

**OBSERVATIONAL STUDY REGARDING THE MOTRICAL
DEVELOPMENT LEVEL OF 9-10 YEAR OLD MIRON COSTIN
SUCEAVA SECONDARY SCHOOL STUDENTS**

Petrariu Ileana¹

“Stefan cel Mare” University of Suceava¹

Keywords: development, motricity, physical fitness, tests

Abstract: Physical development is the result of direct action on the body through simple and compound physical exercises that can be precisely located at the segments, joints, muscle groups level, stimulating and refining its morphological and functional indices.

In childhood, organized exercises practicing leads both fair and harmonious development of the body, but also the qualitative development and strengthening motor skills.

Introduction. The purpose of the research is to evaluate the level of motor development of 9-10 year old pupils from the Miron Costin Gymnasium School in Suceava. In this study, 177 students were motrical tested, out of which 96 were girls. Motrical evaluation consisted in applying the following tests: crunches, speeding 25m, 5x5m cage, long running. These tests were aimed at determining the level of motor development of students. After applying the motor tests, the results were compared with the standard set in the national evaluation system for physical education discipline.

In order to achieve the proposed goal, 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 primary education, regarding the methodology of application of the means specific to the general physical development.
2. Assess the level of motor development of primary school pupils.

3. Interpreting the results by comparing them with the standard within the national evaluation system in the third grade for the physical education discipline.

Running the experiment

In this study, 81 boys and 96 girls (177 students) were tested. In the table no. 1 and 2 presents the results obtained for the motor testing of the 177 pupils.

9-10 years boys motrical test				
Statistical indices	Speed running 25m (sec)	5x5m test (sec)	Long running (min)	Crunches (rep)
Average	6,04	6,41	5,00	9,00
Standard deviation	0,18	0,07	2,78	1,70
Variability coefficient	3,06	1,15	55,58	18,89

Table 1. Results from 9-10 years old boys' motor test

9-10 years girls motrical test				
Statistical indices	Speed running 25m (sec)	5x5m test (sec)	Long running (min)	Crunches (rep)
Average	6,28	6,80	3,67	8,14
Standard deviation	0,12	0,14	1,67	1,79
Variability coefficient	1,97	2,11	45,57	22,00

Table 2. Results from 9-10 years old girls motor test

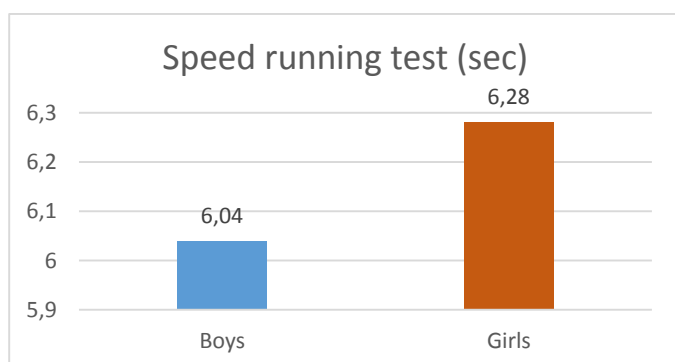


Chart no. 1. Representation of average values for Speed Running 25m

In chart no. 1 shows the average values for the "25m speed run" test. The girls obtained an average of 6.28 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 the "Sufficient" rating. For the same test, the boys had an average of 6.04 seconds, which puts them at the level of "Good".

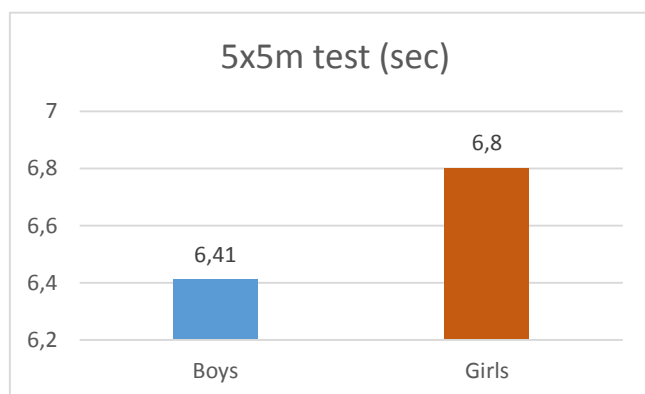


Chart no. 2. Representation of average values for 5x5m test

In chart no. 2 shows the average values for the "5x5m test" sample. The girls obtained an average of 6.8 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 "Insufficient". For the same test, the boys had an

average of 6.41 seconds, which also places them at the level of "Insufficient".

