxiety/depression symptoms and overall behavior. The designed exercise program was highly effective. Children integrated better into a group, learned to perceive their feelings and improved their concentration.

This study is a part of the grant project VEGA 1/0769/13 "Efficiency of specific exercise reeducation procedures designed to correct hyperkinetic disorders of prepubertal children" at the Faculty of Sports, University of Prešov in Prešov.

## INTENTION TO BE PHYSICALLY ACTIVE OF 11-12<sup>TH</sup> GRADE SCHOOLCHILDREN: APPLYING THE THEORY OF PLANNED BEHAVIOR

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**Keywords:** physical activity, schoolchildren, Theory of Planned Behavior

**Introduction.** Physical passivity in school age children raise concern as it grows with age and decade by decade. A lot of efforts are being made to promote physical activity (PA) in schools. Along, social-cognitive factors, which are the indirect determinants of behavior, are investigating in order to improve intervention programs. One of the social-cognitive theories explaining behavior is the Theory of Planned behavior. It proposes that the most proximal predictor of behavior is intention - the readiness to perform a particular behavior. Intention is based on attitudes towards behavior, subjective norms (a perceived social pressure to perform the behavior in target) and perceived behavioral control (an extent to which a person feels able to perform a behavior). Perceived behavioral control, when reasonable, can directly predict behavior along with the intentions. Theory also includes past behavior, which is the measure of habit when performed repetitively. The aim of the study is to evaluate the effect of social-cognitive factors and past behavior on 11-12th grade schoolchildren intention to be physically active in the following month.

**Methodology.** The study included 146 school age children of 11th and 12th grades, mean age  $17.5 \pm 4.19$  years. Less than a half (44.9 %) were boys. The questionnaire contained scales based on the expanded version of theory of planned behavior (Ajzen, 2006): affective and cognitive attitudes, subjective norms, perceived behavior control, intention. Each scale had good internal consistency (in the range of .65 - .90). Past PA was measured by GLTQ (Godin and Shephard, 1997).

**Results.** Hierarchical regression analysis revealed that for boys only perceived behavior control was the predictor of intention ( $\beta = .673$ ;  $p = .0001$ ). Intention in girls was predicted by affective

attitude, subjective norms and perceived behavioral control ( $\beta$ s = .236, .271, .255; ps = .033, .014, .019, respectively). Past PA was not significant in either group.

Conclusions. Results indicated that strengthening of self-efficacy in performing PA is important for both boys and girls. Girls also need more social support in their planning physical activities. As affective attitude is important for girls, more enjoyable activities should be proposed for them.

## THE RELATIONSHIP BETWEEN PRIMARY SCHOOL CHILDREN AND THEIR PARENTS PHYSICAL ACTIVITY

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**Keywords:** parents, children, primary school.

Introduction. Physical activity (PA) is important for child's physical and psycho-social development. Evidence suggests that PA decreases as children moves from pre-school to primary school. In order to solve the problem scientists seek to explore factors which determine higher level of PA in children. It was found that parental influence is important for attraction to PA, perceived competence and physical activity behavior (Welk et al., 2003). The aim of the present study is to evaluate the relationship between parents and their children PA and determine related factors.

Methodology. Four hundred parents of primary school children participated in the study. 20.8% were fathers and 79.3% mothers. Mean age was  $35 \pm 5.88$  years, BMI ranged from 17.04 to 43.50 kg/m<sup>2</sup>, mean BMI 23.82 kg/m<sup>2</sup>. Children's PA was measured by LTPA study questionnaire (Telford et al., 2004), parents PA – by GLTQ (Godin and Shephard, 1997), parents' motivation – by MPAM-R (Ryan et al., 1997). Also data on age, height, body mass and gender were gathered.

Results indicated that 54% of primary school children and 52.2% of their parents were adequately physically active. Neither parents nor their children's PA was related to family income. Children's leisure time PA was associated with more vigorous PA of their parents (std. $\beta$  = .15). Neither parental gender, nor age or BMI were associated with children's PA. Results revealed the trend that parents' motivation to be physically active for enjoyment (sdt. $\beta$  = .21) rather than other goals (appearance, fitness, competence) was related to higher PA in their children.

Conclusion. More physically active parents, not regarding their age, gender or BMI, raise more physically active children. Parental intrinsic motivation to be physically active is related to higher level of PA in their children. So, more attractive events of health enhancing PA should be organized at schools, where children could participate with their parents.

## **BULGARIAN FOLKS DANCES IN SCHOOL PHYSICAL EDUCATION AND SPORT**

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**Keywords:** Bulgarian folks dances, PE lesson, primary school, pupils, movements

The Bulgarian folklore is saturated with expression, emotion and grace of contained in the dance movements. The Bulgarian folks dances are one of the most ancient traditional means of physical education. They are characterized by rich rhythmic, musical and stroke variety. Execution of various movements, accompanied with rich emotional experiences, according to the rhythm and beats, supposes requirements to the musical talent of the performers, building a kind of agility and endurance of the mind, body, and soul. It has been shown that already acquired, these qualities have a positive transmission in the motor actions in adult aspect, as well as in other social activities.

The Bulgarian folks dances are a key element of meaningful training in physical education and sport in the primary stage of secondary school. The aim of the study is to investigate the characteristics, tools and methods for accessible and interesting using of the Bulgarian folks dances in the physical education lessons. A positive impact of the dance activities on education, training and development of 7-10 years old pupils is established.

## **LEGISLATORS' PERCEPTIONS OF THE CURRENT STATUS OF WELLNESS AND OBESITY LEVELS IN CHILDREN**

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**Keywords:** Wellness, Legislation, Physical Activity, Obesity

Childhood overweight and obesity levels have reached epidemic proportions in the United States (Imes & Burke, 2014). In response, initial attempts have been made to enact school policies designed to improve children's nutrition and physical activity/physical education opportunities. These policies, however, are often ineffective because there is minimal oversight in regards to compliance. (Graber, Woods, & O'Connor, 2012). Although some schools use legislative mandates as an opportunity to improve nutrition and physical activity opportunities for children, principals and physical education teachers in other schools are often unaware of the mandates they are expected to follow because policies are often confusing and ambiguous (McCullick, et al., 2012). Grounded in the social ecological model (SEM) (Bronfenbrenner, 1979), the purpose of this study was to examine the perceptions of state lawmakers regarding childhood wellness and

the magnitude of childhood obesity levels in their state. Decisions from the policy level have the potential to influence broad societal changes and have a positive impact on school environments and children's health (Langille& Rodgers, 2010). These current legislative decisions will have amplified importance in the future, as the economic impact of obesity continues to escalate. A total of 12 representatives and 8 senators from the Illinois General Assembly participated in in-depth interviews. Transcripts were inductively and deductively coded and triangulated. The results indicate that lawmakers recognize childhood obesity is a significant concern and economic burden, but economic issues such as current state budget and unemployment are perceived to be higher priority than children's wellness. Results suggest that lawmakers recognize the importance of childhood wellness from an economic standpoint, but do not prioritize the issue above more immediate economic issues. It also is evident that decisions made at the level of the macrosystem do not always penetrate to other levels of the social system.

## **IT WORKS! WE MADE THEM ACTIVE!**

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**Keywords:** health, PA, jogging, trips, web page Purpose.

