

HANDBALL MEANS ROLE IN THE DEVELOPMENT OF SPECIFIC RESISTANCE FOR VTH STUDENT'S GRADE

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

Abstract: The purpose of this work is to determine if the Vth graders level of resistance can develop through specific handball, having as finality achieve the objectives incumbent on "Physical Education and Sports" discipline.

The work that we developed, based on an organized study of Vth grade students (28 students - 14 boys and 14 girls) from Secondary School Miron Costin from Suceava, contribute with recorded data to establish ways of specific handball methods that are effective in resistance development of students in schools.

The control group consisted of 26 students (13 boys and 13 girls) from Vth grade being close in terms of numbers and about equal in terms of performance with the experimental group.

Introduction:

Handball is a dynamic game and calls from practitioners an intense workout and psychological consum. Scientifically and methodically practiced it contributes through physical and mental effects, to strengthen health, practitioner's physical and intellectual capacity, moral and volitional strengt.

Therefore, as a way of physical education, handball is currently in the physical education lessons in schools at all levels, from grade or even earlier, when it acquired the basic technical and tactical base through game preparations and up the higher grades and higher education in competitive conditions.

Resistance education level reflects in the high functional systems: cardio-respiratory, metabolism, nervous system and capacity to coordinate other systems of the body.

Material-method:

We started from the hypothesis that if we teach handball during physical education lessons in school, we could improve the quality of resistance under its forms and practicing the bilaterally game, with attack and defense phases, technical - tactical game elements and enhancing specific motor skills basic technical and tactical content.

The purpose of this work is to determine if the level V-graders of resistance can develop through specific handball, having as finality achieve the objectives incumbent on discipline "Physical Education and Sports".

To fulfill the purpose of this research have established the following tasks:

- studying literature about the theme paper;
- establish sample of subjects;
- establish control samples to achieve the most effective and interpretation of data, the latter of which lead us to reach conclusions;
- program application in the lessons of "Physical Education and Sports";
- obtained data registration from initial and final testing;
- obtained results interpretation;
- conclusions establish that can be drawn from the research.

Materials and methods

Research methods are: bibliographical method, observation method, experimental method, tests method, graphical method, statistical and mathematical method.

The work that we developed, based on an organized study of Vth grade students (28 students - 14 boys and 14 girls) from Secondary School Miron Costin from Suceava, contribute with recorded data to establish ways of specific handball methods that are effective in resistance development of students in schools.

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Experiment duration was 23.04.2016-8.06.2016.

Control samples applied: Running resistance 600 meters girls and 800 meters boys; shuttle transportation balls, the little marathon, great marathon with a ball.

Results and discussions:

Experimental and control students group results on the initial and final testing for.

Initial testing				
Statistical indicator	Endourance run	Shuttle transportation balls	Little marathon	Great marathon with balls
Average	3.11	39.01	36.30	1.26
Standard deviation	0.57	3.05	3.04	0.07
Coefficient of variation	18.45	7.82	11.05	9.80
Final testing				
Average	2.94	36.44	34.39	1.24
Standard deviation	0.52	3.30	2.81	0.06
Coefficient of variation	17.88	9.06	8.17	5.48

Control group

Initial testing				
Statistical indicator	Endourance run	Shuttle transportation balls	Little marathon	Great marathon with balls
Average	3.12	39.94	34.16	1.24
Standard deviation	0.62	2.83	3.20	0.07
Coefficient of variation	19.90	7.09	9.37	5.95
Final testing				
Average	3.06	38.07	32.71	1.22
Standard deviation	0.60	3.12	3.19	0.07
Coefficient of variation	19.72	8.19	9.75	5.73

At the first test, running resistance, women's 600 meters and 800 meters male. Initial testing difference between the two groups (experimental and control 3.11 3.12) is insignificant. After applying for the proposed training program in the experimental group at final testing were obtained the following results, the experiment group 2.94 minuts and the control 3.06 minuts.

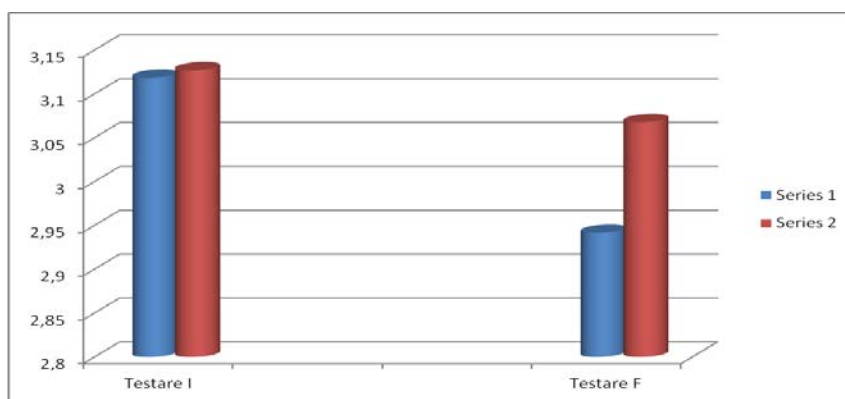


Chart no. 1

At the second test shuttle transportation balls, the results from the two trials were: initial testing experimental group recorded (39.01) and the control (39.94) and the final testing of the experimental group showed (36.44) and the control (38.07).

