

**MEĐUNARODNA NAUČNA KONFERENCIJA
INTERNATIONAL SCIENTIFIC CONFERENCE**



**TEORIJSKI, METODOLOŠKI I
METODIČKI ASPEKTI
FIZIČKOG VASPITANJA**

**THEORETICAL, METHODOLOGY AND
METHODICAL ASPECTS
OF PHYSICAL EDUCATION**



Beograd, 11. decembar 2008.

PROGRAM

PROGRAMME

Organizacioni odbor

Predsednik:

Prof. dr Dragoljub Višnjić, Fakultet sporta i fizičkog vaspitanja, Univerzitet u Beogradu

Članovi:

Ass. mr Snežana Radisavljević, Fakultet sporta i fizičkog vaspitanja, Univerzitet u Beogradu

Ass mr Ivana Milanović, Fakultet sporta i fizičkog vaspitanja, Univerzitet u Beogradu

Prof. eng. jezika Gordana Vekarić, Fakultet sporta i fizičkog vaspitanja, Univerzitet u Beogradu

Dipl. psihog Ana Vesković, Fakultet sporta i fizičkog vaspitanja, Univerzitet u Beogradu

Doc. dr Stanimir Stojiljković, Fakultet sporta i fizičkog vaspitanja, Univerzitet u Beogradu

Naučni odbor

Predsednik:

Prof. dr Božo Bokan, Fakultet sporta i fizičkog vaspitanja, Univerzitet u Beogradu

Članovi:

Prof. dr Nenad Živanović, Fakultet sporta i fizičkog vaspitanja, Univerzitet u Nišu

Prof. dr Branko Krsmanović, Fakultet sporta i fizičkog vaspitanja, Univerzitet u Novom Sadu

Prof. dr Ken Hardman, University of Worcester, United Kingdom

Prof. dr Janko Strel, Fakultet sporta, Univerzitet u Ljubljani, Slovenija

Prof. dr Miloš Kukolj, Fakultet sporta i fizičkog vaspitanja, Univerzitet u Beogradu

Prof. dr Dušanka Lazarević, Fakultet sporta i fizičkog vaspitanja, Univerzitet u Beogradu

Prof. dr Nastas Ilić, Fakultet sporta i fizičkog vaspitanja, Univerzitet u Beogradu

Prof. dr Mladen Galić, Fakultet sporta i fizičkog vaspitanja, Univerzitet u Beogradu

Organizational board

President:

Prof. Dragoljub Višnjić, PhD, Faculty of Sport and Physical Education, University of Belgrade

Members:

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Ivana Milanović, MA, Faculty of Sport and Physical Education, University of Belgrade

Gordana Vekarić, English language lecturer, Faculty of Sport and Physical Education, University of Belgrade

Ana Vesković, Graduate psychologist, Faculty of Sport and Physical Education, University of Belgrade

Ass. prof Stanimir Stojilković, PhD, Faculty of Sport and Physical Education, University of Belgrade

Scientific board

President:

Prof. Božo Bokan PhD (Faculty of Sport and Physical Education, Belgrade)

Members:

Prof. Nenad Živanović PhD, Faculty of Sport and Physical Education, University of Niš

Prof. Branko Krsmanović PhD, Faculty of Sport and Physical Education, University of Novi Sad

Prof. Ken Hardman PhD, University of Worcester, United Kingdom

Prof. Janko Strel PhD, Faculty of Sport, University of Ljubljana, Slovenia

Prof. Miloš Kukolj PhD, Faculty of Sport and Physical Education, University of Belgrade

Prof. Dušanka Lazarević PhD, Faculty of Sport and Physical Education, University of Belgrade

Prof. Nastas Ilić PhD, Faculty of Sport and Physical Education, University of Belgrade

Prof. Mladen Galić PhD, Faculty of Sport and Physical Education, University of Belgrade

NAPOMENA NAUČNOG ODBORA

Naučni odbor je, prema kriterijumima koji su raspisani u pozivu za Međunarodnu naučnu konferenciju, prihvatio rezimee radova na srpskom i engleskom jeziku u izvornoj formi koju su autori dostavili.

Pozivna predavanja i rezimei saopštenja iz inostranstva na engleskom jeziku, prevedeni su na srpski jezik.

Sumirajući sve prijave i saopštenja za Međunarodnu naučnu konferenciju u Beogradu, 11. i 12. decembra 2008. godine, Naučni odbor je konstatovao da će na Konferenciji biti izložena 2 pozivna predavanja, prezentirano 89 saopštenja i 10 postera, kao i 3 teme u obliku radionice.

Na Konferenciji će svoje radove izložiti autori iz 12 evropskih država: Velike Britanije, Slovenije, Švajcarske, Italije, Mađarske, Bugarske, Slovačke, Češke, Hrvatske, Bosne i Hercegovine, Crne Gore i Srbije.

Svim autorima želimo uspešnu prezentaciju radova, razmenu stručnih i naučnih iskustava, uz prijatan boravak u Beogradu i na Fakultetu sporta i fizičkog vaspitanja.

NOTE OF THE SCIENTIFIC COMMITTEE

Pursuant to the criteria provided in the invitation to the International scientific conference, The Scientific Committee has accepted the abstracts of the papers in Serbian and in English language in the original form submitted by the authors.

The lectures of the invited speakers and the abstracts of the reports from abroad in English were translated into Serbian.

Upon summing all the registrations and announcements for the International scientific conference to be held in Belgrade on 11-12 December 2008 the Scientific Committee has concluded that there will be 2 invited speakers lectures, 89 reports will be presented and 10 poster presentations as well as three topics in the form of workshops..

The authors from 12 European countries will present their papers: Great Britain, Slovenia, Switzerland, Italy, Hungary, Bulgaria, Slovak Republic, Check Republic, Croatia, Bosnia and Herzegovina, Montenegro and Serbia.

We wish all the authors successful presentations of their papers, as well as fruitful exchange of scientific and professional experience and pleasant stay in Belgrade and at the Faculty of Sport and Physical Education.

PROGRAM RADA KONFERENCIJE

„TEORIJSKI, METODOLOŠKI I METODIČKI ASPEKTI FIZIČKOG VASPITANJA“

ČETVRTAK - 11. decembar 2008.

12:00 -15:00 **Registracija učesnika**

15:00- 17:00 ***Otvaranje Konferencije***

Pozdravni govor predsednika Naučnog odbora

Prof. dr Božo Bokan (FSFV, Beograd, Srbija)

Plenarni rad

**“ODABRANA PITANJA, IZAZOVI I ODLUKE U FIZIČKOM
VASPITANJU”**

Prof. dr Ken Hardman (University of Worcester, United Kingdom)

**„LONGITUDINALNA KOMPARACIJA RAZVOJA NEKIH TELES-
NIH KARAKTERISTIKA I MOTORIČKIH SPOSOBNOSTI DVE
GENERACIJE DECE I OMLADINE OD 7. DO 18. GODINE STA-
ROSTI U SLOVENAČKIM OSNOVNIM IN SREDNJIM ŠKOLAMA
U RAZDOBLJIMA 1990-2001 I
OD 1997-2008 „**

Prof. dr Janko Strel (Fakultet športa, Ljubljana, Slovenija)

Prof. dr. Marjeta Kovač (Fakultet športa, Ljubljana, Slovenija)

17:00- 17:30 **Pauza za kafu**

17:30 – 18:30 **Radionice**

**„PRIMENA RAČUNARA U PLANIRANJU NASTAVE FIZIČKOG
VASPITANJA“**

/informatička učionica/

Drašković Dragiša, OŠ „Vasa Čarapić“, Beograd

„NOVA DIMENZIJA OLIMPIJSKOG KOMITETA SRBIJE“

/metodičko-istraživačka laboratorija/

Branislav Jevtić, Olimpijski komitet Srbije, Beograd

„KAKO, ZAŠTO, BAŠ TAKO RADE NAŠI ORGANI?“

/sala, FSFV/

Danica Džinović, Učiteljski fakultet, Beograd

18:30 **Koktel u holu Fakulteta**

PETAK -12.decembar 2008.

10:00 – 14:00 **Rad po sesijama
Poster prezentacije**

14:00 – 15:00 Pauza za ručak

15:00 – 19:00 **Rad po sesijama
Poster prezentacije**

CONFERENCE AGENDA

„THEORETICAL, METHODOLOGY AND METHODICAL ASPECTS OF PHYSICAL EDUCATION “

THURSDAY - December 11th 2008.