According to current knowledge, the frequency and intensity of physical activity have positive impact on human health. However, it is increasingly challenging to motivate the general public to be physically active. The team of the Faculty of Physical Culture, Palacký University in Olomouc decided to invest time and money into the project called "The Joy of Movement". This project is a kind of advertisement for physical activity and presents knowledge, hints and tips on this sphere of the human health and, especially, an important dose of motivation to move.

Methods: The Joy of Movement is a web portal, which has been being developed since 2013 as a tool to promote physical activity and active lifestyle among the general public. The purpose of the portal is to provide information on interesting topics and issues in the area of physical activity and motivate readers to adhere to healthy lifestyle principles. This system also provides an immediate feedback. These areas actually exceed the space of the Internet environment. "The Joy of Movement" team organizes a series of hiking trips ("Walk on air"), regular running workouts ("Jogito ergo sum - I run, therefore I am") or participates in the Olomouc-based cycling initiative "UP Bike". In addition, The Joy of Movement sets up physical challenges and competition. The web site is being constantly developed and improved; gradually gaining more new features and getting adapted for greater convenience of readers.

Results: Our best and clearest results are images of active participants of the project. As a part of the project 19 training jogging lessons have already been carried out and attended by 389 participants. These trainings were organized in collaboration with the coaches of the Track & Field Club Olomouc. The head coach also prepared four candidates of the participants for the Olomouc half-marathon, which was held in June 2015. Moreover, 9 hiking trips with a total length of 87 kilometers, took place with 109 participants. These trips known as "Walk on air" have been held since Autumn 2014 with intention to offer the general public not only the possibility of joint physical activity, where participants can borrow a pedometer for a journey to monitor their own activity, but also the chance to explore the region, in which they live or study.

Conclusions: Well administrated web portal with proper content has the potential power to positively influence the actual physical activity practice. In combination with appropriate use of social networks, it is possible to organize hiking trips and jogging lessons and, thus, to contribute to promote and develop physical fitness and health among the general public.

## **INSTRUCTING PHYSICAL EDUCATION STUDENTS: EXCHANGING IDEAS INTERNATIONALLY USING ELECTRONIC-BASED PLATFORMS**

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**Keywords:** physical education, technology, instruction, cultural relevance, collaboration

The student population in the United States is becoming increasingly diverse. It has been suggested that in order to create a productive learning environment that is culturally responsive (Flory & McCaughtry, 2011; Gay, 2002), instruction should be used in the gymnasium to link culture with instruction. However, teachers often feel unprepared to link activity based curriculum with students' diverse culture backgrounds (Bernstein & Lysniak, in press; Ferry & McCaughtry, 2013). They may not fully understand their students' experiences, backgrounds, or the impact of these differences on the learning process.

To pay attention to the cultural dimensions of these differences and to enrich the instructional experience, teachers could link instruction by using electronic platforms such as Skype and Google Translation with other physical education classes around the world; this is to both understand the various activities taught in other countries and to share these various activities with students. Students interpret the world through a cultural lens (Geertz, 1973; Giroux, 1992), therefore, preparing teachers who acknowledge diversity and culture in pedagogy has become increasingly important (NASPE, 2013). Teachers who practice culturally relevant instruction link learning and culture (Gay, 2010).

Teaching and learning may be transformed with technology. New technology brings with it new ways that teachers and students can communicate with each other. Using technology may enable culturally relevant teaching as teachers relate course content to the students' interest and culture (Riley & Stern, 2004).

## **THE BEHAVIOUR OF PARENTS AS SPECTATORS ON SPORTS COMPETITIONS AT SCHOOL AGE.**

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**Keywords:** Behaviour, family, values, school sport, competition

Aim of the study: This study aims to develop a diagnosis of what is the current situation about the behaviour of parents as spectators at football competitions in school-age in Barcelona by the way of analyse the different involved variables, from the point of view of different stakeholders (referees, coaches, athletes, parents and experts).

**Methods:** This research is framed within the constructivist paradigm and uses a qualitative methodology. In this regard, we have organized an event at Palau Macaya in Barcelona in collaboration with the Jaume Bofill Foundation in order to perform different focus groups. We have done four initial simultaneous focus groups (one with athletes, another with parents, another with referees and the last one with coaches and experts), and after a break, another two simultaneous focus groups, but this time they were heterogeneous, with people of each group. We have analysed the text transcription of the meetings with Grounded Theory principles and we have taken behaviour categories, based on multiple variables that can help us to understand the reasons for this role and open new lines of research with proposals for improvement.

**Results:** All the agents consider that parents, in general, don't behave properly. Young athletes affirm that repeatedly feel pressure and live anti sportive events protagonist for parents. Coaches, referees and experts say that it is difficult for parents to differentiate their role as parents or as a simple hooligan like as if they were watching a football match on television. The emotion overcomes the reason. There are, also, parents that act correctly by supporting and encouraging their children. As a conclusion, we have to work together with them to improve their behaviour and to build some example of sport values.

## HEALTHY LIFESTYLE EDUCATION

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**Keywords:** health promoting pedagogy, healthy lifestyle, networking.

There are being utilized three models of healthy lifestyle education in the system of education in the Belgorod region:

- Formation of the culture of healthy and safe lifestyle in the complex of educational process;
- Formation of the culture of healthy and safe lifestyle in the context of physical education;
- Formation of the culture of healthy and safe lifestyle in inclusive education.

The events and activities in 2011-2014 years allowed for the following:

- provide legal, logistical, personnel and educational-methodical conditions for teachers training;
- raise awareness of the target groups and their professional competence in building the culture of healthy and safe lifestyle among the students on the basis of cooperation between schools, families and socio-cultural institutions;
- share innovative experience of educational institutions;
- create conditions for the design of unique educational activities for the creation of the culture of healthy and safe lifestyle of students;
- prepare theoretical, methodological and informational materials oriented on healthy lifestyle.

Thus, the importance of integration processes in the regional education system became clear. At the same time, the need for close cooperation of educational institutions in the development and implementation of joint projects appeared and the aim to obtain synergistic effect from the joint efforts was set. In order to meet the targets and satisfy the needs, the project "Educational

institutions networking in education of culture of healthy lifestyle" has been set in the region in 2015. The task component is represented by the unity of problems associated with the need to create conditions for effective health education at schools through networking of schools of the Belgorod region.

Structural model of networking includes target, substantial, procedural, criterial, efficient components and pedagogical conditions of efficiency of networking.

The process of formation of the network, the development and introduction of technologies of network communication includes the following stages: informational and analytical, structural and organizational, instrumental and innovative, assessing and reflective.

Evaluation of networking efficiency is carried out in accordance with the criteria of efficiency and process that allows to determine conditional levels of such cooperation (invalid, critical, allowed, optimal). The efficiency of Belgorod schools' networking in the field of the health education depends on the quality of the implementation of the educational conditions: organizational, scientific and methodological and stimulating.

## **ANTHROPOMETRIC CHARACTERISTICS OF ATHLETES PRACTICING RHYTHMIC GYMNASTICS: COMPARISON BETWEEN DIFFERENT LEVELS OF COMPETITION**

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**Keywords:** Rhythmic Gymnastic; Anthropometric measures

**Objective:** The aim of this study is to investigate how a sport conducted assiduously can in turn modify certain anthropometric characteristics and / or their proportions.

