

**OBSERVATIONAL STUDY REGARDING THE SPEED  
DEVELOPMENT LEVEL OF 12-13-YEAR-OLD MIRON COSTIN  
SUCEAVA SECONDARY SCHOOL STUDENTS**

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**Keywords:** development, speed, motricity, physical fitness, tests

**Abstract:**

Improving the instructive-educational process at the level of sixth grade students has been an important concern for a large number of authors [1]. The valorization of talents with special psycho-motor performances represents a complex process that imposes training solutions based on multiple information, experiments, researches and studies [3]. Therefore, the development of basic motor skills is a fundamental goal of physical education and sports [3].

**Introduction. The purpose of the research** is to evaluate the level of speed development of 12-13-year-old pupils from the Miron Costin Gymnasium School in Suceava. In this study, 160 students were tested, out of which 84 were girls. Speed evaluation consisted in applying the following tests: speeding 50m, 5x10m cage, lateral speed test. These tests were aimed at determining the students speed development level. After applying the speed tests, the results were compared with the standard set in the national evaluation system for physical education discipline or the scoring scale of each test [5].

In order to achieve the proposed goal [4], the following **objectives** were formulated:

1. Studying the theoretical conceptions and the practical experience of the physical education and sports specialists who are active at the level of the secondary education, regarding the methodology for speed development.
2. Assess the level of speed development of secondary school pupils.

3. Interpreting the results by comparing them with the standard within the national evaluation system in the VI<sup>th</sup> grade for the physical education discipline or the scoring scale of each test.

### Running the experiment

In this study, 76 boys and 84 girls (160 students) were tested. In the table no. 1 and 2 presents the results obtained for the motor testing of the 160 pupils.

<b>12-13 years boys speed tests results</b>			
<b>Statistical indices</b>	<b>Speed running 50m (sec)</b>	<b>5x10m test (sec)</b>	<b>Lateral speed test (sec)</b>
<b>Average</b>	8.40	20.12	21.04
<b>Standard deviation</b>	0.50	0.86	0.91
<b>Variability coefficient</b>	5.93	4.29	4.35

Table 1. Speed test results of 12-13 years old boys

<b>12-13 years girls speed tests results</b>			
<b>Statistical indices</b>	<b>Speed running 50m (sec)</b>	<b>5x10m test (sec)</b>	<b>Lateral speed test (sec)</b>
<b>Average</b>	9.00	21.23	22.21
<b>Standard deviation</b>	0.60	0.78	0.79
<b>Variability coefficient</b>	6.68	3.65	3.55

Table 2. Speed test results of 12-13 years old girls



Chart no. 1. Representation of average values for Speed Running 50m

In chart no. 1 shows the average values for the "50m speed run" test. The girls obtained an average of 9.00 seconds, comparing the result obtained with the evaluation standard in the national system for the evaluation of the sample in the third grade, it can be said that the result falls to the level of 8 grade. For the same test, the boys had an average of 8.40 seconds, which puts them at the level of 7 grade.

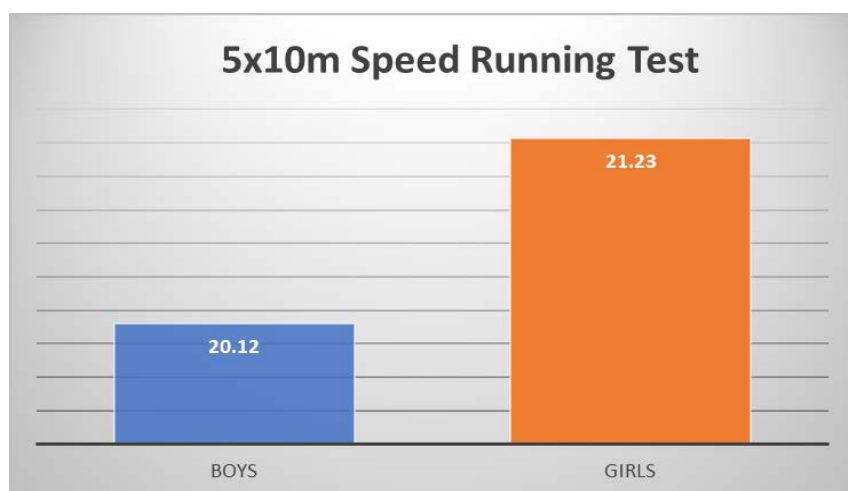


Chart no. 2. Representation of average values for 5x10m test

In chart no. 2 shows the average values for the "5x10m test" sample. The girls obtained an average of 21.23 seconds, comparing the result obtained with the evaluation standard in the national system for the evaluation of the sample in the third grade, it can be said that the result falls to the level of 10 grade. For the same test, boys had an average of 20.12 seconds, which also places them at the level of 10 grade.