12:00 -15:00

Registration

15:00- 17:00

Opening Ceremony

Welcome speech of the President of the Scientific Committee

Prof. Božo Bokan, PhD (Faculty of Sport and Physical Education, Belgrade, Serbia)

Plenary sessions

"SELECTED ISSUES, CHALLENGES AND RESOLUTIONS IN PHYSICAL EDUCATION"

Prof. Ken Hardman, PhD (University of Worcester, United Kingdom)

“LONGITUDINAL COMPARISON OF DEVELOPMENT OF CERTAIN PHYSICAL CHARACTERISTICS AND MOTOR ABILITIES OF TWO GENERATIONS OF CHILDREN AND YOUTH, AGED 7 TO 18, IN SLOVENIAN PRIMARY AND SECONDARY SCHOOLS IN THE PERIOD 1990-2001 AND 1997-2008”

Prof. Janko Strel, PhD (Fakultet športa, Ljubljana, Slovenia)

Prof. Marjeta Kovač PhD (Fakultet športa, Ljubljana, Slovenia)

17:00- 17:30

Coffee Break

17:30 – 18:30

Workshops

**„APPLICATION OF COMPUTERS IN PE INSTRUCTION
PLANNING “**

/IT classroom /

Drašković Dragiša, elementary school “Vasa Čarapić”, Belgrade

“NEW DIMENSION OF SERBIAN OLYMPIC COMMITTEE”

/methodical – research laboratory /

Branislav Jevtić, Serbian Olympic Committee, Belgrade

“HOW, WHY DO OUR AUTHORITIES DO IT IN SUCH A WAY”

/ hall /

Danica Džinović, Teachers Faculty, Belgrade, Serbia

18:30

Cocktail Party in the Faculty Lobby

FRIDAY - December 12th 2008

10:00 – 14:00

**Work in sessions
Poster presentations**

14:00 – 15:00

Lunch Break

15:00 – 19:00

**Work in sessions
Poster presentations**

PETAK - 12. decembar 2008

RAD PO SESIJAMA /WORK IN SESSION/

**SESIJA I /SESSION I/
AMF-I**

10:00-11:45

1.	Sibilio M., Carlomagno N., Galdieri M., D'Elia F., Gomez Paloma F.	VAŽNOST ISTRAŽIVANJA „MIRROR“ NEURONA U EPISTEMOLOŠKOJ STRUKTURI DIDAKTIKE ZA MOTORNE I SPORTSKE AKTIVNOSTI THE IMPORTANCE OF MIRROR NEURONS RESEARCH IN THE EPISTEMOLOGICAL Structure of Didactics for Motor and Sport Activities.
2.	Sturza-Milić Nataša	ODNOS IZMEĐU MOTORIČKE USPEŠNOSTI I MOTORIČKE KREATIVNOSTI KOD PREDŠKOLSKE DECE THE RELATION BETWEEN MOTOR EFFECTIVENESS AND MOTOR CREATIVITY IN PRESCHOOL PERIOD
3.	Momchilova Antoaneta, Petrov Petar	STRUČNA KOMUNIKACIJA U NASTAVI FIZIČKOG VASPITANJA I SPORTA, FAKTOR FIZIČKE AKTIVNOSTI UČENIKA THE PROFESSIONAL COMMUNICATION IN THE TUITION IN PHYSICAL EDUCATION AND SPORT, A FACTOR OF PHYSICAL ACTIVITY OF THE STUDENTS
4.	Hamar Pal, Karasai Istvan, Huszar Agnes	AFEKTIVNE KARAKTERISTIKE FIZIČKOG VASPITANJA KOD MAĐARSKIH UČENIKA UZRASTA 11-18GODINA THE AFFECTIVE CHARACTERISTICS OF PHYSICAL EDUCATION AMONG THE 11-18 YEARS OLD HUNGARIAN STUDENTS
5.	Lipoma M. , Raiola G., Napoli O. Pignato S., Mango P.	SPORT, ŠKOLA I MENTALNA OMETENOST SPORT, SCHOOL AND MENTAL DISABILITY
6.	Szilva Zsuzsanna	DECA TREĆIH KULTURA – KROZ OČI NASTAVNIKA FIZIČKOG VASPITANJA THIRD CULTURE KIDS - THROUGH THE EYES OF A PHYSICAL EDUCATION TEACHER
DISKUSIJA/ DISCUSSION		

11:45-12:00 /Pauza za kafu/ Coffee break

12:00-14:00

7.	Raiola G., De Martino, F., Sibilio M.	TEORIJA IGARA, NERVNA MREŽA I SPORTSKO OBRAZOVANJE GAMES THEORY, NEURAL NETWORKS AND SPORT EDUCATION
8.	Radisavljević Snežana, Milanović Ivana, Lazarević Dušanka	PROCENA NASTAVNIČKIH KOMPETENCIJA OD STRANE PROFESORA FIZIČKOG VASPITANJA ASSESSMENT OF TEACHERS' COMPETENCES BY A PROFESSOR OF PHYSICAL EDUCATION
9.	F. Gomez Paloma , N. Carlomagno, Aiello P., M. Sibilio	ODNOS IZMEĐU PERCEPCIJE MOTORIČKIH I SPORTSKIH VEŠTINA I KOMPETENCIJE BUDUĆIH NASTAVNIKA OSNOVNIH ŠKOLA RELATIONSHIP BETWEEN MOTOR AND SPORTS SKILLS PERCEPTION AND COMPETENCE OF FUTURE PRIMARY SCHOOL TEACHERS
10.	Jovančević Vojin	UTICAJ EKSPERIMENTALNOG PROGRAMA RITMIČKE GIMNASTIKE NA NIVO MUZIKALNOSTI KOD STUDENATA PRVE GODINE FAKULTETA SPORTA I FIZIČKOG VASPITANJA THE INFLUENCE OF RHYTHMIC GIMNASTIC EXPERIMENTAL PROGRAM TO THE LEVEL OF MUSICALITY IN FRESHMEN STUDENTS ON FACULTY OF SPORT AND PHYSICAL EDUCATION
11.	Georgiova Sonja, Momchilova Antoaneta	PREVENCIJA AGRESIVNOG PONAŠANJA DECE KROZ IGRU CHILDRENS AGGRESSIVE BEHAVIOR PREVENTION THROUGH A PLAYING ACTIVITY
DISKUSIJA /DISCUSSION		

14:00-15.00 /Pauza za ručak / Lunch break

15:00-16:45

12.	Marković Živorad, Bogdanović Zoran	UTICAJ VANČASOVNIH AKTIVNOSTI NA MOTORIČKE SPOSOBNOSTI UČENICA SREDNJEŠKOLSKOG UZRASTA THE INFLUENCE OF EXTRA CURRICULAR ACTIVITIES ON MOTORIC ABILITIES OF SECONDARY SCHOOL FEMALE STUDENTS
13.	Đorđić Višnja, Tubić Tatjana	BODI-IMIDŽ I BAVLJENJE SPORTOM ADOLESCENTKINJA BODY IMAGE AND SPORT PARTICIPATION OF ADOLESCENT GIRLS
14.	Momchilova Antoaneta, Stefan Janev	PROFILAKTIKA I BORBA PROTIV DEFORMACIJA TELA UČENIKA PROPHYLACTIC AND FIGHT AGAINST DEFORMATION OF PUPIL'S BODY

15.	Zurc Joca	VEZA IZMEĐU AKADEMSKE KOMPETENCIJE I FIZIČKE AKTIVNOSTI MLADIH UČENIKA THE CONNECTION BETWEEN ACADEMIC COMPETENCE AND PHYSICAL ACTIVITY OF YOUNG PUPILS
16.	Halilović Muhidin, Skender Nijaz, Pistotnik Borut	UTICAJ OSNOVNIH MOTORIČKIH SPOSOBNOSTI, MORFOLOŠKIH OSOBINA TIJELA I KONATIVNIH REGULATIVNIH MEHANIZAMA NA NOGOMETNU MOTORIKU, KOD UČENIKA SREDNJE ŠKOLE THE INFLUENCE OF MOTOR ABILITIES, MORPHOLOGICAL BODY CHARACTERISTICS AND CONATIVE REGULATORY MECHANISMS IN SOCCER MOTORICS ON SECONDARY SCHOOL CHILDREN
17.	Nevenka Osredkar	DA LI UČENICE KONTROLIŠU SVOJU TELESNU TEŽINU SPORTSKIM AKTIVNOSTIMA DO THE GIRLS CONTROL THEIR BODY WEIGHT WITH SPORT ACTIVITIES?
DISKUSIJA /DISCUSSION		

16:45-17:00 / Pauza za kafu / Coffee break

17:00-19:00

18.	Čerkez Ivana, Bandalo Antonija, Kuna Danijela	RAZLIKE PREMA TIPU POLOŽAJA TELA IZMEĐU PREKADETA I JUNIORA OMLADINSKE KOŠARKAŠKE ŠKOLE DIFFERENCES ACCORDING THE TYPES OF CORPORAL POSTURE BETWEEN THE PRE-CADETS AND JUNIORS OF THE YOUTH BASKETBALL SCHOOL
19.	Bandalo Antonija, Čerkez Ivana, Jurić Antonia	DEFINICIJA I UPOREĐENJE SOMATOTIPA MLADIH STAROSNIH GRUPA ODBOJKAŠICA I RUKOMETAŠICA DEFINITION AND COMPARISON AMONG SOMATOTYPES OF YOUNGER AGE GROUPS OF VOLLEYBALL AND HANDBALL FEMALE PLAYERS
20.	Marinović Mladen	RAZLIKE U MORFOLOGIJI I MOTORIČKIM SPOSOBNOSTIMA TENISERA U UZRASTU OD 12 GODINA DIFFERENCES IN MORPHOLOGY AND MOTOR ABILITIES IN 12 YEARS TENNIS PLAYERS
21.	Murányi Eleonóra, Hamar Pál, Ramocsa Gábor	KOMPARATIVNA ANALIZA MIŠIĆNE SNAGE UČENIKA IZ MAĐARSKE UZRASTA 13-14 GODINA COMPARATIVE ANALYSIS OF MUSCLE STRENGTH IN 13-14-YEAR OLD HUNGARIAN STUDENTS
22.	Pavlin Tomaž	ŠESTOJANUARSKI DEKRET IZ 1929. GODINE I NACIONALIZACIJA FIZIČKOG OBRAZOVANJA I SOKOL-A THE 6TH JANUARY DECREE OF 1929 AND NACIONALIZATION OF PHYSICAL EDUCATION AND SOKOL
DISKUSIJA/DISCUSSION		