**Methods:** The considered sample is made up of 75 athletes practicing rhythmic gymnastics in different sports club in Piedmont, aged from 11 to 25 years old.

The gymnasts have been divided into two groups according to their technical level and agonistic experience. Twelve measurements have been pointed out (body weight, height, acromial height standing, sitting height, acromial height sitting, bicristal breadth standing, biacromial breadth, front-back thoracic diameter, minimum perimeter mesogastrium (waist measure), thoracic perimeter at xiphoid level, suprailliac fold, tricipital fold).

**Results:** As far as the height, the acromial height standing, the sum of the body diameters, the front-back thoracic diameter and the thoracic perimeter at xiphoid level are concerned, the Student test has shown that the examined differences between national and regional athletes are not significant from a statistical point of view. On the contrary, comparing the value deriving from the difference between height and acromial height standing in the two groups, a significant result has come out.

Conclusions: The same may be stated for the proportionality index and the difference between height and acromial height standing, calculated dividing the first measure by the second and multiplying the result by one-hundred.

References: Theodoropoulou KB, Markou GA, Vagenakis D, Benardot M, Leglise G, Kourounis AG, et al. (2005) Delayed but Normally Progressed Puberty Is More Pronounced in Artistic Compared with Rhythmic Elite Gymnasts Due to the Intensity of Training. *J ClinEndocrinolMetab* ;90(11): 6022-27.

## **PHYSICAL ACTIVITY, SOCIAL INCLUSION AND NEW TECHNOLOGY: A SMARTPHONE APPLICATION IN FAVOUR OF ACTIVE AGING.**

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**Keywords:** Elderly, physical activity (PA), Information and Communication Technology (ICT)

**Aim:** This case-study research, aims to develop a prototype application for mobile devices, as a tool to support the elderly towards the acquisition of active lifestyles and healthy behaviors.

**Method:** After the literature review about topics related to PA, elderly and ICT, has been our interest to investigate the programs put in place by municipalities for active aging through the use of ICT. This first part of the study has represented the basis for the development of the prototype: this process will be characterized by the participation of "senior developers", a convenience group selected according to their ability in using technological devices. Several interview and focus group will be conducted to understand which characteristic and functions a technology should have to support the elderly in terms of movement, social inclusion.

**Results:** The literature review showed that studies based on the development of ICTs in favor of the movement, social inclusion and overcoming barriers to PA, are still limited. However, the analysis of the project experiences has allowed to identify numerous initiatives that, through the use of technology systems, support PA and the adoption of active lifestyles in elderly.

**Conclusion:** Ours digital society is getting older: the elderly adapts to technology and vice versa. For this reason it's important to think that only the technologies developed together with the elderly are useful to support their daily PA.

**Reference:** Romero N, et al (2010). Playful persuasion to support older adults' social and physical activities. *Interact with Computer* 22, 485–495

## EXAMINATION OF PROSPECTIVE PHYSICAL EDUCATION TEACHERS' PERCEPTIONS TOWARD LEARNING AND NATURE OF KNOWLEDGE

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**Keywords:** Epistemology, Knowledge, Learning, Physical Education

Epistemological beliefs (EB) are explained in relation to the constructivist learning theory and emphasized one of the important component of self-regulation (Braten&Stromso, 2004). Researchers discussed importance of epistemology in education for different subjects such as primary education, math and science education (Belet&Güven, 2011). It is important to understand EB of individuals in order to explicate their perception through learning and knowledge which are basic components of educational process. Moreover, in the perspective of teaching, it becomes more important to understand teachers' epistemological beliefs, as they are guidance of educational process. According to researches beliefs, attitudes and value orientation of teachers are constantly changing (Nash, 2003). Therefore it becomes important to understand how prospective physical education (PE) teachers' EB get shape. The aim of this study is to explicate differences and common points of prospective PE teachers with respect to their gender and the year they attend.

Descriptive survey model was implemented for this study. 148 PE teaching students (NMALE=81, NFEMALE=67) were selected from department of Physical Education and Sport Teaching of four different universities in Turkey. Turkish form of Schomer (1990)'s "Personal Epistemological Belief", has a three-factor structure unlike the original form, was implemented. The first factor is, learning depends on effort (LDE, 18 items). The second factor is learning depends on ability (LDA, 9 items). The third factor is the belief that there is only one unchanging truth (UT, 8 items). Finally, the low scores of the factors were evaluated as developed EB and the high scores were evaluated as non-developed beliefs.

Independent samples t-test revealed that there is no significant differences between male and female prospective PE teachers in terms of EB. For the first factor LDE, Male's (M=32.95, SD=6.06) more developed than female (M=33.42, SD=7.83). In contrast to first factor, for factor LDA female's (M=22.99, SD=5.64) more developed than male's (M=23.92, SD=5.88). Lastly, for the factor UT, Male's (M=28.78, SD=5.54) more developed than female (M=29.65, SD=5.46). One-way ANOVA was conducted to understand differences between the class levels of subjects. ANOVA results revealed a significant differences in LDA ( $F(3)= 5.567, p= .001$ ) and UT ( $F(3)= 3.500, p= .017$ ). Tukey post-hoc analysis indicated significant differences between first graders (M=21.79, SD=4.84) and second graders (M=25.69, SD=6.56), and second graders and fourth graders (M=20.95, SD=5.10), for the LDA factor. Tukey test also indicated significant differences between second graders (M=30.46, SD=5.83) and fourth graders (M=26.05, SD=4.17), and third (M=30.08, SD=6.08) and fourth graders for UT factor.

In conclusion, there were insignificant differences between male and female prospective PE teachers. This finding is controversial to some previous researches conducted on different fields (Belet&Güven, 2011). However, it is important to realize that generally PE students have sport experience, which might affect their EB in their own field. On the other hand second graders have undeveloped EB in LDA, this is probably caused by courses which students required to take in second class and these courses requires ability or previous experience. Finally, fourth graders have significantly developed EB in UT, because of their wider perception caused by educational

process improved their EB. Therefore, it is important to guide PE teacher education students in earlier terms of their education to excel their EB through their educational process.

## **PEOPLE'S LIFESTYLE VARIATIONS AFTER AN INFRASTRUCTURAL CHANGE: A STUDY CASE.**

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**Keywords:** Active lifestyle, stairs, pedestrian path.

**Aim:** The PhD research aims to study the impact of interior and exterior structural changes on people's lifestyle to affect their behaviours with the view to make them more active. The main focuses of analysis are two: new pedestrian path connecting Cassinocentre to University Campus and a creation of motivational artwork on stairs within the Campus main building.

**Method:** The literature review has focused on people's behaviour are influenced after a structural change that affects them. Through observation, it was made a pre and post intervention measurement of the number of pedestrians. The same approach will be applied for stairs whose use will be object of a research-intervention. Until June 2016, follow-up periods will be implemented for both the levels of investigation. All data will be entered in HEAT, tool developed by the WHO with the view to estimate the economic benefits of structural interventions facilitating physical activity through active mobility. An on-line questionnaire and qualitative interviews will be used in parallel.

