

**STUDY ON THE MOTOR LEVEL ON 5 TASLIPUP EDARG ht  
SECONDARY SCHOOL Nr.1 SUCEAVA**

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**Keywords:** study, motor level, secondary school

**Abstract:** In conclusion, the motor level refers to the stage in which an individual was in terms of movement. We must take into account that the movement skills are formed both in the practice of life and in the specially organized training process. The movement habits of training in daily life (of course I refer mainly to children) appear as a result of long repetition of some movement actions such as: walking, running, jumping, throwing, more precisely the basic motor skills. In the process of training within the school they are modeled, perfected and according to the requirements imposed by the school syllabus, new very varied skills are formed, specific both to the requirements of practicing the different branches of sport (technical procedures) and to performing other actions. of movement, subordinated to the achievement of the objectives of physical education.

**Introduction:** In order to be able to determine the motor level of a group of students we must observe the components of the whole instructional-educational process which refers to: the basic elements that make up the unit of its content, materialized in the specialized knowledge, harmonious indices of morphological and functional development of the organism, skills and skills of movement, motor qualities as well as the content elements of the other aspects of education. [1] Rață Ghe., Rață G. (2008) Therefore, in this case we are interested in the harmonious development of the pectoral locomotor system and of the other systems and devices of the body and especially of the circulation and breathing. [3] Bratu I. (1985) Mastering a rich knowledge system contributes to the faster formation of movement skills and skills. [2] Gîrleanu D., Firea V.(1972)

**Material-method.**

The research was carried out during the school year 2018 - 2019 on a favorable time on the sports field, and during the winter, in the gymnasium at the Gymnasium School no.1 in Suceava, in the 5th grades

with a staff of 27 students, of which 13 boys and 13 girls and V-B, with 25 pupils, of which 11 boys and 14 girls.

### **Clasa a V- a A, băieți**

Nr crt	NP	N (s)	F (nr. rep.)	AMO (m)	G (nr. rep.)	SLL (m)	RTCD (nr. rep.)	ETCF (nr. rep.)	AR (m/s)	FTA (cm)	T M (Grade) D/S
1	A. A.	17,32	20	19	31	1,42	29	43	4,08	+6	225 200
2	C. V. P.	17,4	13	23	31	1,77	20	79	3,56	-1	340 300
3	C. V.	18,4	15	15	40	1,67	30	53	4,20	-7	225 220
4	D. E.	18,3	15	15	37	1,25	21	56	4,11	-7	180 160
5	G. N.	17,2	15	17	39	1,40	27	66	4,20	-10	190 200
6	G. B.	18,3	6	24	35	1,75	30	52	4,16	-3	270 250
7	H. A.	17,2	17	13	40	1,62	23	60	3,42	-17	315 300
8	O.G.	18,2	20	15	41	1,53	32	115	3,45	-6	225 245
9	P. I.	18,8	12	12	49	1,79	22	59	4,01	+5	315 320
10	U. L.	16,5	35	27	46	1,50	38	81	3,30	+9	360 300
11	Z. A.	17,2	13	23	34	1,82	27	54	4,07	-12	190 180
12	R. C.	18,3	15	19	36	1,45	28	50	4,26	-4	180 180
13	M.V	18,4	20	14	38	1,45	23	70	3,78	+7	315 300

Parametrii	N (s)	F (nr. rep.)	AMO (m)	G (nr. rep.)	SLL (m)	RTCD (nr. rep.)	ETCF (nr. rep.)	AR (m/s)	FTA (cm)	T M (Grade) D/S
<b>MA</b>	16.54	15.43	16.86	35.50	1.46	25.00	59.86	3.61	-2.86	225.36
<b>AS</b>	7.71	8.08	7.61	1.39	12.74	4.89	6.73	12.02	14.18	61.89
<b>CV%</b>	19.44	20.37	39.53	3.51	32.11	12.33	16.96	30.30	35.73	156.00