**SESIJA II /SESSION II/
AMF-II**

10:00-11:45

1.	Jarić M. Svetislav	IZVORI SAZKANJA THE SOURCES OF COGNITION
2.	Bokan Božo	KA OBJEKTIVNOM SAZKANJU U FIZIČKOJ KULTURI TOWARDS OBJECTIVE KNOWLEDGE IN PHYSICAL CULTURE
3.	Živanović Nenad	APOTEOZA FIZIČKOG VEŽBANJA APOTHEOSIS OF THE PHYSICAL EXERCISE
4.	Momčilović Zoran	FIZIČKA KULTURA U SISTEMU NAUKA PHYSICAL CULTURE IN THE SYSTEM OF SCIENCE
5.	Vidaković Hadzi Miloš, Mekić Hasim	KUDA IDE FIZIČKA KULTURA WHERE DOES THE PHYSICAL CULTURE GO
DISKUSIJA/DISCUSSION		

11:45-12:00 /Pauza za kafu / Coffee break

12:00-14:00

6.	Radojević Jaroslava	TRETMAN FIZIČKOG VASPITANJA NAJMLAĐIH UČENIKA U POSLEDNJIH DESET GODINA POSITION OF PHYSICAL EDUCATION INSTRUCTION OF THE YOUNGEST PUPILS IN THE LAST TEN YEARS
7.	Šefer Jasmina	INTERDISCIPLINARNA TEMATSKA NASTAVA I TELESNO-KINESTETIČKA SPOSOBNOST INTERDISCIPLINARY THEMATIC ORIENTED CURRICULUM AND BODILY-KINESTHETIC INTELLIGENCE
8.	Polovina Nada	SARADNJOM ŠKOLE I PORODICE DO CELOVITOG PROGRAMA FIZIČKIH AKTIVNOSTI U ŠKOLI SCHOOL-FAMILY COOPERATION AS AVENUE FOR THE WHOLE -SCHOOL PHYSICAL ACTIVITY PROGRAM DEVELOPEMENT
9.	Tubić Tatjana, Đorđić Višnja	DOPRINOS SOCIJALNO-KOGNITIVNE TEORIJE KINEZILOGIJI THE CONTRIBUTION OF SOCIAL COGNITIVE THEORY TO KINESIOLOGY
10.	Ivanović Jelena, Dragojević Milena, Karalić Bratislava Milenković Tatjana	INFORMACIONE NAVIKE PEDAGOGA FIZIČKE KULTURE THE INFORMATION HABITS IN PEDAGOGUES OF PHYSICAL CULTURE
DISKUSIJA/ DISCUSSION		

14:00-15:00 / Pauza za ručak / Lunch break**15:00-16:45**

11.	Jerković Boris, Macura Marija, Dorđević-Nikić Marina, Milanović Ivana, Dabović Milinko	TELESNA KOMPOZICIJA UČENIKA STARIJIH RAZREDA OSNOVNE ŠKOLE BODY COMPOSITION OF UPPER GRADES ELEMENTARY SCHOOL BOYS
12.	Jovanović Ana, Jovanović Aleksandar	POLNE RAZLIKE U POKAZATELJIMA FIZIČKOG RAZVOJA I MOTORIČKIH SPOSOBNOSTI DECE MLAĐEG ŠKOLSKOG UZRASTA GENDER RELATED DIFFERENCES IN PHYSICAL DEVELOPMENT AND MOTOR PERFORMANCE INDICES OF YOUNGER SCHOOLCHILDREN
13.	Ivanović Miroljub	KANONIČKE RELACIJE LATENTNIH MORFOLOŠKO-MOTORIČKIH VARIJABLI UČENICA 5. RAZREDA OSNOVNE ŠKOLE CANONICAL RELATIONS OF LATENT MORPHOLOGICAL-MOTORIC VARIABLES OF ELEMENTARY SCHOOL 5ST GRADERS
14.	Zrnzević Nevenka	EFEKAT EKSPERIMENTALNOG PROGRAMA NASTAVE FIZIČKOG VASPITANJA NA MOTORIČKE SPOSOBNOSTI UČENIKA THE EFFECTS OF EXPERIMENTAL PROGRAM OF PHYSICAL EDUCATION ON MOTOR ABILITIES OF SCHOOLBOYS
15.	Tumin Dušanka, Krneta Željko	SIŠOR TEST KAO PREDIKTOR USPEŠNOSTI U IZVOĐENJU SPECIFIČNIH MOTORIČKIH ZADATAKA UZ MUZIKU POWER OF SEASHORE TEST IN PREDICTION OF SPECIFIC MOTOR TASK PERFORMANCE WITH MUSIC
16.	Stevanović Nemanja-Tibor, Mitić Dušan	PODSTICANJE UČENIKA NA FIZIČKU AKTIVNOST STIMULATION OF STUDENTS TO PHYSICAL ACTIVITY
DISKUSIJA/ DISCUSSION		

16:45-17:00 / Pauza za kafu/ Coffee break**17:00-19:00**

17.	Gardašević Branko, Kojić Boris, Anić Marko	ULOGA PRAVNE REGULATIVE U UNAPREĐENJU FIZIČKOG VASPITANJA U SRBIJI THE ROLE OF A LEGAL REGULATION IN AFFIRMING THE PHYSICAL EDUCATION IN SERBIA
18.	Mijatović Slađana	NEKI ASPEKTI TRAGANJA ZA POČETKOM FAKULTETA FIZIČKOG VASPITANJA I SPORTA ILI GDE SU NAM KORENI SOME ASPECTS OF SEARCHING THE BEGINNINGS OF THE FACULTY OF PHYSICAL EDUCATION AND SPORT OR WHERE THE ROOTS ARE
19.	Randelović Nebojša, Živanović Nenad	SINONIMIJA I ANTONIMIJA U TERMINOLOGIJI SPORTA SYNONYMY AND ANTONYMY IN TERMINOLOGY OF SPORT

20.	Randelović Nebojša, Živanović Nenad, Piršl Danica	HOMONIMIJA I POLISEMIJA U TERMINOLOGIJI SPORTA HOMONYMY AND POLYSEMY IN THE TERMINOLOGY OF SPORT
21.	Vidaković Hadži Miloš	MOLITVA U SPORTU I FIZIČKOM VASPITANJU PRAYER IN SPORT AND PHYSICAL EDUCATION
DISKUSIJA/DISCUSSION		

SESIJA III /SESSION III/ AMF-III

10:00-11:45

1.	Koprivica Vladimir	AKTUELNI PROBLEMI IZGRADNJE MAKROCIKLUSA U VRHUNSKOM SPORTU CONSTRUCTING THE MACROCYCLES IN ELITE SPORTS- ACTUAL PROBLEMS
2.	Karalejić Milivoje, Jakovljević Saša, Janković Nenad	MOTORIČKE SPOSOBNOSTI I KOŠARKAŠKE VEŠTINE MLADIH KOŠARKAŠA (13-14 GODINA) I NJIHOVA MEĐUSOBNA POVEZANOST MOTOR ABILITIES AND TECHNICAL SKILLS OF BASKETBALL PLAYERS (13 AND 14 YEARS) AND THEIR RELATIONS
3.	Marko G. Ristić	MODEL MAKROCIKLUSA PRIPREMA ZA MARATONSKU TRKU MACROCYCLE MODEL FOR MARATHON RACE TRAINING
4.	Goran Šekeljčić, Milovan Stamatović	RELACIJE MOTORIČKIH, SITUACIONO MOTORIČKIH SPOSOBNOSTI I KOŠARKAŠKIH UMENJA CORRELATION OF MOBILE , SITUATION-MOBILE ABILITIES AND BASKETBALL SKILLS
5.	Slobodanka Aleksić, Milinko Dabović, Lidija Moskovljević	DINAMIKA RAZVOJA MOTORIČKIH SPOSOBNOSTI TAKMIČARKI U RITMIČKOJ GIMNASTICI DEVELOPMENT DYNAMIC OF MOTORICAL ABILITIES OF PROFESSIONAL RHYTHMIC GYMNASTS
6.	Bobana Berjan, Predrag Božić, Nemanja Pažin	RAZLIKE U MORFOLOŠKIM KARAKTERISTIKAMA I MOTORIČKIM SPOSOBNOSTIMA KOD SRPSKIH ELITNIH FUDBALERA UZRASTA OD 12 DO 16 GODINA ANTHROPOMETRIC AND PERFORMANCE MEASURES DIFFERENCES OF SERBIAN ELITE MALE SOCCER PLAYERS AGED 12-16 YEARS
DISKUSIJA/DISCUSSION		

11:45-12:00 /Pauza za kafu/ Coffee break

12:00-14:00

7.	Perić Dušan	STATUS STOPALA MLADIH FUDBALERA PRE I POSLE SPECIFIČNOG TRENAŽNOG OPTEREĆENJA FOOT'S STATUS BEFORE AND AFTER SPECIFIC TRAINING LOAD OF YOUNG SOCCER PLAYERS
8.	Prahović Marko, Protić Jadranka	RAZLIKE U ANTROPOLOŠKIM OBILJEŽJIMA IZMEĐU ČETRNAESTOGODIŠNJIH AKTIVNIH SPORTAŠA I ONIH KOJI SE NE BAVE SPORTOM DIFFERENCES IN ANTHROPOLOGICAL CHARACTERISTICS OF FOURTEEN YEARS OLD ACTIVE SPORTSMEN AND TEENAGERS WHO ARE NOT ACTIVELY INVOLVED IN SPORTS
9.	Trivun Milomir	EFEKTI SAVREMENIH MODELA NASTAVE AKTIVNOSTI U PRIRODI NA REZULTATSKU USPJEŠNOST U RONJENJU THE EFFECTS OF THE MODERN MODELS OF TEACHING THE ACTIVITIES IN NATURE ON THE RESULT'S SUCCESS IN DIVING
10.	Dražković Vesko	ZNAČAJ TRENAŽNE TEHNOLOGIJE NA OTKLANJANJE RIZIKO FAKTORA HIPOKINETIČKOG SINDROMA IMPORTANCE OF TRAINING TECHNOLOGY FOR REDUCING RISK FACTORS OF HYPOKINETIC SYNDROME
11.	Kasum Goran, Mijić Zoran	ZNAČAJ ŠKOLSKOG FIZIČKOG VASPITANJA U ANIMIRANJU I SELEKTIRANJU SPORTISTA SA INVALIDITETOM IMPORTANCE OF SCHOOL PHYSICAL EDUCATION IN ANIMATION AND SELECTION OF SPORTSMEN WITH DISABILITY
DISKUSIJA/ DISCUSSION		