**Results:** Preliminary data show how, during the observation hours 9-11 a.m., male pedestrians boosted from a daily average of 26.67 ( $\pm 9.65$ ) to 77.59 ( $\pm 10.45$ ), female pedestrians from 76.17 ( $\pm 10.70$ ) to 163.67 ( $\pm 36.13$ ); men taking bus unchanged (33.5 on average) while women decreased from 148.17 ( $\pm 3.49$ ) to 89.68 ( $\pm 18.66$ ).

**Conclusions:** Preliminary Data show a potential effectiveness of the intervention. After the follow-up, the results given by HEAT and by the research on stairs' use, a broader view can be reached. Moreover, data are regarded to induce the Local Authority to further support the enhancement of active lifestyles.

**Reference:** WHO (HEAT) for cycling and walking (2013)

## THE PROBLEM OF AGGRESSION AND FAN VIOLENCE IN MONTENEGRO

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**Keywords:** football, fans, violence.

It was since the ball was kicked for the first time that the love of football began. This love caused passion, and from this passion incidents in and around football stadiums were born. A scandalous ending of the football match between the national teams of Montenegro and Russia, interrupted after two incidents (the goalkeeper of the Russian team Akinfeev being hit on the head with a flare and the captain of the Russian team being hit with metal coins) again brought to the foreground the dark side of the Montenegrin sport. Since the beginning of 2015, in Montenegro, five matches in different sports were marked by riots in the stands and on the field—fans' madness. The image that went around the world from the football match Montenegro—Russia, the goalkeeper Akinfeev hit on the head with a flare and the suspension of the match. This European Championship qualifying round match was suspended due to the repeated hitting of the guest team's captain by hooligans, after at the very beginning of the match the Russian goalkeeper was hit on the head with a flare. Secretary General of the Football Association of Montenegro (FAM) was exasperated after the embarrassment the Montenegrin football and sport in general had suffered, calling the events from the match a catastrophe that must be put an end to. The fan who committed this was sentenced to jail and fined. The question is what about those who organized the match? What is the role of the FAM in this as the organizer of the aforementioned match, no word of criticism was directed towards them by the media, public, sports officials, except that they criticized the fan groups. Why no one from the FAM publicly took the blame on themselves? What about the responsibility of those who run the FAM, who had four months to prepare this match with the police, and they should have learnt from the prior experiences (the matches against England and Poland that were also on the verge of being suspended)? And it is known that the FAM has been financially supporting fans of the Montenegrin national team for years, so that they would not use derogatory chants, criticize head coaches, insult players, presidents, and to make them be polite, but they are constantly working on their own. What is particularly interesting is that, at the regular conference of the Football Association of Montenegro, three months after the match, none of those present, with a single word mentioned the detail that marked the football and the sports year in general in Montenegro – the suspension of the match with Russia in Podgorica. Not even in the form of a courteous reminder, or even as an appeal to the state authorities for help that could be offered to the Association in this not so simple struggle – currently the biggest problem of the Montenegrin football and sport in general – the struggle against hooliganism, was not mentioned. Those who attended the conference of the FAM Assembly would conclude that there were no problems! It seems that in our country there still lacks the required dose of responsibility of the people who run the sport, who even in these situations do not admit their mistakes, but blame others for their mistakes. We like to say that sport is the best Montenegrin brand. Because victories, as well as defeats, are an integral part of the sport, and throwing chairs, fans invading the sports field, shattering all over the place is a reflection of the lack of sports culture and of an uncivilized behavior of a mass. Everyone in Montenegro, not only those who work in sport but all others, must definitely do something to stop the fans' rampage and their invasion into the sports fields.

## THE WALK TO SCHOOL ACTIONS AND PORTABLE DEVICES AS A MEANS TO PROMOTE CHILDREN'S ACTIVE LIFESTYLE

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**Keywords:** children's autonomy, ICT devices, active lifestyles.

**Aim:** The objective of the PhD research is to find ways to enhance active lifestyles in children aged 6-11 through two parallel approaches. The first is to understand their independent mobility on the frame of children's rights. The second studies the role of portable ICT devices while aims to build prototypes for applications motivating to physical activity and to measure the environmental characteristics in their daily routes.

**Methods:** The literature review has focused on children's lifestyles, autonomy, and rights. Moreover, a particular attention has been drawn on the use of portable ICT devices and digital divide.

A questionnaire has been administered to children (n= 699) aged 8-11 and their parents (n= 574) attending three primary schools in Cassino (IT), two of which participated in walk to school projects. The elaboration of the data is on-going. A walk to school program will begin in 2015/16 school year. The development of the prototype application will involve selected groups of children.

**Results:** We hypothesize that these two actions will enhance at least children's motivation to be active. The results will originate from both approaches.

**Conclusions:** The research aims to study the scaffolding effects of the combination of two parallel actions in enhancing children's active lifestyles.

**Reference:**

Prezza M., Alparone F.R., Renzi D., Pietrobono A. (2010). Social participation and independent mobility in children: the effects of two implementations of "We go to school alone". *Journal of Prevention & Intervention in the Community*, 38: 1, 8-25

## **QPE IN CATALONIA, PROMISE AND REALITY: A EUROPEAN REGIONAL PERSPECTIVE**

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**Keywords:** Quality Physical Education, Catalonia, European Curriculum, QPE training, PE subject status.

This poster draws from the “EFQ a Catalunya, promesa i realitat” survey of the situation of Quality Physical Education in Catalonia. The survey was undertaken as a contribution to the “Secondary Education Master’s Degree Final Course Work” and in response to the interest of having a “promise-reality check” on the level of knowledge of the topic by PE teachers. The overall purpose of the survey was to assess the factual implementation of QPE principles in school placements, following the theoretical patterns currently established by many institutions and in order to disseminate the principles among PE teachers and training institutions. A multi-method approach was adopted with analysis of a range of sources comprising on-line questionnaires, interviews, focus group/experts’ intervention qualitative research and comprehensive literature review. PE teachers, PE coordinators, colleges’ principals, PE teachers training professionals from universities, two regional academic organizations and the main regional PE professional governing body were consulted during the process. The pluralistic methods facilitated data collection on regional level about general knowledge of QPE principles, QPE training opportunities for PE teachers and level of acceptance of implementing a QPE European Curriculum to improve PE subject status. Although there are individual developments led by enthusiastic professionals, the “promise-reality check” in Catalonia indicates a low level of knowledge and implementation of QPE principles, a marginal appearance of QPE principles in educational/training initiatives for PE teachers and a minor attention to the main international organisations that publish relevant communications towards the transmission of the topic worth of study.

## **EFFECTS OF “HOPSPORT BRAIN BREAKS” VIDEO EXERCISE INTERVENTION PROGRAM FOR PF AND PASSIVITY IN A PRIMARY SCHOOL LAURA TUMYNAITE**

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### **Keywords:**

**Abstract:** Physical passivity in children raise concern as the majority of children did not meet the health-related level of physical activity (PA) which is closely related with their physical fitness (PF). Digital facilities may help to solve the problem. So, the aim of the study is to assess the effects of “HOPSport Brain Breaks” video exercise intervention program for PF and passivity in a primary school.

**Methodology:** Study included 113 primary school children, grades 1-4, consisting of 62 children in an experimental group and 51 in a control group (Mage = 8.24, SD = 1.10). PF was assessed using the test battery (Fjortoft et al., 2011) pre- and post-intervention. Also twice was measured

passivity using four questions from "Health Behaviour of School Children" questionnaire. The experimental group received Brain Breaks intervention every school day for three months in 5-9 minutes sessions during the breaks.

