

MOTRIC ABILITY DEVELOPMENT OF Vth GRADE STUDENTS THROUGH HANDBALL GAME METHODS

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Abstract: This study aims to highlight the importance of handball game methods to develop motric ability for Vth grade students. This study was conducted on a group of 23 students. They were initially applied a series of tests to determine the motor ability development level. After initial testing, the children attended a training program with the specific handball methods. The final tests were applied in order to determine the students training level. Following statistical and mathematical interpretation of the results was determined the students progress.

Introduction:

Harmonious physical growth and development is a complex biological phenomenon specific to children from infancy until they reach maturity, coinciding with graduation from high school.

Therefore, physical development has been anticipated as a target with a major importance for physical education, especially for I-VIII classes, which appears as a significant purpose to be achieved during the school cycle.

The growth and physical development of children and pupils aged 7-14 years requires a systematic action on muscle groups with direct implications for acquiring / maintenance of proper body attitudes that prevent the installation of physical deficiencies specific to this stage school, characterized by an increasing or continuous and accelerated development.

Material-method:

In this study involved a total of 23 students. During the study period were also recorded absences from students, however the degree of presence of 92%.

The place of the research was the sports center of Ion Creangă School from Suceava (outdoor field, gym). The experimental method was applied for students' preparation in order to improve their level of physical development through specific handball methods.

Material base, support facilities and equipment devices were provided by the institution where the study was conducted (balls, whistles, equipment, metric tape, cones, stopwatch etc.)

Results and discussions:

Interpretation of the results was performed for each sample, comparing the results with the initial and final recording student achievement progress or regress.

We calculated the arithmetic mean, standard deviation and coefficient of variation of the values obtained by students at the 5 tests.

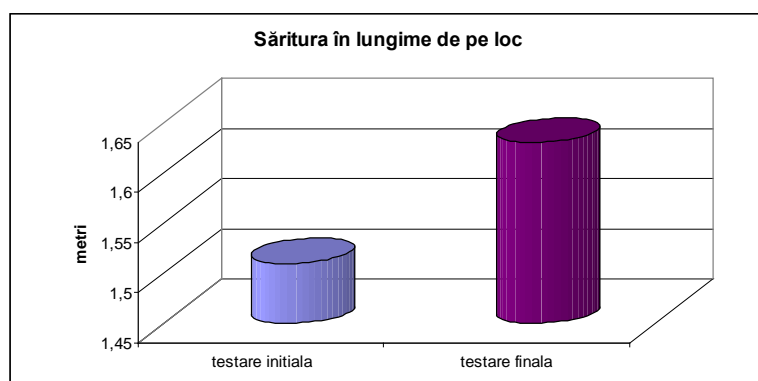


Figure no. 1. Graphical representation of the long jump test

For the first test "Long Jump", students have achieved a breakthrough 12cm, comparing the results with those obtained from initial testing to final testing.

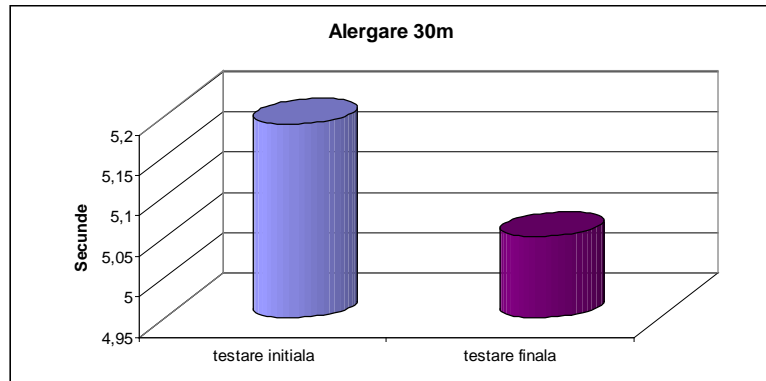


Figure no. 2. Graphical representation of running 30m test

For second test "Speed running 30m" students have achieved progress of 0.14 hundredths of a second, comparing the results with those obtained from initial testing to final testing.