14:00-15:00 /Pauza za ručak/ Lunch break

15:00-16:45

12.	Randelović Nebojša, Živanović Nenad, Savić Zvezdan, Stojiljković Nenad	OBLICI I NAČINI USAVRŠAVANJA PSIHOFIZIČKIH SPOSOBNOSTI – VOJNO-PRAKTIČNE VEŠTINE THE FORMS AND WAYS OF IMPROVING PSYCHOPHYSICAL ABILITIES – MILITARY PRACTISE SKILLS
13.	Kazazović Elvir, Kozic Vahida, Hadžikadunić Admir	RAZLIKE U JAČINI DINAMIČKIH STABILIZATORA KOLJENA IZMEĐU AKTIVNIH NOGOMETAŠA I RUKOMETAŠA UZRASTA OD 18 DO 22 GODINA DIFFERENCES IN DYNAMIC KNEE STABILIZERS STRENGTH BETWEEN FOOTBALL AND HANDBALL PLAYERS AGED 18 TO 22
14.	Karalejić Milivoje, Jakovljević Saša	KOGNITIVNE SPOSOBNOSTI MLADIH KOŠARKAŠA I NJIHOVA USPEŠNOST COGNITIVE ABILITIES YOUNG BASKETBALL PLAYERS AND THEIR SUCCESS

15.	Dorđević Sanja, Eminović Fadilj, Čukić Radmila, Gajević Aleksandar	ANALIZA PROSTORNIH I METODOLOŠKIH ASPEKATA FIZIČKIH AKTIVNOSTI OSOBA SA CEREBRALNOM PARALIZOM ANALYSIS OF SPATIAL AND METHODOLOGICAL ASPECTS OF PHYSICAL ACTIVITIES OF PERSONS WITH CEREBRAL PALSY
16.	Bićanin Predrag, Šuput Dejan, Sanader Aleksandra, Bobar Vojislav	ZNAČAJ PRAVILNIKA O „USLOVIMA I NAČINIMA OSPOSOBLJAVANJA KADROVA ZA OBAVLJANJE ODREĐENIH STRUČNIH POSLOVA U SPORTU“ U CILJU KVALITETNIJEG OBAVLJANJA STRUČNIH POSLOVA U FIZIČKOM VASPITANJU THE RELEVANCE OF REGULATION ACT "THE CONDITIONS AND ASPECTS OF PERSONNEL PREPARATION FOR IMPLEMENTATION OF PROFESSIONAL WORK IN SPORT" IN ORDER TO IMPLEMENT MORE QUALITATIVE PROFESSIONAL WORK IN PHYSICAL EDUCATION
17.	Belehar Blaž	MODEL BRZOG UČENJA SKIJANJA - EASY SKI - ALPININA ŠKOLA SKIJANJA A MODEL OF FAST LEARNING OF SKIING »EASY SKI«
DISKUSIJA/ DISCUSSION		

16:45-17:00 /Pauza za kafu/ Coffee break

17:00-19:00

18.	Eminović Fadilj, Pacić Sanela, Čukić Radmila	ULOGA SPORTA I ADAPTIRANE FIZIČKE AKTIVNOSTI (APA) ZA OSOBE SA INVALIDITETOM-OSNOVE I ISTORIJA, TRENDOVI I KONTRAVERZE THE ROLE OF SPORT AND ADAPTED PHYSICAL ACTIVITIES FOR PEOPLE WITH DISABILITIES – THE BASICS AND HISTORY, TRENDS AND CONTROVERSIES
19.	Eminović Fadilj, Čukić Radmila, Pacić Sanela	SPORT U KOLICIMA WHEELCHAIR SPORT
20.	Drašković Vesko, Ilić Dejan, Višnjic Svetlana	ZNAČAJ MERLJIVOSTI HIPOKINETIČKOG SINDROMA IMPORTANCE OF MEASURING HYPOKINETIC SYNDROME
21.	Marinović Mladen	MOTIVACIJA I CRTE LIČNOSTI VRHUNSKIH KARATISTA MOTIVATION AND PERSONALITY TRAITS OF HIGH LEVEL KARATE ATHLETES
22.	Trivun Milomir	RELACIJE MORFOLOŠKIH KARAKTERISTIKA SA REZULTATSKOM USPJEŠNOSTI U PLIVANJU THE RELATIONS BETWEEN MORPHOLOGICAL CHARACTERISTICS AND RESULT'S SUCCESS IN SWIMMING
DISKUSIJA/ DISCUSSION		

**SESIJA IV /SESSION IV/
AMF-IV**

10:00-11:45

1.	Višnjić Dragoljub, Martinović Dragan	PEDAGOŠKE IMPLIKACIJE REALIZACIJE SPORTSKO-TEHNIČKOG OBRAZOVANJA U OSNOVNOJ ŠKOLI PEDAGOGICAL IMPLICATIONS OF REALIZATION OF THE SPORT-TECHNICAL EDUCATION IN ELEMENTARY SCHOOL
2.	Jovanović Aleksandar, Jovanović Ana	SEKULARNA AKCELERACIJA RASTA I RAZVOJA DECE MLADEG ŠKOLSKOG UZRASTA SECULAR ACCELERATION OF GROWTH AND DEVELOPMENT OF CHILDREN AT EARLY SCHOOL AGE
3.	Savićević Dejan	PROGRAMIRANJE FIZIČKIH AKTIVNOSTI U DEČJEM VRTIĆU PROGRAMMING OF PHYSICAL EDUCATION ACTIVITIES IN KINDERGARTENS
4.	Džinović-Kojić Danica	OBRAZOVNI NIVO RODITELJA KAO ČINILAC RAZVOJA MORFOLOŠKIH DIMENZIJA I MOTORIČKIH SPOSOBNOSTI PARENTS' EDUCATION AS A FACTOR OF DEVELOPMENT OF MORPHOLOGICAL DIMENSIONS AND MOTOR FUNCTIONS OF SEVEN-YEAR-OLD CHILDREN
5.	Protić- Gava Branka	ODNOS TELESNE VISINE I ŠKOLSKOG NAMEŠTAJA KOD DECE STARIJEG ŠKOLSKOG UZRASTA THE CONNECTION BETWEEN SCHOOL FURNITURE AND BODY HEIGHT IN OLDER PRESCHOOL CHILDREN
6.	Nikolić Suzana	REALIZACIJA NASTAVE FIZIČKOG VASPITANJA U UČIONICI THE REALIZATION OF PHYSICAL EDUCATION IN THE CLASSROOM
DISKUSIJA /DISCUSSION		

11:45-12:00 /Pauza za kafu/ Coffee break

12:00-14:00

7.	Miletić Krasomenko, Savić Zvezdan	AKTUELNA POZICIJA PROGRAMA U PRIRODI U OSNOVNOM I SERDNJOŠKOLSKOM OBRAZOVANJU U SRBIJI CURRENT POSITION OF OUTDOOR ACTIVITIES IN SERBIA (IN PRIMARY AND SECONDARY EDUCATION)
8.	Vukašinović Vladan, Grbović Miljan, Dabović Milinko, Radojević Jaroslava	PROBLEMI U REALIZOVANJU PROGRAMA VEŽBI NA SPRAVAMA I TLU U OSNOVNIM I SREDNJIM ŠKOLAMA U SMEDEREVU PROBLEMS IN REALIZATION OF PROGRAMS OF APPARATUS AND FLOOR EXERCISES IN ELEMENTARY AND HIGH SCHOOLS IN SMEDEREVO

9.	Marković Ivan, Vuksanović Sanja, Koprivica Vladimir	NOVINE U METODICI OBUKE ŠAHA U MLADEM ŠKOLSKOM UZRASTU NOVELTIES IN METHODS OF TEACHING CHESS TO YOUNGER SCHOOLCHILDREN
10.	Bogdanović Zoran, Marković Živorad	POJAVA KIFOTIČNOG LOŠEG DRŽANJA U PERODU OD JEDNE ŠKOLSKE GODINE KIPHOTIC BAD BODI POSITION DURING A SCHOOL YEAR
11.	Ilić Dejan, Vesković Ana	IDENTIFIKACIJA TALENTOVANIH UČENIKA ZA SPORT – RUKOMET KROZ NASTAVU FIZIČKOG VASPITANJA IDENTIFICATION OF TALENTED PUPILS FOR SPORT - HANDBALL THROUGH PHYSICAL EDUCATION
12.	Popović Stevo, Radovanović Dragan	STAVOVI UČENIKA OSNOVNE ŠKOLE O VANNASTAVNIM SPORTSKO REKREATIVNIM AKTIVNOSTIMA STATES OF PRIMARY SCHOOL STUDENTS ABOUT SPARE TIME SPORT ACTIVITIES
DISKUSIJA/DISCUSSION		