Results: after three months PF does not improved, but passivity reduced in experimental group comparing with controls ( $p$  is less than 0.05).

Discussion: The results mean that fun and enjoyment, which is the base of Brain Breaks intervention, were important factors for reducing passivity. Studies also show that level of PA is proportionally higher when children are given the opportunity to play active games and experience fun (West & Shores, 2008; Wickel&Eisenmann, 2007).

Conclusions: It may be concluded that Brain Breaks intervention program contributes to physical health of primary school children.

## **THE FREQUENCY OF DEFORMITIES OF OSTEOARTICULAR SYSTEM IN PRESCHOOL INSTITUTIONS IN BANJA LUKA**

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**Keywords:** children, deformities, preschool age

In recent decades osteoarticular deformities have been common among children in the early phase of preschool age more frequently. As equally as in older age, they can lead to serious consequences and timely detection, treatment and monitoring are necessary.

The aim of this research is to determine which deformities of the osteoarticular systems are the most common among children of preschool age and whether a higher rate is present among boys or girls. Therefore, it is our wish to encourage those ones, responsible for this population that is mostly ignored when it comes to physical activity, to think. It is about five-year-old and six-year-old children, randomly chosen. The subject of the study included 100 boys and girls in kindergartens in Banja Luka.

The variables that we will explore are " X " legs and " O " legs (genu valgum - genu vara), scoliosis, kyphosis, body balance, dynamic measurement of pressure foot and postural status of the foot. The instruments that will be used are centimeter ribbon, spine scan (spine scan) and a platform for the foot (footplate currex pressure scan). For the results interpretation the SPSS program will be used.

## VALIDITY OF PEDOMETER DEVICES AND APPLICATIONS FOR STEP COUNTING

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**Keywords:** pedometers, validity, mobile applications.

The last decade's technological advances have spurred a continuously increasing interest in objective monitoring of physical activity with the use of wearable devices. Even though an increased accuracy is important in some lines of research, a balance between precision, feasibility and low-cost monitoring technologies is clearly needed (Welk et al., 2012).

The purpose of this study was to compare the accuracy for step counting between 1 spring-levered pedometer, 2 piezo-electric pedometers and 2 free of charge pedometer applications for Android smartphones, under free-living conditions.

Eleven healthy adults, ranging in BMI from 20.20 to 24.77 kg/m<sup>2</sup>, volunteered to participate in the study. They wore the selected criterion pedometer Yamax SW-200 (SW), which is considered the "gold standard" (Schneider et al., 2004), the Garmin Vivofit (GV), Medisana ViFit (MV), Accupedo application (AC), Pedometer 2.0 application (PD), for a 24-h period. Data were analyzed using descriptive and inferential statistics (repeated measures ANOVA and Bland Altman plots).

Participants took an average of 7707 steps/day according to the criterion pedometer. There were significant differences among the five pedometers ( $F=5.21$ ,  $p=.01$ ). Only the PD counted almost similar steps as the SW ( $F=.57$ ,  $p=.47$ ). The 3 remaining pedometers significantly overestimated counted steps, with the AC application been the least accurate ( $F=11.92$ ,  $p<.01$ ).

The Bland Altman plots revealed the narrowest 95% limits of agreement for AC (difference=2592 steps), lower values for GV (dif=1433 steps) and MV (dif=1325 steps), and the lowest values for PD (dif=517 steps).

The results of the present study showed favorable outcomes for the estimation of steps per day for the PD application in healthy and normal weight people. The two piezo-electric pedometers (GV - MV) appeared to give similar values, however these values constantly overestimated step counting compared with the criterion pedometer. The AC application provided the largest error for estimation of step counting, showing poor validity. Taking into account the free cost and feasibility of the PD application, the results demonstrate good potential for future use in various free-living settings.

### References:

Schneider, P.L., Crouter, S.E., & Bassett, D.R. (2004). *Medicine and Science in Sports and Exercise*, 36, 331-335.

Welk, G.J., McClain, J., & Ainsworth, B.E. (2012). *Medicine and Science in Sports and Exercise*, 44(Suppl. 1), S39-49.

## **PREVALENCE OF OVERWEIGHT AND OBESITY AMONG SERBIAN YOUTH: A STUDY IN A REPRESENTATIVE SAMPLE OF 9–14-YEAR-OLD CHILDREN AND ADOLESCENTS**

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**Keywords:** childhood obesity, body mass index, elementary school, students, sex.

This study was designed to assess the prevalence of overweight and obesity schoolchildren in Serbia, based on the data collected from the representative sample from schools randomly selected from all school districts in Republic Serbia. The sample consisted of 12476 schoolchildren (boys n= 6309 and girls n=6167, age 9 to 14 years) who at the time of the study (2013) attended primary schools on territory of the Republic of Serbia. The body-mass index cut-off points of the International Obesity Task Force were used to identify the prevalence of overweight and obesity. The present study has indicated that the overall prevalence observed in the whole sample was 24.8%, of which 19.8% were overweight, and 5.0% were obese schoolchildren. Moreover, a higher prevalence of overweight and obesity has been revealed in boys (27%) rather than in girls (22.4%), in all age groups. These high prevalence trends should be accepted as a warning sign and strategies that promote healthy weight among children and adolescents should be adequately developed and applied.

## **PHYSICAL ACTIVITY AND SELF-PERCEPTION NORMAL WEIGHT AND OVERWEIGHT SCHOOL STUDENTS**

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**Keywords:** schoolchildren, BMI, self-perception, physical activity

The purpose of this study was to examine the differences in self-perception physical competences and participation in physical activity among elementary school students according to their gender and weight status. The sample consisted of 417 school students (188 girls and 229 boys) aged 13–14 years from two schools in Belgrade. The body-mass index cut-off points of the International Obesity Task Force were used to identify the prevalence of overweight and obesity. Physical activity was assessed using the Physical Activity Questionnaire for Adolescent (PAQ-A). Self-perceptions was measured by Physical Self-Description Questionnaire (PSDQ). The findings of this study found that boys were more active than girls. Girls had significantly lower self-perception than boys. In addition, overweight children reported lower self-perception than normal weight children, but there were no differences in physical activity. The results of this study indicate that low physical activity might be a more important factor in propagation in girls than boys, at least in early adolescent period. Optimal effects of programs designed for the development of more positive physical self-perception and a higher level of engagement in sport and physical exercise of overweight adolescents are expected if teachers respect adolescent interests in specific sports activities

**KINESIOLOGY ACTIVITIES AND CONDUCT OF STUDENTS, FUTURE PRIESTS****Draženko Tomić, Ivan Prskalo.**

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This research determines the health related habits of students, future priests and monks. The case study respondents live in the same institution and attend higher Catholic theological colleges in Zagreb. The questionnaire examined their kinesiology activities, eating habits, attitudes towards smoking... The respondents were 24 years old in average, without any serious health problems. 38% do not smoke, and the same percentage are casual smokers. The same percentages apply in regard with the use of alcohol. 76% take part in weekly kinesiology activities (mainly football), 33% exercise or take long walks every day. Comparing these and the results obtained by those from relevant studies on the habits and behavior of students of the University in Zagreb, it is observed that the candidates for priesthood are significantly less inclined to use alcohol or smoke than their peers, while in regard with other habits the results are equivalent to the results obtained from the students' population in general.