### Clasa a V- a A, fete

Nr crt	NP	N (s)	F (nr. rep.)	AMO (m)	G (nr. rep.)	SLL (m)	RTCD (nr. rep.)	ETCF (nr. rep.)	AR (m/s)	FTA (cm)	T M (Grade) D/S
1	A.I.	19.32	13	14	40	1,45	36	31	3,39	+4	225 200
2	A. I.	19,3	19	13	48	1,40	42	40	3,18	+2	270 250
3	B. I.	19,8	20	8	44	1,30	31	50	4,00	-3	270 300
4	B. C.	18,6	15	11	46	1,38	40	28	4,12	+9	315 300
5	C. F.	18,9	21	18	46	1,40	25	50	3,53	+15	190 200
6	C. R.	17,57	20	15	100	1,30	45	79	2,54	+7	225 250
7	C. D.	18,54	21	14	45	1,40	35	75	3,29	+10	315 300
8	G. E.	19,71	6	13	40	1,68	36	45	3,51	-5	315 300
9	H. M.	18,2	20	15	36	1,20	35	52	3,24	+5	225 240
10	I. A.	19,31	10	14	40	1,30	45	76	3,55	-5	315 300
11	M. A.	19,56	20	12	60	1,60	40	100	4,12	-2	270 240
12	L. A.	20,1	8	18	32	1,45	35	52	4,34	+3	180 200
13	R. A.	18,53	7	11	31	1,46	20	43	3,43	+13	225 200

Parametruii	N (s)	F (nr. rep.)	AMO (m)	G (nr. rep.)	SLL (m)	RTCD (nr. rep.)	ETCF (nr. rep.)	AR (m/s)	FTA (cm)	T M (Grade) D/S
<b>MA</b>	19.03	15.38	13.54	43.38	1.41	35.77	55.46	3.56	4.08	252.31
<b>AS</b>	8.72	8.06	6.61	2.39	11.74	5.87	7.73	12.08	34.20	51.59
<b>CV%</b>	20.34	20.37	34.53	3.51	30.11	14.33	14.96	29.30	34.72	156,00

### Clasa a V- a B, băieți

Nr crt	NP	N (s)	F (nr. rep.)	AMO (m)	G (nr.)	SLL (m)	RTCD (nr.)	ETCF (nr.)	AR (m/s)	FTA (cm)	T M (Grade)
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					rep.)		rep.)	rep.)			D/S
1	A. A.	22	15	21	31	1.03	18	32	4,32	-1	D:90 S:90
2	C.A.	18,15	7	23	107	1.50	30	32	3,26	+2	270 250
3	C. E.	18,7	15	31	52	1.60	44	45	3,54	+7	315 300
4	G. C.	18,30	21	20	104	1.38	46	43	3,20	-9	270 220
5	G. L.	18,4	23	23	55	1.60	54	33	3,45	-14	180 200
6	V.I.	20	23	27	47	1.30	32	43	4.1	-3	250 200
7	H. C.	17,95	10	22	61	1.32	54	36	3,42	-7	340 300
8	L. M.	17,99	4	32	27	1.30	24	38	4,12	-16	315 320
9	N. G.	18,6	29	24		1.55	65	39	3,36	+5	320 270
10	Ş. P.	21	5	21	46	1.40	23	40	4,44	-17	140 100
11	H..M	19,45	9	28	53	1.72	55	39	3,55	+6	409 340

Para-metrii	N (s)	F (nr. rep.)	AMO (m)	G (nr. rep.)	SLL (m)	RTCD (nr. rep.)	ETCF (nr. rep.)	AR (m/s)	FTA (cm)	T M (Grade) D/S
<b>MA</b>	15.06	11.50	19.43	41.64	1.12	31.79	30.00	2.91	-3.36	185.00
<b>AS</b>	6.15	7.34	4.69	2.71	10.80	0.57	1.17	10.20	12.29	50.50
<b>CV%</b>	18.35	21.89	3350.96	8.09	32.22	1.71	3.49	30.44	36.67	150.69

### Clasa a V- a B, fete

Nr cert	NP	N (s)	F (nr. rep.)	AMO (m)	G (nr. rep.)	SLL (m)	RTCD (nr. rep.)	ETCF (nr. rep.)	AR (m/s)	FTA (cm)	T M (Grade) D/S
1	A. L.	20,1	7	5	19	1.10	27	27	4,21	-3	180 120
2	S. A.	23,51	8	12		1.00	18	16	4,44	-8	180 120
3	S. R.	20	8	24	41	1.42	30	36	2,54	+4	280 240
4	S. C.	18,54	22	9	60	1.30	40	41	3,10	+10	270 250
5	S. G.	18,45	6	23	50	1.52	35	38	3,12	+14	340 270
6	S. A.	19,25	30	12	70	1.46	38	32	3,35	+10	320 300