14:00-15:00 /Pauza za ručak /Lunch break

15:00-16:45

13.	Kasum Goran, Ćirković Zoran	BORILAČKI SPORTOVI U NASTAVI ŠKOLSKOG FIZIČKOG VASPITANJA COMBAT SPORTS INTO PEDAGOGICS OF THE SCHOOL PHYSICAL EDUCATION
14.	Rajko Stajčić, Danilović Tihomir, Dražović Predrag	DŽUDO KAO ŠKOLSKI SPORT SA UTICAJEM NA FIZIČKO VASPITANJE JUDO AS SCHOOL SPORT WITH INFLUENCE ON PHYSICAL EDUCATION
15.	Stevanović Miroslav	MOGUĆNOST PRIMENE ORIJENTIRINGA U BEOGRADSKIM ŠKOLAMA SA PREDLOGOM MERA ZA DALJE IZVOĐENJE ORIENTEERING IN BELGRADE'S SCHOOLS – THE POSSIBILITY FOR ORGANIZATION AND PROPOSAL FOR FURTHER IMPLEMENTATION
16.	Grbović Miljan, Dabović Milinko, Vukasinović Vladan, Radojević Jaroslava	OSPOSOBLJENOST IZ VEŽBI NA SPRAVAMA I PROBLEMI REALIZOVANJA NASTAVE NA FAKULTETU SPORTA I FIZIČKOG VASPITANJA QUALIFICATION REGARDING GYMNASTIC EXERCISES TOGETHER WITH THE PROBLEMS RELATED TO THE REALIZATION OF COURSE AIMS AT THE FACULTY OF SPORT AND PHYSICAL EDUCATION
17.	Dabović Milinko, Aleksić Slobodanka, Višnjjić Dragoljub, Miletić Vladimir, Miletić Krasomenko	VREDNOVANJE ZNAČAJA I ORGANIZACIJE PRAKTIČNE NASTAVE LOGOROVANJA NA FAKULTETU SPORTA I FIZIČKOG VASPITANJA U BEOGRADU IMPORTANCE AND ORGANIZATION OF OUTDOOR ACTIVITY CLASSES AT A TEACHING CAMP. STUDENTS EVALUATION

18.	Milošević Drago	EVALUACIJA REFORME FIZIČKOG VASPITANJA U CRNOJ GORI IZ UGLA RODITELJA EVALUATION OF THE PHYSICAL EDUCATION REFORM IN MONTENEGRO ACCORDING TO THE PARENTS VIEWPOINT
DISKUSIJA/DISCUSSION		

16:45- 17:00 /Pauza za kafu/ Coffee break

17:00-19:00

19.	Admira Koničanin	RAZLIKE U POSTURALNIM POREMEĆAJIMA KOD DECE PREDŠKOLSKOG UZRASTA THE DIFFERENCES IN POSTURALE DISCORDERS AT CHILDREN IN PRE-SCHOOL AGE
20.	Stevanović Miroslav, Gajević Aco, Živko Panovski	UNAPREDJENJE SISTEMA PRAĆENJA FIZIČKIH SPOSOBNOSTI DECE I OMLADINE PHYSICAL PERFORMANCE IN CHILDREN AND YOUTH - MONITORING SYSTEM IMPROVEMENT
21.	Stevanović Miroslav, Panovski Živko, Rodjenović Aleksandar	MESTO I ULOGA REPUBLIČKOG ZAVODA ZA SPORT U ORGANIZOVANJU SPORTSKO-REKREATIVNIH AKTIVNOSTU UČENIKA BEOGRADSKIH ŠKOLA U TOKU LETNJEG I ZIMSKOG RASPUSTA THE REPUBLIC INSTITUTE FOR SPORT – THE ROLE IN ORGANIZATION OF SPORT-RECREATIONAL ACTIVITIES OF BELGRADE’S STUDENTS DURING SUMMER AND WINTER HOLIDAYS
22.	Panovski Živko Stevanović Miroslav	MESTO I ULOGA REPUBLIČKOG ZAVODA ZA SPORT U ORGANIZOVANJU JAVNIH SPORTSKIH I DRUGIH MANIFESTACIJA SA POSEBNIM OSVRTOM NA AKTIVNOSTI UČENIKA U KOŠUTNJAKU THE REPUBLIC INSTITUTE FOR SPORT – THE ROLE IN ORGANIZATION OF PUBLIC SPORTS MANIFESTATIONS WITH SPECIAL RETROSPECTIVE ON STUDENTS’ ACTIVITIES IN KOSUTNJAK
23.	Momčilović Zoran	PAIDEIA KOD STARIH GRKA I TELESNO VEŽBANJE PAIDEIA OF THE OLD GREEKS AND PHYSICAL EXERCISING
24.	Zrnzević Nevenka	MORFOLOŠKE KARAKTERISTIKE UČENICA NIŽIH RAZREDA OSNOVNE ŠKOLE THE MORPHOLOGICAL CHARACTERISTICS OF SCHOOLGIRLS IN LOWER GRADES OF ELEMENTARY SCHOOL
DISKUSIJA/ DISCUSSION		

PETAK /FRIDAY/ 12.12.2008

POSTERI /POSTERS

11:30-12:00 16:30-17:00

1.	Lovecchio Nicola, Eid Luca, Crescentini Alberto, Conti Stelio	ŠATL RAN TEST: NOVI ITALIJANSKI PODACI IZ EUROFIT BATERIJE TESTOVA SHUTTLE RUN TEST: NEW ITALIAN DATA FROM EUROFIT BATTERY TEST
2.	Eid Luca, Lovecchio Nicola, Crescentini Alberto, Merati Matteo	UČINAK TESTA SKOK U DALJ IZ MESTA KOD ITALIJANSKIH UČENIKA: REALNI PODACI STANDING BROAD JUMP TEST PERFORMANCES IN ITALIAN STUDENT: ACTUAL DATA
3.	Doder V Dragan., Babiak J.Jan	RAZVOJ DINAMOMETRIJSKE SILE KOD SPORTISTKINJA THE DEVELOPMENT OF DYNAMOMETER POWER AT SPORTSWOMEN
4.	Babiak Jan J., Doder V. Dragan	NEKE TENDENCIJE RAZVOJA DINAMOMETRIJSKE SILE KOD SPORTISTA SOME TENDENCIES OF THE DEVELOPMENT OF DYNAMOMETER POWER AT SPORTSMEN
5.	Huszár, Agnes, Hamar Pál	ANALIZA DOKUMENATA RAZLIČITIH ŠKLOSKIH PROGRAMA U SPORTSKIM ŠKOLAMA DOCUMENT ANALYSIS OF DIFFERENT EDUCATIONAL SPORT SCHOOLS' CURRICULUMS
6.	Novak Dario, Neljak Boris, Findak Vladimir	ŠTA SE PODRAZUMEVA POD FIZIČKIM VASPITANJEM VISOKOG KVALITETA? SLUČAJ HRVATSKE WHAT IS ASSUMED UNDER HIGH QUALITY PHYSICAL EDUCATION? CASE OF CROATIA
7.	Jurikova Jana, Maschtovská Danka	PRAĆENJE SPORTSKIH AKTIVNOSTI I NAVIKA U ISHRANI KOD UČENIKA SREDNJE ŠKOLE U NOVOJ DUBNICI (REPUBLIKA SLOVAČKA) MONITORING SPORTING ACTIVITIES AND NUTRITION HABITS AMONG CHILDREN ATTENDING THE NOVA DUBNICA SECONDARY SCHOOL (SLOVAK REPUBLIC)
8.	Jerca Jan	MOGUĆE VEZE IZMEĐU LIČNIH KARAKTERISTIKA I FIZIČKIH SPOSOBNOSTI U OSNOVNOJ ŠKOLI POSSIBLE CONNECTIONS BETWEEN PERSONALITY CHARACTERISTICS AND PHYSICAL ABILITIES IN THE ELEMENTARY SCHOOL
9.	Admir Hadžikadunić, Vahida Kozić, Elvir Kazazović	EFEKTI NASTAVNOG CIKLUSA KOŠARKE NA TRANSFORMACIJU BAZIČNO MOTORIČKIH SPOSOBNOSTI UČENIKA OSMIH RAZREDA EFFECTS OF BASKETBALL CLASSES AT THE BASIC MOTOR AND FUNCTIONAL ABILITIES TRANSFORMATION IN EIGHT GRADE MALE PUPILS
10.	Aco Gajević	„ISPRAVI SE, ČOVEČE“- MODEL PETOMINUTNOG PROGRAMA VEŽBANJA ZA POBOLJŠANJE POSTURALNOG STATUSA DECE PREDŠKOLSKOG UZRASTA „STRAIGHTEN UP, FELLOW“ – A FIVE MINUTE MODEL EXERCISE FOR PRESCHOOL CHILDREN'S BETTER POSTURE