**PHYSICAL EDUCATION IN EUROPE****Vilko Petric, Dario Novak, Marita Ukic.**

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The primary aim of this study was to determine the total number of compulsory PE lessons per year of selected EU countries. The second aim was to determine some differences between certain EU countries. We used a descriptive statistics and Student t - test for dependent samples. Our analyses are indicating that France (1080 hours) and Hungary (1064 hours) have the highest total number of compulsory PE lessons per year with more than 1000 hours, while Ireland (398 hours), Turkey (408 hours) and Latvia (416 hours) have the lowest with approximately 400 hours per year. We also found some differences between the total countries sample. They also differ when looking at fixed ( $p = 0.00$ ) and flexible ( $p = 0.00$ ) PE lessons. It can be seen that the compulsory physical education in European Union is highly heterogeneous in terms of total annual number of PE lessons. There are some counties that have recognized the importance of PE and its relationship with children's health and overall wellness, but the vast majority of them didn't. We should continue to build a body of research, develop and implement high-quality PE programs with the aim to educate the people about the importance of PE. Only with a PE as the mandatory school subject with enough lessons per year we can contribute the health and well-being of the entire population, especially children.

## THE NEW TECHNOLOGY AND PHYSICAL EDUCATION

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Vu les avantages et les apports qu'elle présente, l'implantation des technologies de l'information et de la communication, dans le secteur de la formation des futurs enseignants d'éducation physique et dans le secteur d'enseignement, est devenue une nécessité et une exigence professionnelle. Le ministère de l'éducation nationale -MEN- et de la formation professionnelle a fourni des efforts considérables en terme de ressources matérielles et humaines. Il a pu, d'une part, fournir des établissements scolaires en outils informatiques, et d'autre part valider et encourager toutes productions numériques, or, les objectifs déclarés ne sont pas encore atteints.

Quelles sont donc les possibilités que nous pouvons offrir ?

Quelles sont les stratégies de formation -dans les CRMEF- que nous pouvons mener ?

Quels sont les impacts ou les perspectives que l'on peut souhaiter?...?

En tant que formateur au CRMEF, nous étions dans l'obligation de mener des expériences et des projets numériques ou de formation et plus précisément au cours des situations professionnelles (stages pédagogiques). Notre stratégie s'appuyait essentiellement sur la conception, la mise en application, et l'évaluation des plateformes numériques produites en vue de les rendre plus opérationnelles, fonctionnelles, et surtout plus accessibles. Nous allons essayer, à travers notre participation, de décrire les expériences que nous avons menées (l'évaluation des activités physiques) et stratégies que nous avons tracées (formations aux TIC), les applications numériques (accessibilité dans le milieu scolaire) que nous avons pu produire, et les perspectives souhaitées.

## SMOKING AND NICOTINE ADDICTION AMONG YOUNG ATHLETES

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**Keywords:** young athletes, smoking, passive smoking, FTND

Smoking is a matter of public health. Almost 5 million deaths per year are connected with smoking. The health of the general population as well as the economic damage have all encouraged a strong anti-smoking campaign.

The purpose of this research was to determine the habits connected to tobacco consumption in young athletes and their exposure to tobacco smoke in their environment.

The research was conducted on 113 active male athletes, students at the Faculty of Kinesiology, University of Zagreb (21 years of age on average). FTND questionnaire was used to assess nicotine addiction and six questions related to smoking exposure were added. The respondents were acquainted to the study's goal, the way of completing the questionnaires and the way in which their data was protected. The Ethical Committee for the Use of Human and Animal Subjects in Research of the Faculty of Kinesiology, University of Zagreb, provided ethical approval for the study. The data were analyzed with the software package STATISTICA for WINDOWS.

The research sample showed that 30.7% of young athletes smoke cigarettes, making the average rate very high. But only 9.7% of the population are regular smokers, while 21.2% of the population are occasional smokers. Over 90% of occasional smokers smoke less than 10 cigarettes on those occasions when they are engaged in smoking.

The average FTND value among regular smokers is 2.72, which indicates a small nicotine addiction and not one case of extremely high tobacco addiction was noted. Only 1.7% of tested subjects can be considered highly addicted.

76.1% of young athletes were exposed to cigarette smoke in their environment in a period of seven days before research was done. It can be concluded that passive smoking is still a great problem.

## **SPORT AND DEVELOPMENT: A CRITICAL ANALYSIS OF A CASE-STUDY**

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**Keywords:** sport and development, project effectiveness, social research, mixed qualitative method.

Sport-based projects are increasingly recognised as effective tools for addressing a variety of objectives such as: peace-building and conflict resolution, social inclusion, non-medical approach to overcome traumas, economic development of local communities, etc.

The claims made about sport as a vehicle for promoting peace and development (i.e. UN declarations 58/5, Magglingen declaration) are often made with enthusiasm, but still there is a lack of robust evidence that clearly demonstrates the real effect of such a kind of projects as part of international development work. This paper wants to offer a contribution to the debate by reporting the results of an in-depth analysis of a project implemented by the "Centre Sportif Camerounais" in Cameroon. To the purpose a mixed qualitative method design was employed. Face-to-face interviews were undertaken with a purposeful sample (n= 30) of participants, selected to provide a diversity of age, gender and cultural backgrounds. Focus-group (n=3) were undertaken with project managers (n=10), activity leaders (n=8) and volunteers (n=10). Direct observations of the activities (n=10) were undertaken in combination with an in-depth analysis of the social and cultural background in which activities were implemented

## DESCRIPTIVE ANALYSIS OF PHYSICAL TRAINING CURRICULA FOR SECONDARY SCHOOL STUDENTS OF IRAQ AND RUSSIA

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**Keywords:** curriculums, secondary school, Physical Training, Russia.

**Introduction:** Comparison of curricula of different countries is one of the methods of assessment and promotion of Physical Training in secondary schools. This work includes comparative analysis of Physical Training curricula for secondary schools of the Republic of Iraq and the Russian Federation.

**Methods applied:** literature observation, analysis of the curricula with respect to 5 issues: definition of objectives (special features of the curriculum objectives definition), curriculum structure, specific character of the curricula (distinctions of the curricula), regulations, basic trend of Physical Training classes. 115 sources were totally studied, inclusive of a curriculum of the Republic of Iraq (2012) and two curricula of the Russian Federation (2006, 2013).

**Results:** Data on similarities and distinctions of the components of Physical Training curricula in question for secondary schools of the Republic of Iraq and the Russian Federation have been received.

**Discussion:** Years ago Physical Training curriculum for the Iraqi secondary school students was considerably influenced by other countries, and, nowadays, it is based on the national spirit and its own vision of the subject in view of the up-to-date conditions.

**Conclusions:** Russian curricula have a precise definition of their objectives, structure, coverage of a physical training process. The Iraqi curriculum trends to make the content of a curriculum for physical and mental development of secondary school students, universal.