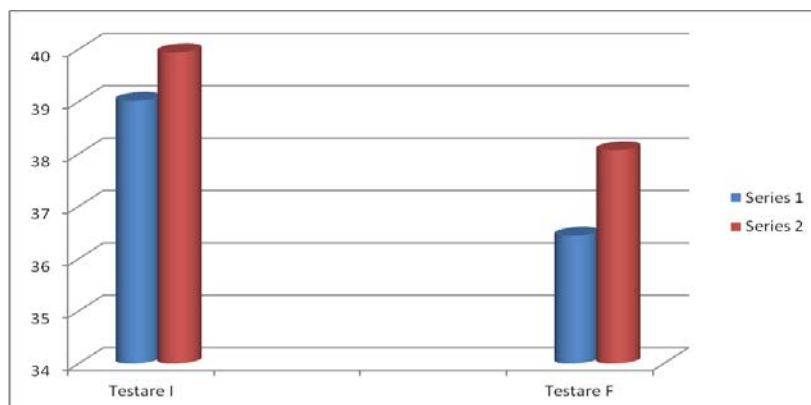


Chart no. 2

In the third test which is called little marathon, our experiment subjects were obtained from the initial testing, the experimental group

received 36.30, and 34.16 control group at final testing 34.39 respectively 32.71.

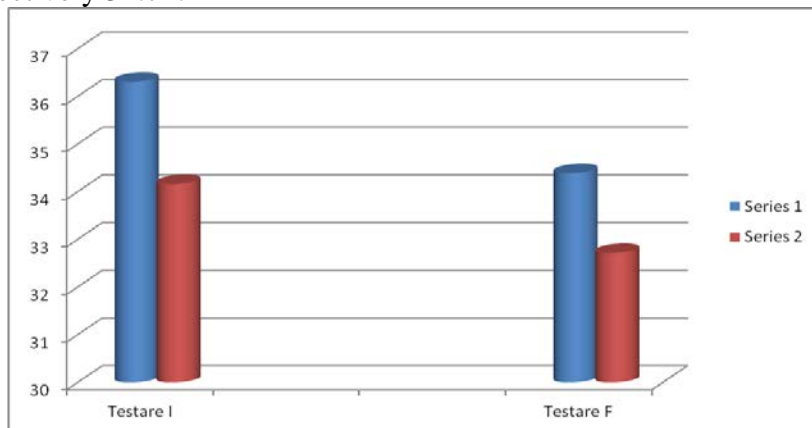


Chart no. 3

At the final test, the Grand marathon with dribble subjects in the experimental group showed the following results in the initial testing 1.26 and the control group 1.24 and the experimental group recorded at the final testing 1.24 and the control group 1.22.

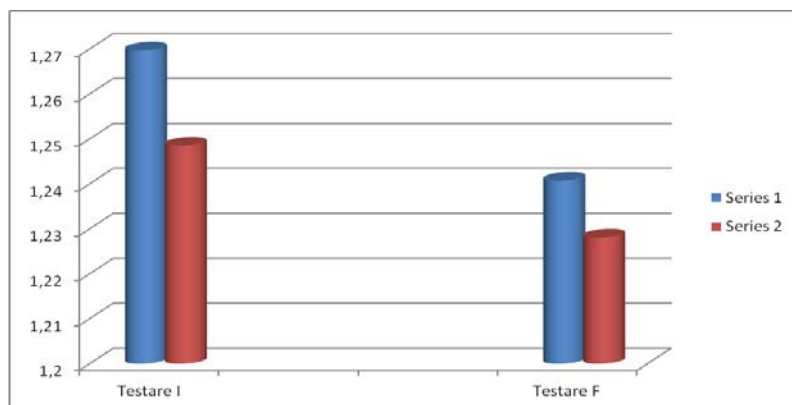


Chart no. 4

Conclusions:

Following research conducted and analyzed the results we formulated the following conclusions.

Subjects in the experimental group final testing have demonstrated that they have highly developed resistance.

There were significant increases in the four samples used in the research. The progress of the experimental group was higher than the control group.

In a study of the results obtained and the analysis of their work can be seen as hypothesis was confirmed.

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ROLUL MIJLOACELOR SPECIFICE HANDBALULUI ÎN DEZVOLTAREA REZISTENȚEI LA ELEVII DE CLASA A V-a

Cuvinte cheie: handbal, mijloace specifice, calități motrice, rezistență, dezvoltare

Rezumat: Scopul acestei lucrări este acele de a determina dacă la nivelul elevilor de clasa a V-a , rezistența se poate dezvolta prin mijloace specifice jocului de handbal ,având ca finalitate îndeplinirea obiectivelor ce-i revin disciplinei de „Educație fizică și sport”.

Lucrarea pe care am elaborat-o, având la bază un studiu organizat la clasa a V-a A (28 elevi – 14 băieți și 14 fete), de la Școala gimnazială Miron Costin din Suceava, contribuie prin datele înregistrate la stabilirea unor mijloace și metode de acțiune specifice handbalului în școală care sunt eficiente în dezvoltarea rezistenței la elevi.

Grupa de control a fost constituită din 26 de elevi (13 băieți și 13 fete) din clasa a V-a B ,fiind apropiată din punct de vedere numeric și aproximativ egală din punct de vedere performanțial cu grupa de experiment.

În perioada de desfășurare a experimentului eșantioanele de subiecți ale celor două grupe ,experiment și control au avut programate

unitățile de învățare Handbal și rezistență respectiv Deprinderi aplicativ-utilitare și rezistență.