APSTRAKTI

ABSTRACTS

ODABRANA PITANJA, IZAZOVI I ODLUKE U FIZIČKOM VASPITANJU

Ken Hardman

Univerzitet u Vorčesteru, Velika Britanija

Današnje fizičko vaspitanje evoluiralo je iz raznih pojedinačnih i/ili „lokalnih“ institucionalnih uticaja i razvoja kao i „uvezenih“ inicijativa koje su na raznovrstan način doprineli uobličavanju nacionalnih sistema bilo kroz asimilaciju ili adaptaciju. Uzimajući u obzir evolutivni razvoj, ne iznenađuje to što su očigledni različiti i raznoliki oblici struktura i praksi. Preovlađuje karakteristična raznolikost ali postoje podudarni elementi u konceptima i praksi. Zapažena uloga fizičkog vaspitanja proširila se godinama. Prividno kao školski predmet kome je dat širok dijapazon ciljeva i potencijala, fizičko vaspitanje je u relativno jedinstvenom položaju sa nekom vrstom pripisane odgovornosti da se na neki način posveti mnogim savremenim pitanjima kroz svoja specifična obeležja koja ne nudi ni jedno drugo učenje ili školsko iskustvo. Ta pripisana odgovornost je rezimirana 2007. godine u *Odluci o ulozi sporta u obrazovanju* Evropskog Parlamenta, kojom se potvrđuje da je fizičko vaspitanje sada na međunarodnom političkom dnevnom redu. Ironično, fizičko vaspitanje, u vreme povećanog nivoa gojaznosti i neaktivnosti i bolesti koje su vezane za sedentarni način života, suočava se sa velikim brojem izazova i to su pitanja kojima se treba baviti. Ovaj rad bavi se pitanjima koja se odnose na plan i program fizičkog vaspitanja, posebno ciljevima i sadržajem, vremenom programa i pripremom nastavnika, a onda daje i neke predloge za suočavanje sa izazovima koji su proistekli iz tih pitanja. Pored toga, prepoznavanjem da je jedan broj zahteva, često nepotkrepljenih, zasnovan na širokom obrazovnom uticaju fizičkog vaspitanja na mlade ljude i da prevladava verovanje da je angažovanje u fizičkom vaspitanju, nekako „dobra stvar“, aludira se na čvrste istraživačke dokaze. Namere su da se izazovu neka ustaljena razmišljanja, da bi se isprovocirala misao, i da se predlože neki pravci koji bi održali sigurnu budućnost fizičkog vaspitanja u školama, kao inicijative za poboljšanje stila života. Povećana pažnja prema gojaznosti i njenoj povezanosti sa fizičkom neaktivnošću, mogla bi da nasluti dobrobit za fizičko vaspitanje, ali diskutabilno je da li postoji rizik od ignorisanja mnogih najvrednijih ishoda kvalitetnog fizičkog vaspitanja, ako se program fizičkog vaspitanja jednostavno svede na to da bude sredstvo protiv gojaznosti.

SELECTED ISSUES, CHALLENGES AND RESOLUTIONS IN PHYSICAL EDUCATION

Ken Hardman

University of Worcester, UK

Present day physical education has evolved from a variety of individual and/or 'local' institutional influences and developments as well 'imported' initiatives, which have variously contributed to shaping national systems either through assimilation or adaptation. Taking evolutionary developments into account, it is unsurprising that different and various forms of structures and practices are evident. Characteristically diversity prevails but there are elements of congruence in concepts and practice. The perceived role of physical education has expanded over the years. Ostensibly as a school subject granted a 'broad brush' scope and potential, it is in a relatively unique position with some kind of ascribed responsibility in someway and somehow addressing many contemporary issues with its perceived distinctive features within the educational process with characteristics not offered by any other learning or school experience. The ascribed responsibility is summed up in the 2007 European Parliament's *Resolution on the Role of Sport in Education*, which bears testimony to physical education now being on the international political agenda. Ironically, physical education, at a time of increasing levels of obesity and inactivity and associated sedentary lifestyle illnesses, is facing a number of challenges and there are issues, which need to be addressed. This paper addresses issues related to the physical education curriculum, specifically aims and content, curriculum time and teacher preparation, and then makes some suggestions to meet with the challenges arising from the issues. Additionally, in recognition that a number of claims, often unsubstantiated, have been made on the broad educational impact of physical education upon young people and that there is a prevailing belief that engagement in physical education is, somehow a 'good thing', the issue of robust research evidence is alluded to. The intentions are to challenge some orthodoxies, in order to provoke thought, and to suggest some directions to sustain a secure future for physical education in schools as a lifestyle-enhancing enterprise. Increased attention to obesity and its association with physical inactivity might appear to bode well for physical education but this association may prove to be a mixed blessing because arguably there is a risk of ignoring many of the most beneficial outcomes of quality physical education if the subject matter of physical education is simply reduced to being a means to counter obesity.

LONGITUDINALNA KOMPARACIJA RAZVOJA NEKIH TELESNIH KARAKTERISTIKA I MOTORIČKIH SPOSOBNOSTI DVE GENERACIJE DECE I OMLADINE OD 7. DO 18. GODINE STAROSTI U SLOVENAČKIM OSNOVNIM I SREDNJIM ŠKOLAMA U RAZDOBLJIMA 1990-2001 I OD 1997-2008“

Janko Strel, Marjeta Kovač

Fakultet sporta, Ljubljana, Slovenija

Cilj ovog istraživanja je da se otkrije veličina i pravac promena fizičkog i motoričkog razvoja dve generacije dece i omladine u slovenačkim osnovnim i srednjim školama uzrasta od 7 do 18 godina, rođenih 1983 i 1990. Kao rezultat velikih društvenih promena te shodno tome i velikih promena u sistemu školstva, može se očekivati da je došlo i do promena u razvoju fizičkih karakteristika i motoričkih sposobnosti. Uzorak ispitanika čini 95% učenika osnovne škole i 70% učenika srednje škole oba pola (oko 20.000 učenika godišnje); ukupno 422.749 učenika bilo je uključeno u istraživanje. Svi podaci su sakupljeni po modelu zbirke podataka sportsko-obrazovnog kriterijuma (Strel, 1996). Uzorak varijabli je zastupljen sa tri testa morfoloških karakteristika i osam testova motoričkih sposobnosti (Strel, 1996). Srednje vrednosti i indeksi pozitivnih i negativnih promena izračunati su za sve odabrane varijable između 1990 i 2001 i 1997 i 2008. Komparacija dve generacije (starosna razlika 7 godina), rođeni 1983 i 1990, koje su posmatrane 12 godina, otkrila je razne velike promene u fizičkom i motoričkom razvoju dece i omladine u osnovnim i srednjim školama. U posmatranom periodu telesna masa je povećana u pojedinačnim starosnim grupama do 4%, kožni nabor do 15%, mišićna snaga ruku i ramenog pojasa se smanjila do 10%, opšta izdržljivost do 5%, dok se mišićna snaga trupa povećala do 6%. Opšta motorička sposobnost dece i omladine se smanjila za 3%. Pozitivne promene u obrazovnom sistemu, tri obavezna časa fizičkog vaspitanja nedeljno, pet dana školskih sportskih aktivnosti, pozitivna obaveštenost roditelja o važnosti sportskih aktivnosti za razvoj dece i promenjen društveni položaj fizičkog vaspitanja u društvu u poslednjih dvadeset godina nisu bili dovoljno važni činioci da se nadoknade negativni uticaji promenjenog načina života na fizički i motorički razvoj dece i omladine.

LONGITUDINAL COMPARISON OF DEVELOPMENT OF CERTAIN PHYSICAL CHARACTERISTICS AND MOTOR ABILITIES OF TWO GENERATIONS OF CHILDREN AND YOUTH, AGED 7 TO 18, IN SLOVENIAN PRIMARY AND SECONDARY SCHOOLS IN THE PERIOD 1990-2001 AND 1997-2008

Janko Strel, Marjeta Kovač

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The aim of the research was to find the magnitude and direction of changes of physical and motor development of two generations of children and youth in Slovenian primary and secondary schools, aged 7 to 18, who were born in 1983 and 1990. As a result of big changes in the society and consequently big changes also in the school system, it can be expected that changes in the development of physical characteristics and motor abilities also occurred. The sample of measured subjects is represented with 95% of primary school pupils and 70% of secondary school pupils of both genders (around 20.000 pupils annually); in total 422.749 pupils were included in the research. All the data were collected in the model of data collection sports-educational chart (Strel, 1996). The sample of variables is represented with three tests of morphological characteristics and eight tests of motor abilities (Strel, 1996). Mean values and indexes of positive or negative changes were calculated for all selected variables between 1990 and 2001 and 1997 and 2008. Comparison of two generations (age difference 7 years), born in 1983 and 1990, which were monitored for 12 years, revealed various large changes in physical and motor development of children and youth in primary and secondary schools. In the observed period body weight has increased in individual age groups up to 4%, skin fold up to 15%, muscular strength of arms and shoulder girdle has decreased up to 10%, general endurance up to 5%, whereas the muscular strength of upper-body has increased up to 6%. General motor ability of children and youth has decreased by 3%. Positive changes in education system, three lessons of compulsory physical education per week, five school sports day activities, positive enlightenment of parents about the importance of sports activities for development of children and changed social status of physical education in the society in the last twenty years were not important enough factors to compensate negative effects of changed lifestyle on the physical and motor development of children and youth.

"KUDA IDE FIZIČKA KULTURA"

Hadži Miloš V. Vidaković, Hasim Mekić

Departman Sporta i Rehabilitacije, Novi Pazar

U prepiskama i razgovorima koje sam dugi niz godina vodio sa jednim od pionira sportske medicine kod nas i u svetu, i svakako jednim od naših najumnijih ljudi profesorom Vojinom N. Smodlakom složili smo se da se fizičko vaspitanje, sportovi, igre, rekreacija i plesovi izvode u ranom detinjstvu u obliku vesele igre, sa razdraganošću, oduševljenjem i smehom. To sve tako ide dok se u taj proces ne uvuče takmičenje za neko prvenstvo. Tada te veselosti nestaje. Nestaje smeha, radosti i uvlači se ozbiljno lice, natuštenost i na kraju na samom cilju i iskrivljeno lice pobednika.

Gde i kad nestaje jedno emocionalno stanje, a kad počinje ono drugo (degenerativno), teško je reći. Postavlja se pitanje, treba li ta dva stanja razlikovati, odvojiti, ukloniti?

Jedno od ključnih pitanja na koje treba dati odgovor je: kuda ide fizička kultura?

Veoma je teško definisati odgovor kada igra prelazi u borbu... Plemeniti izazov (CITIUS, ALTIUS, FORTIUS) brže, više, snažnije-može da zaboravi čoveka i hrišćanina u sportisti...