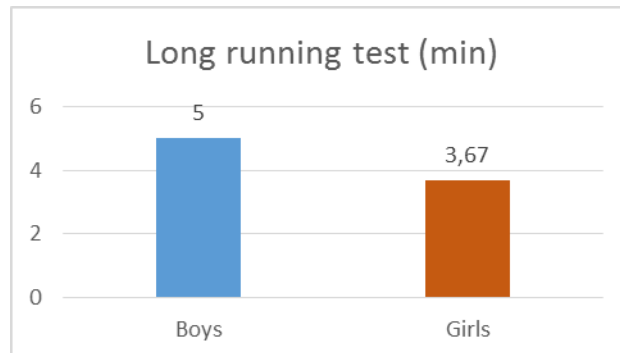


Chart no. 3. Representation of average values for Long Running

In chart no. 3 shows the average values for the "long running" test. The girls obtained an average of 3.67 minutes, 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 "Very good". For the same test, the boys had an average of 5.00 minutes, which also places them at the "Very Good" rating.

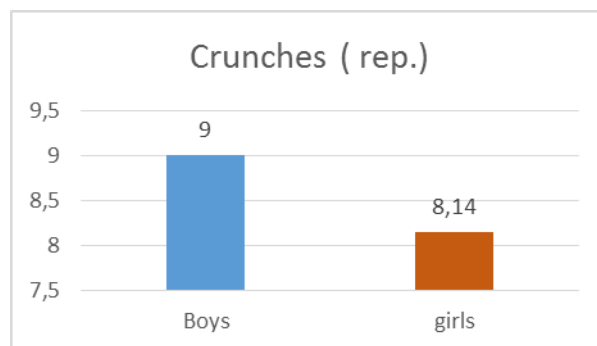


Chart no. 4. Representation of average values for Crunches

In chart no. 4 shows the values of the average values for the "Crunches" test. The girls obtained an average of 8.14 reps, 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 "Insufficient". For the same test, the boys had an average of 9 reps, which places them at the level of "Good".

Conclusion and recommendation

In terms of motrical testing, at the "running speed 25m" test, the girls achieved an average of 6.28 seconds, standing at the level of "enough", and the boys achieved an average of 6.04 seconds, which places them at the level of "good".

For the "5x5m test", the girls obtained an average of 6.8 seconds, comparing the result obtained with the evaluation standard in the national system for the evaluation of the test in the third grade, it can be said that the result falls to the level of the "insufficient "And for the same test, the boys had an average of 6.41 seconds, which places them at the same" insufficient "rating.

For the "long running" test, the girls achieved an average of 3.67 minutes, the result being within the "very good" rating, and in the case of the 5,00 minute average boys it was at the same "very good" good".

From the results we can see that in most of the metrical tests, the students achieved good results, ranking well and very well, except for the sample "5x5m test", where the girls and boys were scored "insufficiently".

It is advisable to adopt a healthy lifestyle and healthy diet for 9-10 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.

Bibliography:

[1] Dragnea A., Mate-Teodorescu S. Teoria Sportului. București: Fest, 2002, p. 280-281, 128

- [2] Epuran M. Metodologia cercetării activităților corporale. București: Editura FEST, Ediția a II-a, 2005, p. 50, p. 57, p. 205
- [3] Plopșoreanu Marin, Dezvoltare fizică armonioasă, Ediția a III – a, Editura Păzitorul Adevărului, Făgăraș - 2009
- [4] Caiet de evaluare la educație fizică în conformitate cu "Sistemul Național Școlar de Evaluare la disciplina Educație fizică și Sport" Nr. 37 218/ 9.08.1999

**STUDIU CONSTATATIV PRIVIND DEZVOLTAREA MOTRICA
A ELEVILOR DE 9-10 ANI DE LA SCOALA GIMNAZIALA
MIRON COSTIN SUCEAVA**

Petrariu Ileana¹

Universitatea Stefan cel Mare din Suceava¹

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

Rezumat: Această lucrare științifică a fost realizată cu scopul de a prezenta detalii cu privire la nivelul de dezvoltare motrică a elevilor de 9-10 ani de la Școala Gimnazială Miron Costin din Suceava. În cadrul acestui studiu au fost testați un număr de 177 de elevi: 96 de fete și 81 de băieți. Aceștia li s-au aplicat o serie de teste pentru evaluarea nivelului de dezvoltare motrică (ridicarea trunchiului din culcat dorsal, alergare de viteză 25m, naveta 5x5m, alergare de durată).