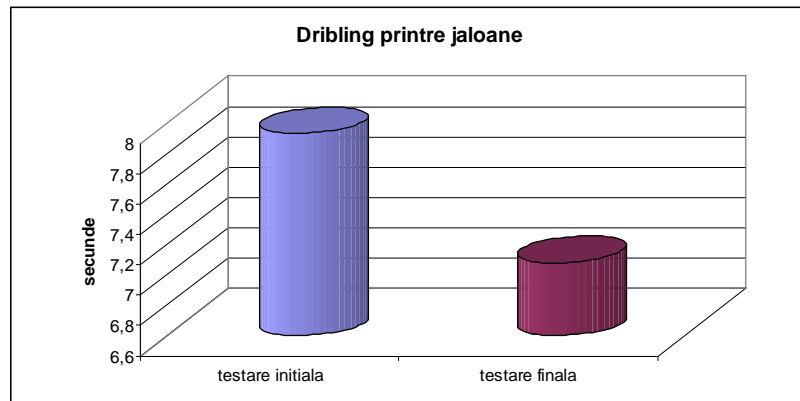


Figure no. 3. Graphical representation dribble through cones test

The third test "Dribbling among cones", students have achieved progress of 0.85 hundredths of a second, comparing the results with those obtained from initial testing to final testing.

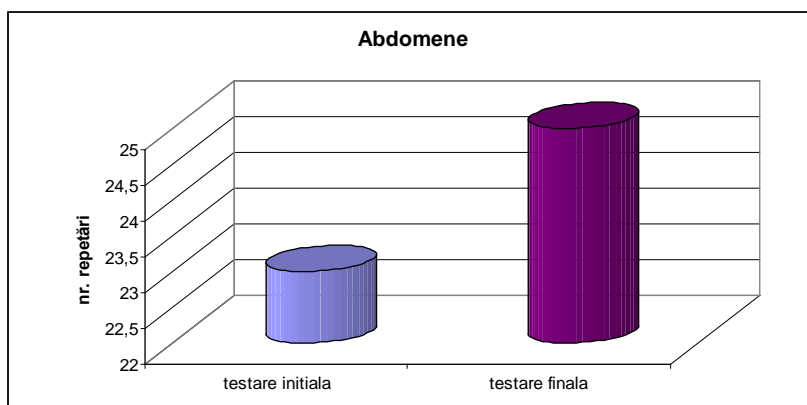


Figure no. 4. Graphical representation trunk lifting

The fourth test "Trunk lifting - Crunches" students achieved an average improvement of 2 reps, comparing the results with those obtained from initial testing to final testing.

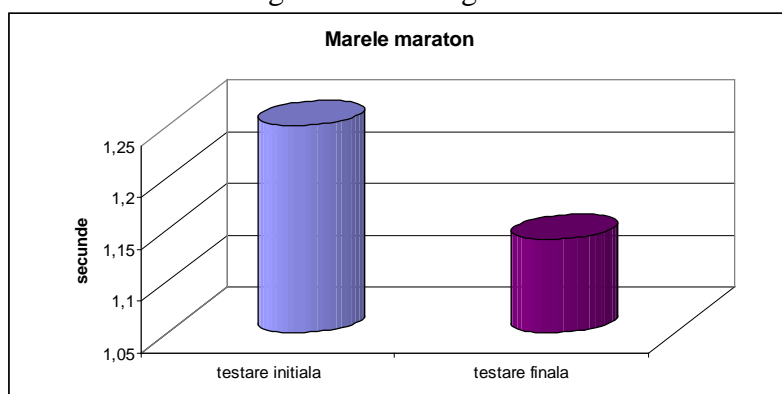


Figure no. 5. Graphical representation of the great marathon test

The fifth test "The Great Marathon" students have achieved progress 11-hundredths second, comparing the results with those obtained from initial testing to final testing.

Conclusions:

The experiment conducted allowed to observe that the goals and objectives of physical education included in the curriculum in secondary school are available in any material equipment conditions with good results only when the teacher is concerned with finding the most appropriate actuating technology.

From the taken and processed data it can be seen a favorable evolution in terms of grade pupils motric capacity development by specific handball methods.

References:

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Titlu: Dezvoltarea motrică a elevilor de clasa a V-a prin mijloacele specifice jocului de handbal

Cuvinte cheie: dezvoltare motrică, elevi, joc de handball, dezvoltare

Rezumat: Acest studiu are ca scop principal determinarea importanței mijloacelor specifice jocului de handbal în dezvoltarea motrică a copiilor de clasa a V-a. Acest studiu a fost efectuat pe un lot de 23 de elevi. Acestora li s-au aplicat o serie de teste inițiale pentru a determina gradul de dezvoltare motrică a acestora. După testarea inițială, elevii au urmat un program de pregătire în care li s-au inclus mijloace specifice jocului de handbal. Testarea finală s-a aplicat pentru determinarea nivelului de dezvoltare motrică a elevilor. Pe baza interpretării statistico-matematice a rezultatelor s-a determinat progresul înregistrat de elevi.