Ključne reči: brže, više, jače

"WHERE DOES THE PHYSICAL CULTURE GO"

Hadži Miloš V. Vidaković, Hasim Mekić

Department for Sport and Rehabilitation, Novi Pazar

I have had long lasting correspondence and conversation with one of the pioneers of sport medicine and one of the most intellectual persons, Vojin N. Smodlaka. We both agreed that physical education, sports, games, recreation and dance while performed during early childhood are always seen as a vivacious game that brings happiness, zest and laughter. It stays like that until an activity becomes competition and happiness vanishes along with laughter. Face expression gradually becomes more serious, cloudy and finally distorted (on the face of the winner).

It is hard to say exactly where and when one emotional state ends and another begins. A big question is whether they should be differentiated, separated or removed.

One of the key questions that need to be answered is: Where does the physical culture go?

It is extremely hard to define the line where game becomes a fight ... That noble saying: Citius, Altius, Fortius (faster, higher and stronger) can lose a human and Christian in an athlete...

Key words: faster, higher, stronger

MOLITVA U SPORTU I FIZIČKOM VASPITANJU

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Prirodu veze između fizioloških zbivanja i mentalnih pojava teško je utvrditi a u nekim slučajevima skoro nemoguće i zamisliti. Međutim, naučno je dokazano da molitva i askeza smiruju hipotalamus i emocije sprečavajući prekomerni nadražaj simpatičkog nervnog sistema...

Osnivač modernih olimpijskih igara, Pjer de Kuberten, isticao je da je Olimpija grad atletike, umetnosti i molitve, dok antički pesnik Pindar kaže da su bogovi prijatelji olimpijskih igara.

U novije vreme uočljivo je da se mnogobrojni sportisti krste i mole pred početak takmičenja...

Zašto to rade? Šta je to molitva? U čemu je njena suština? Kako se ona može naučiti? Šta doživljava duša onoga koji se moli? Kakva je veza između molitve, sporta i fizičkog vaspitanja?

To su samo neka od pitanja koja postavlja veliki broj savremenih sportista.

U suštini molitva je instrument koji kenotizira (smirava) suštinu ljudske prirode i prenosi je u prirodu Božanstva...

Sav se čovek moli i telom i dušom-pokretima, igrom-ali suština molitve je u biću, u srcu, jer ako je čovekovo srce daleko od Boga molitva je potpuno isprazna i nekorisna, čak i štetna...

Čovek se moli duševno-duhovno, odnosno srcem, najdubljim i najistinskijim Ja, ali se moli i telom, dok se ogrehovljeno telo, put, plot ne može moliti isto kao i ogrehovljena duša...

Savremeni sportista u svakom trenutku treba da poseduje četiri stvari: smirenost, krajnju pažnju, protivurečenje (pomislima) i molitvu...

Ključne reči: molitva, sport, fizička kultura

PRAYER IN SPORT AND PHYSICAL EDUCATION

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It is hard to establish a natural tie between physiological occurrence and mental display and sometimes it is hard to even imagine it. It is scientifically proven that prayer and asceticism calm hypothalamus and emotions, preventing excessive sensibility of nervous system...

Creator of modern Olympic Games, Pier De Coubertin, often stated that Olympia is city of athleticism, art and prayers. Ancient poet Pindaric used to say that Gods are friends of the Olympic Games.

Recently it has become obvious that many sportsmen pray before competitions ...

Why do they do it? What is a prayer? What is the essence of a prayer? How do you learn to pray?

What does soul experience during prayer? What is the link between prayer, sport and physical education?

These are just some of many questions asked by modern athletes.

In essence, prayer is a way of calming substance of human nature while transferring it over to divine nature (nature of God)...

A human prays with entire body and spirit but the essence of it is in soul and heart; if heart is far away from God then prayer is empty and useless and sometimes even harmful...

A human prays with body, heart and with deepest and pure self. However, sinful body cannot pray the same way as sinful soul...

Modern athlete should always pose four attributes: serenity, extreme alertness, contradiction and prayer...

Key word: prayer, sport, physical education

DA LI UČENICE KONTROLIŠU SVOJU TELESNU TEŽINU SPORTSKIM AKTIVNOSTIMA

Nevenka Osredkar

Ekonomska gimnazija i srednja škola, Radovljica, Srednja škola Jesenice,
Slovenija

Mladi ljudi su najosetljiviji na svet oko sebe i događanja. Oni prate modne trendove i pokušavaju da izgledaju nalik na svoje idole i stoga pokušavaju da ostave privlačan utisak na druge ljude. Najosetljiviji su na svoj spoljašnji izgled i stoga veoma ozbiljno shvataju kritike o svojoj telesnoj težini i odbijaju da jedu pravilno. To za posledicu može dovesti do poremećaja u ishrani, kao što su bulimija i anoreksije. Pošto je ovo vreme rasta, telu je potrebno dovoljno hrane za normalan razvoj. Stoga treba da imamo u vidu probleme sa kojima se suočavaju mladi ljudi u vezi svoje telesne težine. Stoga treba da naglasimo važnost zdravog načina života koji pružaju redovne sportske aktivnosti. U isto vreme treba da podvučemo važnost drugih vrednosti, kako bi tinejdžeri shvatili da fizički izgled nije sve. Zato sam anketirala 43 učenice prvog razreda srednje Ekonomske škole u Radovljici (u daljem tekstu EGSS). Otkrila sam da oko 37 učenica (86%) kontroliše svoju telesnu težinu sportskim aktivnostima i dijetama. 4 od njih (9%) kontroliše svoju telesnu težinu svakodnevno.

Ključne reči: telesna težina, sportska aktivnost, učenice srednje škole, upitnik, istraživanje, kontrola težine, gubitak težine

DO THE GIRLS CONTROL THEIR BODY WEIGHT WITH SPORT ACTIVITIES?

Nevenka Osredkar

High school, Jesenice, Slovenia

Young people are most susceptible to the world and happenings around them. They follow fashion trends and they try to look similar to their idol that is why they tend to create an attractive impression on other people. They are most sensitive in regard with their outer appearance, therefore they take criticism on the account of their body weight very seriously and they refuse to eat properly. Consequently this might lead to eating disorders, such as bulimia and anorexia nervosa. As it is the time of growth, the body needs sufficient food for a normal development. Therefore we need to be sensitive to the problems that young people face regarding their body weight. That is why we have to emphasize the importance of healthy lifestyle supported by regular sport activities. At the same time we also need to stress the importance of other values, so that teenagers realize that physical appearance is not everything. This is why I did a questionnaire with 43 female students attending the first year of Economic High School in Radovljica (in further text EGSS). I found out that about 37 of girls (86%) control their body weight by doing sport activities and dieting. 4 of them (9%) control their body weight on a daily basis.

Key words: body weight, sport activity, high school girls, questioner, investigation, controlling weight, loosing weight.

UTICAJ OSNOVNIH MOTORIČKIH SPOSOBNOSTI, MORFOLOŠKIH OSOBINA TIJELA I KONATIVNIH REGULATIVNIH MEHANIZAMA NA NOGOMETNU MOTORIKU, KOD UČENIKA SREDNJE ŠKOLE

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Cilj istraživanja je bio utvrđivanje uticaja sistema varijabli (prediktora) morfoloških karakteristika tijela, osnovnih motoričkih sposobnosti i konativnih regulativnih (patoloških) mehanizama na testove (kriterija) tehničkih elemenata u nogometu. Uzorak ispitanika činila su 172 učenika 3. i 4. razreda srednje mješovite škole iz Gračanice.

Rezultati regresione analize ukazali su na statistički značajnu multiplu korelaciju koja ukazuje na zajedničku varijabilnost sistema ovisnih i neovisnih testova. Izabrane varijable prediktorskog sistema pokazuju statistički značajan uticaj na uspješnost u nogometnoj motorici datih zadataka nogometne igre, a statistički značajne koeficijente parcijalne korelacije s kriterijskom varijablom imaju varijable za procjenu: brzine trčanja na 50 m, snage trbušne muskulature, preciznosti gađanja horizontalnog cilja rukom, brzine frekvencije nogom o zid i raspona ramena.

Ključne riječi: nogomet, učenici, morfologija tijela, bazična motorika, konativni regulativni mehanizmi, nogometna motorika, regresija.

THE INFLUENCE OF MOTOR ABILITIES, MORPHOLOGICAL BODY CHARACTERISTICS AND CONATIVE REGULATORY MECHANISMS IN SOCCER MOTORICS ON SECONDARY SCHOOL CHILDREN

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The aim of this research was to show how motor abilities, morphological body characteristics and conative regulatory mechanisms influence the soccer motorics on secondary school children.

The sample consisted of 172 third and fourth grade secondary school children attending High School in Gračanica.

The results of regressive analysis showed the statistically significant multiple correlation which shows joint system variability of dependant and independant tests. The chosen variables of predictor system show the statistically significant influence on the efficiency of soccer motorics of given soccer play tasks, where statistically significant coefficients of partial correlation with criterx variable have estimation variables: running speed on 50 m, the abdominal muscular strength, the accuracy of horizontal one- hand set shot, the speed of frequency of kick on wall and shoulder width.

Key words: soccer, high school children, body morphology, basic motorics, conative and regulatory mechanisms, soccer motorics, regresion.