## CIRCUMSTANCES THAT IMPOSE NEW FLEXIBLE APPROACHES IN CONTEMPORARY SCHOOL PHYSICAL EDUCATION

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**Keywords:** movement culture, PE content, disabled pupils

**Introduction:** Since the 70s of XX century body received a new special attention and entered the scene of social sciences. Boom in the academic researches concerning human body are registered in most of the countries. To the beginning of XXI century the new body awareness by and by starts to be connected with its well-being and questions about its health and hygiene, illness and curing. Evident starts to be the role of the motor and movement culture closely connected with the regular physical activity of people.

The only school subject closely connected with body but with its spirit too is physical education. Nowadays seeking full effectiveness of school physical education in all decisions connected with

its tasks, purposes, content, methods to conduct, etc. one has to use the proved in the scientific sphere humanistic, holistic and integral approaches. In methodology of physical education the apogee is reformation in school physical education for lifetime physical activity.

**Material and Methods:** The paper is based on theoretical and methodological researches on nowadays status of school physical education in Bulgaria and the emerged contradictions in the lifestyle of the new so called Z generation who does not know a world without the Internet, cell phones or iPods. On the other side is the growing physical inactivity of children and young people leading to unhealthy way of living and increased number of obese pupils or pupils with spinal curvatures, cardiovascular diseases, myopia, high blood pressure, etc. Statistics show that (a) only one third of the children and youth aged 7 to 19 are vigorously active, (b) physical activity declines dramatically with age during adolescence, and (c) female youth are much less physically active than male youth (Peneva&Ivanova, 2014). In support are used also the results of the studying of other usually young Bulgarian researches in the sphere of physical education.

**Results:** Periodically are done state's reforms in the field of physical education. But do they really lead to the expected results and effectiveness? What about disabled children in the general schools?

**Conclusion:** This paper is a critical view on content and evaluation in school physical education in Bulgaria.

## TEACHING BADMINTON AT SCHOOLS THROUGH GAME BASED APPROACH

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**Keywords:** badminton, didactics, teaching approach, girls.

Game based approach (GBA) is a holistic teaching practice that simultaneously provides for cognitive, affective and physical learning. It is based on simultaneous learning of technique and strategy mainly in modified games. To prove its effectiveness in teaching badminton an experiment with two female groups (3rd grade at the gymnasium; n=11, resp. n=9) was carried out within 8 PE classes. The experimental group (n=11) was taught by GBA, the control group (n=9) by traditional (technical) approach. As the result of teaching the game performance character (match or recreational game) and the occurrence of learned shots in match were assessed. A test of differences between proportions was used to assess the data. The significance level was set at 5 %. Both groups completed 8 lessons of basic badminton course previous year. At the beginning of experiment there were between group differences in playing forehand and backhand shots. Control group played more forehand shots, the experimental group play more backhand shots ( $p < 0.01$ ). At the end of the experiment the girls of experimental group played less overhead forehand drop shots ( $p < 0.01$ ) in favor of overhead backhand drop shots and smashes ( $p < 0.01$ ). There was a significant increase in recovery to center court and smash returns ( $p < 0.01$ ). On the contrary the girls of the control group played to the end of experiment more overhead forehand clears et the expense of overhead and underhand backhand clears ( $p < 0.01$ ). There was also an increase in smashes ( $p < 0.01$ ). Regarding the intergroup differences the experimental group played significantly more overhead and underarm backhand clears, smash returns and recovered more to the center court ( $p < 0.01$ ) than the control group. The control

group played significantly more overhead forehand clears than the experimental group (about 24 %;  $p < 0.01$ ). There were no many differences in using different types of serve between the groups. The experimental group used more the low backhand serves than the control group ( $p < 0.01$ ), the control group served more high forehand serves than the experimental group ( $p < 0.01$ ). In both groups more than 55 % of serves were served tactically. The girls from experimental group were able to use more learned shots than from control group. All the girls taught by GBA played a match whereas 2 girls taught by technical approach did not, and still played recreational badminton. Results indicate better efficiency of GBA in teaching badminton at schools than the traditional approach.

The study is part of VEGA 10386/13 “Learning effects of different teaching approaches to sports games in relation to gender, age and game experience.”

## THE PHYSICAL EDUCATION IN SOUTH AMERICA

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**Keywords:**Advanced, Update.

Vice-FIEP for South America were:

1969 - 1980 - Jair Ramos Jordao São Paulo / Brazil

1980 - 1991 - Targa Jacintho Francisco - Porto Alegre / Brazil

1992 - 1999 - Dr. Manoel José Gomes Tubino - Rio de Janeiro / Brazil

2000 - Dr. Jorge Diaz continued Otañez - Cordoba – Argentina

Introduction; This work is done in order to understand the importance of knowing my own country and others that make all of South America, to know their realities in Physical Education

Methods; Historical – descriptive

Results; Most countries have two hours a week of practice of physical education in both elementary schools and higher.

Discussion; the importance in the development of physical education with similar characteristics in all countries of South America.

Conclusion: The 10 countries that make up the region called South America without; Argentina, Bolivia,

Brazil, Chile, Colombia, Ecuador, Paraguay, Peru, Uruguay And Venezuela.

In all there are National Delegates or General FIEP in each of the countries. Elementary or both basic and secondary or Middle Level Schools are given 2 times a week classes one hour weekly.

In all countries of South America there Vocational Schools of Physical Education Teachers in a range between 6 and 524 houses of formation.

In all countries of South America are places of training physical education teachers. Historically, no doubt, Brazil is the country in Latin America that leads the movement widely FIEP in the world, supported by Argentina, Bolivia, Chile, Peru, Colombia and Paraguay.

Lack even some South American countries joining achieve decidedly to take action for the benefit of physical education in their respective places.

## **HIPPOTHERAPY IN PHYSICAL REHABILITATION**

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**Keywords:** handicapped persons, hippotherapy, physical rehabilitation.

Culturological, psychological, pedagogical and medical interest in human interaction with a horse has been persistently preserved in the world culture. The purpose of physical rehabilitation with use of hippotherapy is psychological integrity and social integration of a person with physical, mental or psychological disturbances. Numerous aspects of horse riding are used as a pedagogical method for individuals, unable to cope with difficulties or its consequences without assistance. The effect of hippotherapy trainings on horse riders' physiological body systems, psychoemotional status and bioenergetic balance in the “rider – horse” system has been studied at the department of medicobiological basics of physical culture of Belgorod State University for several years. The most essential and statistically significant divergence was revealed in the study of cardiorespiratory, vegetative and vestibular parameters optimization of muscle tone, changes in emotional background and energy balance of children with marked infantile cerebral paralysis. Some tendencies to improvement of the studied indices in children with the compensated type 1 diabetes are marked. Thus, hippotherapy is a world widely practiced, noninvasive, nonmedical technology, useful not only in correction of physical troubles and defects, but also rendering a unique effect on all body functions.

## **SCHOOL PROJECT OF MINI-BASKETBALL**

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**Keywords:** Mini-Basketball, children, development, planning, play

You want to create a space for children between the ages of 4-12 years of age have the possibility of basketball oriented according to their physical and mental potential activities.

As physical education teachers understand that children of this age, they need to get into the sport, according to their psychomotor development, consistent activities, primarily through different methodologies should help to develop their body schema. We must not forget that all

teaching is done through a gradual process which cannot be met if a stage has not yet been completed earlier.