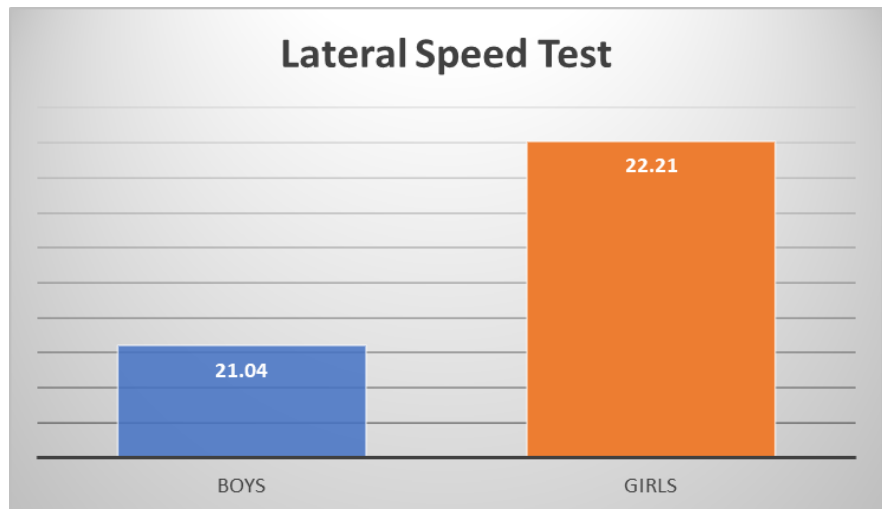


Chart no. 3. Representation of average values for Lateral Speed Test

In chart no. 3 shows the average values for the "lateral speed test". The girls obtained an average of 22.21 seconds, comparing the result obtained with the scoring scale of the test, it can be said that the result falls to the level "Sufficient". For the same test, the boys had an average of 21.04 seconds, which also places them at the "Sufficient" rating.

### **Conclusion and recommendation**

In terms of speed testing, at the "running speed 50m" test, the girls achieved an average of 9.00 seconds, standing at the level of grade 8, and the boys achieved an average of 8.40 seconds, which places them at the level of grade 7.

For the "5x10m test", the girls obtained an average of 21.23 seconds, comparing the result obtained with the evaluation standard in the national system for the evaluation of the test in the VI<sup>th</sup> grade, it can be said that the result falls to the level of grade 10, and for the same test, boys had an average of 20.12 seconds, which places them at the same grade, 10.

For the "lateral speed test" test, the girls achieved an average of 22.21 seconds, the result being within the "Sufficient" rating, and in the case of the 21.04 seconds average boys, it was at the same rating, "Sufficient".

From the results we can see that in most of the speed tests, the students achieved good results, ranking sufficient, well and very well.

It is advisable to adopt a healthy lifestyle and healthy diet for 12-13-year-old children, given that the specificity of age brings about changes in the growth and development of their body. We also recommend practicing regular physical exercise at both physical and leisure time and, last but not least, training and improving all basic motor skills, as well as application-utilitarian use of pupils during the education classes physical and sports activities.

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**STUDIUL CONSTATIV PRIVIND DEZVOLTAREA VITEZEI A  
ELEVILOR DE 12-13 ANI DE LA SCOALA GIMNAZIALA  
MIRON COSTIN SUCEAVA**

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**Cuvinte cheie:** dezvoltare, motricitate, viteza, condiție fizică, probe de control

**Rezumat:** Perfecționarea procesului instructiv-educativ la nivelul copiilor a constituit o preocupare importantă pentru un număr mare de autori [1]. Valorificarea talentelor cu performanțe psihomotrice deosebite reprezintă un proces complex care impune soluții de instruire bazate pe multiple informații, experimente, cercetări și studii [3]. Astfel, dezvoltarea calităților motrice reprezintă un obiectiv fundamental al educației fizice și sportului [2].