

STRENGTH DEVELOPMENT THROUGH HANDBALL MEANS IN THE MIDDLE SCHOOL

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Keywords: handball, strength, development, motric qualities, specific means,

Abstract: The purpose of this work is the finding and using an appropriate methodology through which we can influence the process of strength developing in handball. The sample of subjects consisted of students of VIIth grade from Suceava Miron Costin Secondary School. They were initially tested, according to the curriculum in terms of level of development of strength, and then followed a training program that includes specific means handball. After the final test, the results were compared and graphically represented.

Introduction:

Modern handball or as we know it today is a popular sport (as practiced by over 15 million people in 140 countries), dynamic, spectacular and exciting at the same time. Handball is a game for all seasons, for he practiced both indoors as well as outdoors on different surfaces such as hardwood floors, clay, bitumen, synthetic surfaces etc. It contests practiced in both boys and girls, categorized by age and degree of craftsmanship sports.

Strength is one of the driving qualities required much physical activity. It underlies the simpler skills and its importance increases in direct relation to the aim pursued in the training and development of basic motor skills or those in the various branches of sport.

Material-method:

In this research we started from the following hypothesis: if in physical education classes we will use handball means, we will record changes / growth indices reflecting the level of strenght development, as well as its manifestation.

The research purpose is to find and use an appropriate methodology through which to influence the process of developing strength quality.

Within this paper we used the following research methods: bibliographical study method; pedagogical observation method; test

method; conversation method; statistical and mathematical method; method of interpreting and processing the information.

In this research were applied following events: throwing the ball (TB); long jump from standstill (LJ); lifting the dorsal trunk from lying (situps); extensions of the trunk of facial laying (extensions).

Results and discussions:

The entire class has 20 students, nine girls and 11 boys. After applying the above tests were recorded following data that will be presented in tabular form.

Statistical indicator	T.B.		L.J.		Situps		Extensions	
	I.T.	F.T.	I.T.	F.T.	I.T.	F.T.	I.T.	F.T.
Average	24,88	26,45	1,69	1,82	26,50	28,75	27,45	29,80
Standard deviation	7,57	6,89	0,20	0,19	4,49	5,19	5,76	6,33
Coefficient of variation	0,30	0,26	0,12	0,10	0,17	0,18	0,21	0,21

Chart no. 1 shows progress after two trials across groups for throwing the ball;

Following initial testing in the classroom was obtained a value of 24.88 after a period of 4 weeks which handball was used as a way of physical educției in developing quality driving force, was obtained value of 26.45. Otherwise the recorded progress was 1.57 after two tests.

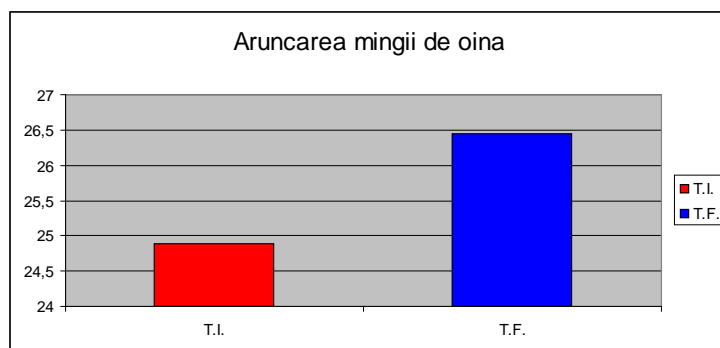


Chart no. 1

Chart no 2 shows progress after the second test sample groups across the long jump from standstill.

Following initial testing in the classroom was obtained a value of 1.69 after a period of 4 weeks in which handball was used as a way of

physical education in developing strenght quality, was obtained value of 1.82. Otherwise the recorded progress was 0.13 after two tests.