The evolution of child development can be defined by functional levels that are called phases or stages. There are cognitive differences at different stages, from preschool and school age, from the point of view of thinking, different occurs when the child begins to develop and master a cognitive system that allows you to organize and better targeted on the environment surrounds, this occurs at the ages of 6-7 years. In the period of 5-6 years the possibility of postural and respiratory control and the final statement develops laterality. Play, move and learn form a trilogy of irreducible creative force, generating growth of child and adolescent, at all levels of being. The natural instinct to browse through the game becomes small children, ages in this project is, in a restless search for new motor experiences, most of them socialized, inserted in a world of physical culture today, which basically takes shape sports game or just sports.

The mini basketball should be massive and not selective, treat that as many boys practice this game and not only those with higher fitness.

Adults must understand fundamentally that the mini basketball is not an end in itself, is not looking for perfection.

I believe that the mini is a way to develop sports skills not only in small, but values that allow training and education through sport.

Coaches must work with vision, educate them in the basketball and not instruct them, believe that the purpose of the game is not to win but to progress individually and together Conducting an annual planning deemed necessary by setting targets aimed not only to technical improvement but also the guys that includes objectives related to the understanding of the game and everything about living together in a sports group.

This planning is carried out according to the results shown by carrying out an assessment of the infrastructure, amount of material, sports group level, availability of schedules, etc.

Annual planning must have objectives that we pursue with the group, the offensive and defensive technical and physical education content to develop conseguirlos.- It is important to include the frequency of assessment and support resources that we can use throughout the year and that will complete the process of teaching.

Monthly planning: Once the diagnosis and taking the annual planning, we will make the monthly schedule, it will overturn all content that we will in this period.

Daily schedule: In our daily planning will overturn all content give in training, exercises that use the warm-up, which will discuss foundations for teaching, with exercises and time we assign to each of them, type of game and at which point we will emphasize our indications).

The class has to be a unit and not all content taken down to be unrelated. It is important to remember that coaches top teams trained to improve efficiency and mini-basketball teachers work to improve efficiency.

## THE HUMAN GAMES

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### Keywords:

One of the main differences I found among adults and children is that children put the sense of real life on everything they touch. They can transform a simple wooden stick into a plane or a ship. That natural behaviour is full of magic and anything they do or anything they see brings along the wonder of fantasy.

Absolutely everything gets involved and integrated in their world of fantasy enhanced by the power of their dreams and imagination.

Any object or activity that adults get involved with is equally leveled when magically touched by the imagination of a child.

Our brain turns every object into something perfectly shaped. When we think about a table, for instance, we hardly picture it broken or damaged; we do indeed imagine it on real and perfect dimensions. Children on the other hand see or imagine things on a different way. They picture or see a box and on their brain and it could easily be transformed into a nice spaceship.

Every object on a child's perspective turns into life covered in hues of magic and fantasy. Adults on the other hand have a different approach on their relationship with the objects that surround them.

Games also are involved with mystery. Playing or practising them ease and facilitate the learning process, not only because it is fun but also because it is connected with pleasure, acceptance and freedom of choice.

Embracing these concepts and ideas is that I decided to develop and work on the Human Games.

In my observations, I noticed that games are played or practised, in many occasions, without a purpose. Many times we just play them almost automatically. It is my idea to break the discipline of the games, to convey a different way of playing them.

Let me to highlight an example. The game called TA-TE-TI. Here we only move the pieces. But what about being us the pieces? We would then be able to appreciate the way the game turns into something completely different. We'll be putting different ways of interacting as well as including emotions. What would the new strategies be? What would the emotions be when seeing us being the winners? The outcome of the game may then be relative and what count the most are the new experiences and the richness of playing a game being us the parts involved.

Inspired on this idea is that I decided to implement and work with my class. I and my students would be the parts and pieces of any games involving a board, tokens, etc. All the materials needed for the game are designed and shaped at a human scale. It is surprising the way emotions, movements and strategies are put in place when it is us playing the games.

Games and the way we play and interact with them is a wonderful way of exploring the world. It allows us to release and feel our freedom. It allows us to be more creative. It turns us into being more humans.

## **TAEKWONDO ET INTERET DE LA PUISSANCE MAXIMALE AEROBIE POUR LA PROGRAMMATION DES ENTRAINEMENTS.**

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**Keywords:** Taekwondo, Puissance Maximale Aérobie, Entraînement, Sport de combat

Le taekwondo est un sport de combat qui s'est développé de l'art martial traditionnel au sport olympique. Le nombre de pratiquants à travers le monde est évalué à plus de 50 millions (Hornsey, 2002; Kim, 1999), répartis sur 179 pays (World Taekwondo Federation, 2006). Cette évolution a inévitablement imposé aux athlètes de ce sport de combat plus de contraintes pour devenir plus performants pendant la compétition (Heller, 1998). Toutefois, les méthodes d'entraînement n'ont pas suffisamment progressé pour répondre aux nouvelles exigences d'un sport de haute technicité dont les performances reposent sur des déterminants complexes.

L'intensité de l'entraînement en taekwondo n'est pas évaluée en fonction de la vitesse de course ou de pédalage mais en fréquence de coups. Une intensité serait donc fonction du nombre de coup de pieds, de poing ou de leur combinaison par unité de temps. On cherche à former un combattant rapide pour exploiter les occasions de marque dès qu'elles sont identifiées mais aussi pour esquiver ou contre-attaquer une action de l'adversaire. Par ailleurs, pour cet art martial, aucune étude n'a porté sur les modalités d'évaluation de la PMA par des tests spécifiques au taekwondo. Cette donnée physiologique permettra de planifier l'entraînement des sportifs de haut niveau qui, ne présentant pas de problèmes techniques, ont besoin d'un suivi médico-sportif individuel pour personnaliser leurs programmes d'entraînement, optimiser leurs performances afin d'atteindre un niveau d'efficacité les favorisant pour le gain d'un combat. Une méthode ou un test qui permettra de rationaliser la programmation des entraînements de ces sportifs et qui prend en compte les déterminants de la performance sportive selon la spécificité de cet art martial olympique.

## LA PERFORMANCE SPORTIVE

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La performance sportive, de par la fascination et l'engouement qu'elle suscite notamment à travers le spectacle sportif de plus en plus sophistiqué, avec des mises en scène de plus en plus impressionnantes, de par les limites humaines qu'elle contribue incontestablement à repousser continuellement depuis la nuit des temps, mérite la réflexion et surtout d'être décortiquée de multiples façons pour en faciliter la compréhension et partant le progrès.

Elle est généralement définie selon son aspect chiffré qui constitue en fait le mode de départager un ou plusieurs adversaires ou la façon de hiérarchiser le résultat de chacun par rapport à un ensemble pratiquant un même exercice selon les mêmes règles et dans un environnement autant que possible identique pour tous. Mais la performance sportive n'est-elle que cela?

N'est ce pas là, seulement, l'aspect apparent de ce processus de production humaine de l'effort physique?

La performance sportive n'est-elle pas avant tout un *process* beaucoup plus profond pour ne pas dire plus compliqué et davantage complexe?

Pour en comprendre l'ensemble du contour, l'approche proposée est celle d'aller au plus profond des choses. Celle de décortiquer l'ensemble de ce qui est à la base de la performance sportive: Ce qui la détermine et en constitue les facteurs favorisants dans un effort de compréhension; pour ensuite aboutir à une définition qui rendrait davantage au concept son sens et la profondeur de son contenu.