7	Ş.M.	19,54	22	14	61	1.30	45	66	3,40	+12	270 250
8	C. A.	18,01	29	19	68	1.42	31	31	2,54	+11	315 300
9	C. A	18,74	5	18	30	1.50	36	32	3,43	+4	225 180
10	C. I.	19,23	14	18	15	1.20	23	31	3,55	0	285 230
11	M-R. Ş.	20,6	10	13	35	1.00	19	42	4,34	+10	180 160
12	B. M.	19,35	23	16	70	1.30	33	34	2,54	+18	240 200
13	B. G.	18,97	5	17	50	1.30	30	32	3,45	+3	360 300
14	B. B.	18,05	20	14	32	1.40	37	33	2,51	+13	320 270

Parametrii	N (s)	F (nr. rep.)	AMO (m)	G (nr. rep.)	SLL (m)	RTCD (nr. rep.)	ETCF (nr. rep.)	AR (m/s)	FTA (cm)	TM (Grade) D/S
MA	19,46	13,36	15,29	42,93	1,30	31,57	35,07	3,32	5,43	227,86
AS	6,70	8,73	8,09	1,12	12,75	2,66	1,50	12,08	11,38	62,77
CV%	16,94	22,08	3955,84	2,84	32,24	6,73	3,78	30,53	28,76	158,67

**CAPTION:**

**NP – Name**

**N – Running 5x10m**

**F - Pushups**

**AMO - Throwing the ball**

**G - Squats**

**SLL – Long jump place**

**RTCD - Lifting the trunk from the back**

**ETCF - Extension of the trunk from the face**

**AR – Resistance running**

**FTA - Bending of the trunk from the seated**

**TM – Matorin Test**

**MA - Arithmetic mean**

**AS – Standard deviation**

**CV – Coefficient of variability**

**Conclusions:** After obtaining the results of the motility tests we observe that the boys in the 5<sup>th</sup> class have obtained better results in running resistance, in floating, in long jump on the spot, in the shuttle, in the extension of the trunk from the face and to The Matorin test. I remember that these boys are taller and have a higher weight than their colleagues from 5<sup>th</sup> B although they are the same age. The students from 5<sup>th</sup> B obtained better results than those from 5<sup>th</sup> A when throwing the ball of ball in place, when lifting the trunk from the dorsal cradle to genoflexions and at the trunk flexion. Thus, we can see that, from the point of view of the number of tests “won”, the better developed students have won with a significant advance especially in certain tests such as the Matorin Test which has as objective the measurement of the general coordination and the balance or extension of the trunk from Dorsal lying which is a test of strength. However, the students in the 5<sup>th</sup> grade, the shortest and lightest in weight, obtained very close results from those in 5<sup>th</sup> A for strength tests, but not for speed or coordination. In the case of girls, the highest, the lowest and the lowest in age, have achieved visibly better results. The students of the 5<sup>th</sup> class A are noted for the resistance run, the extension of the trunk from the face and the lifting of the trunk from the back, the long jump, genoflexions, flotations and the Matorin Test. Girls in 5<sup>th</sup> grade B who are heavier and older in age have achieved better results only at the shuttle, at the throw of the ball and the flexion of the seated trunk.

### References:

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**STUDIU CONSTATATIV PRIVIND NIVELUL MOTRIC AL  
ELEVILOR DIN CLASA a-V-a DE LA ȘCOALA GIMNAZIALĂ  
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**Keywords:** studiu, nivel motric

**Abstract:** În concluzie, nivelul motric face referire la stadiul în care se află un individ din punctul de vedere al mișcării. Trebuie să ținem cont ca deprinderile de mișcare se formează atât în practica vieții, cât și în procesul de instruite special organizat. Deprinderile de mișcare formare în viață de zi cu zi (bineînțeles ca ma refer mai ales la copii) apar ca urmare a repetării îndelungate a unor acțiuni de mișcare cum sunt: mersul, alergarea, săritura, aruncarea, mai exact deprinderile motrice de bază. În procesul de instruire din cadrul școlii acestea se modeleză, se perfecționează și în funcție de cerințele impuse prin programa școlară se formează noi deprinderi foarte variate, specifice atât cerințelor de practicare a adiferitelor ramuri de sport (procedee tehnice), cât și a îndeplinirii altor acțiuni de mișcare, subordonate realizării îndeplinirii obiectivelor educației fizice.