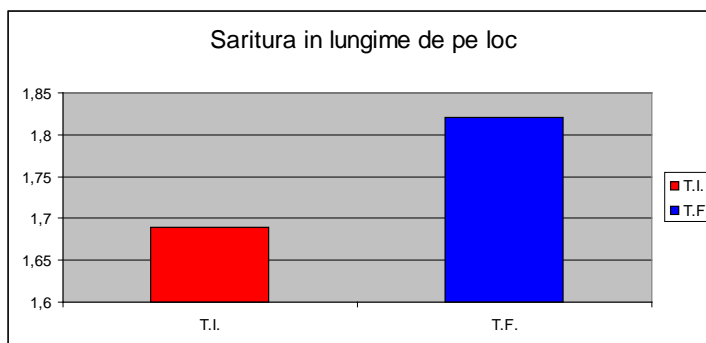


Chart no 2

Chart no 3 shows progress after two tests across the test sample groups for lifting the dorsal trunk from lay.

Following initial testing in the classroom, pupils obtained a value of 26.50 after a period of 4 weeks after handball methods were used as a way of physical education in developing strenght quality they obtained the value of 28.75 Otherwise a progress of 2.25 after two tests.

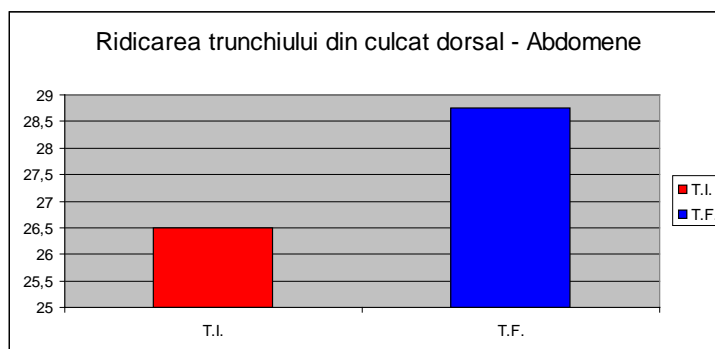


Chart no 3

Chart no 4 shows progress after two tests across the test sample groups for lifting the trunk from facial lay.

Following initial testing in the classroom was obtained a value of 27.45 after a period of 4 weeks in which handball was used as a way of physical education in developing strenght quality was obtained value of 29.80. Otherwise the progress recorded was 2.35 after two tests.

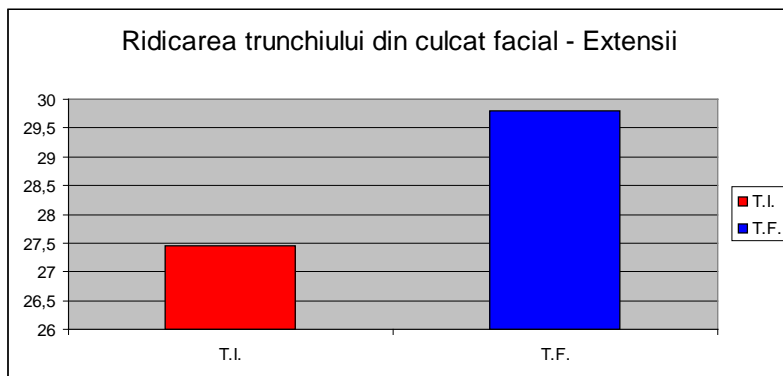


Chart no 4

Conclusions:

The study was conducted following conclusions:

- The assumption was confirmed;
- Handball methods can be used as a means for strenght development;
- Application of handball specific methods in the physical education lessons for VIIth grade students increases all forms of strength.

References:

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DEZVOLTAREA FORŢEI PRIN INTERMEDIUL JOCULUI DE HANDBAL ÎN CICLUL GIMNAZIAL

Cuvinte cheie: handbal, forta, dezvoltare, calitati motrice, mijloace specifice

Rezumat: Scopul acestei lucrari este reprezentat de găsirea şi utilizarea unei metodologii adecvate prin intermediul căreia să se influenţeze procesul de dezvoltarea a calităţii motrice forţa in cadrul jocului de handbal. Eşantionul de subiecţi a fost constituit de elevii clasei a VII-a de

la Școala Gimnazială Miron Costin din Suceava. Acestia au fost testați inițial, conform programei școlare în ceea ce privește nivelul de dezvoltare a fortei, apoi au urmat un program de pregătire care include mijloace specifice jocului de handbal. După testarea finală, rezultatele au fost comparate și reprezentate grafic.