MOTORIČKE SPOSOBNOSTI I KOŠARKAŠKE VEŠTINE MLADIH KOŠARKAŠA (13-14 GODINA) I NJIHOVA MEĐUSOBNA POVEZANOST

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Ciljevi ove studije su bili, najpre, opisivanje motoričkih sposobnosti i nekih košarkaških veština mladih košarkaša uzrasta 13 do 14 godina (N=118), a onda i istraživanje povezanosti između ova dva prostora. Ispitanici predstavljaju najbolje košarkaše ovog uzrasta iz cele Srbije, odabrane od strane kompetentnih trenera. Motoričke sposobnosti su procenjene sa 20 terenskih testova iz prostora: eksplozivne snage (5 testova), repetitivne snage (3 testa); brzine lokomocije (2 testa); agilnosti (4 testa); fleksibilnosti (3 testa); i ravnoteže (2 testa). Košarkaške veštine su procenjene sa četiri testa: *dribling, kretanje u odbrani, dodavanje i šutiranje*. Rezultati kanoničke analize ($R = .92$) pokazuju da postoji značajna povezanost ova dva prostora. Tome u najvećoj meri doprinose rezultati u testovima eksplozivne snage i agilnosti (prostor motoričkih sposobnosti) i rezultati testova driblinga, kretanja u odbrani i dodavanja (prostor košarkaških veština).

Ključne reči: motoričke, veštine, mladi, košarkaši, povezanost

MOTOR ABILITIES AND TECHNICAL SKILLS OF BASKETBALL PLAYERS (13 AND 14 YEARS) AND THEIR RELATIONS

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The aims of this study were, firstly, to get descriptive data of the motor abilities and technical skills of young basketball players, 13 and 14 years old, (N=118) and secondly to find their relations. The respective coaches selected the best boys aged 13 and 14 years from Serbia. Participants had to solve 20 field tests of motor abilities: explosive strength (5 tests), endurance strength (3 tests), speed of locomotion (2 tests), agility (4 tests), flexibility (3 tests), and balance (2 tests); and 4 tests of technical skills: dribble, defensive movement, passing, and shooting. The results of canonical analysis ($R=.92$) showed significant relations between these two area. That is mostly contributed by the results of explosive strength and agility tests (motor abilities area) and tests of dribble, defensive movement and passing (technical skills).

Key words: motor, skills, young, basketball players, relations

KOGNITIVNE SPOSOBNOSTI MLADIH KOŠARKAŠA I NJIHOVA USPEŠNOST

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U ovoj studiji su istraživane kognitivne sposobnosti najboljih košarkaša juniora Srbije. Istraživanje je sprovedeno na uzorku od 80 košarkaša juniora, uzrasta 17-18 godina. Oni su podeljeni u tri grupe na osnovu nezavisne ekspertske ocene njihove uspešnosti (od 1 do 10). Kognitivne sposobnosti su procenjene sa pet testova: D48 (test opšte inteligencije), S1 (test vizuelne specijalizacije), P1, F1 i F2 (testovi perceptivnih sposobnosti). Rezultati istraživanja pokazuju da postoji značajna razlika između tri grupe košarkaša juniora u prostoru kognitivnih sposobnosti. Vrednosti centroida grupa pokazuju da se prva grupa (najkvalitetniji juniori) značajno razlikuje od preostale dve grupe, i to u rezultatima testova D48 i F2, dok nema značajne razlike između druge i treće grupe.

Ključne reči: kognitivne sposobnost, košarkaši, uspešnost

COGNITIVE ABILITIES OF YOUNG BASKETBALL PLAYERS AND THEIR SUCCESS

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This study investigated cognitive abilities of the best junior basketball players of Serbia. The research was made on a sample of 80 junior basketball players 17 and 18 years old. They are distributed in three groups on the base of independent expert's mark of player's success (from 1 to 10). Cognitive abilities of each player were estimated by 5 tests: D48 (test of general intelligence), S1 (test of visual specialisation), P1, F1 and F2 (tests of perceptive factor of cognitive abilities). Values of the group's centroide show that first group (the best junior players) differ significantly from the two others group (tests D48 and F2), but there is no significant difference between second and third groups.

Key words: cognitive abilities, basketball players, success

POLNE RAZLIKE U POKAZATELJIMA FIZIČKOG RAZVOJA I MOTORIČKIH SPOSOBNOSTI DECE MLAĐEG ŠKOLSKOG UZRASTA

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Predmet ovog rada odnosi se na proučavanje polnih razlika u pokazateljima fizičkog razvoja i motoričkih sposobnosti, kod dece mlađeg školskog uzrasta, za poslednje tri dekade. Ovo istraživanje je imalo je za cilj utvrđivanje polnih razlika u pokazateljima fizičkog razvoja i motoričkih sposobnosti kod tri generacije učenika-ca IV-ih razreda. Merenje je obavljeno 1984, 1995. i 2006. godine. Uzorak ispitanika predstavljaju učenici-ce IV razreda, 4 osnovne škole iz Beograda. Za procenu nivoa *fizičkog razvoja* u ovom istraživanju izmereni su visina i masa tela. Za procenu pojedinih segmenata *antropomotoričkog* prostora korišćeno je 10 standardizovanih motoričkih testova. Na osnovu prezentiranih rezultata istraživanja može se zaključiti da se polne karakteristike u pokazateljima fizičkog razvoja i motoričkih sposobnosti razlikuju u odnosu na tri generacije učenika-ca IV-ih razreda osnovnih škola Beograda, sa vremenskom distancom od 32 godine. Naime, devojčice generacije 1984. godine su statistički značajno više (2,1 cm) u odnosu na dečake. U pokazateljima motoričkog razvoja su signifikantno bolje u segmentarnoj brzini i gipkosti, dok su dečaci bolji u varijablama za procenu preciznosti, eksplozivne, statičke, brzinske snage i agilnosti. Kod generacije 1995. godine nema signifikantnih razlika u telesnoj visini i masi. Devojčice su statistički značajno bolje samo u gipkosti, dok dečaci, kao i u prethodnoj generaciji, u varijablama za procenu preciznosti eksplozivne, statičke, brzinske snage i agilnosti.

Devojčice generacije 2006. takođe su imale signifikantno bolje rezultate u testu gipkosti, dok su dečaci bili statistički značajno bolji u varijablama za procenu agilnosti eksplozivne, repetitivne i brzinske snage.

Ključne reči: polne razlike, fizički razvoj, motoričke sposobnosti, deca, školski uzrast

GENDER RELATED DIFFERENCES IN PHYSICAL DEVELOPMENT AND MOTOR PERFORMANCE INDICES OF YOUNGER SCHOOLCHILDREN

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The topic of this study was to explore the gender related differences in physical development and motor performance indices of younger schoolchildren, over last three decades. The aim of the study was to determine gender related differences in physical development and motor performance indices of three generation of 4th grade schoolchildren. Measurements were taken in four Elementary Schools in Belgrade, over three different years (1984, 1995 and 2006). To evaluate level of physical development, body mass and height were measured. In addition, to assess motor performance abilities, 10 standard tests were performed.

Results in our study indicated gender and generation related differences in physical development and motor performance indices of three generation of 4th grade schoolchildren, where the time difference between the first and the last measurement was 32 years. Namely, the girls measured in 1984 were significantly higher (2.1 cm) when compared with age-matched boys. Moreover, they also achieved significantly better results in segmentary speed and flexibility, while the boys scored significantly better results in tests of precision, explosive power, static power and agility assessment. There were no significant differences in mass and height of boys and girls of generation 1995. Girls scored better results in flexibility tests, while boys obtained better results in same tests as in previous generation.

Girls of generation 2006 were better in flexibility tests when compared to age-matched boys and boys obtained better results in tests of precision, explosive power, static power and agility assessment.

Key words: gender related differences, physical development, motor abilities, schoolchildren.

SEKULARNA AKCELERACIJA RASTA I RAZVOJA DECE MLAĐEG ŠKOLSKOG UZRASTA

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Predmet ovog rada odnosi se na proučavanje promena u dinamici rasta i razvoja dece mlađeg školskog uzrasta. Ovo istraživanje je imalo je za cilj utvrđivanje sekularnog trenda fizičkog razvoja i motoričkih sposobnosti kod dve generacije učenika-ca IV-ih razreda, sa vremenskom distancom od 22 godine. Uzorak ispitanika predstavljaju učenici-ce IV razreda, 4 osnovne škole iz Beograda. Za procenu nivoa *fizičkog razvoja* u ovom istraživanju izmereni su visina i masa tela. Za procenu pojedinih segmenata *antropomotoričkog* prostora korišćeno je 10 standardizovanih motoričkih testova.

Na osnovu prezentiranih rezultata istraživanja može se zaključiti da sekularni trend rasta i razvoja morfoloških karakteristika i antropomotoričkih sposobnosti ukazuju na specifičnosti dve generacije učenika-ca IV-ih razreda osnovnih škola Beograda, sa vremenskom distancom od 22 godine. Naime, DEČACI generacije 2006. godine su imali veće rezultate u telesnoj visini i masi tela, što znači da je u pokazateljima fizičkog razvoja dobijen *pozitivan sekularni trend*. U prostoru motorike dobijena je statistički značajna razlika u varijablama: preciznosti bacanja predmeta u cilj, eksplozivne snage mišića opružaća nogu, statičke sile mišića ruku i ramenog pojasa i agilnosti i to u korist dečaka generacije 1984. godine, što ukazuje na *negativan sekularni trend*, odnosno *deceleraciju*. U ostalim motoričkim varijablama nije dobijena signifikantna razlika.

- Kod DEVOJČICA nije dobijena statistički značajna razlika u pokazateljima fizičkog razvoja (telesna visina i masa tela). Znači uočena je *stagnacija* rasta i razvoja.

- U prostoru motorike dobijena je signifikantna razlika u većini posmatranih varijabli, osim u testu koordinacije, gde razlika nije statistički značajna. Samo u varijabli dinamičke ravnoteže (MSOK) učenice IV razreda, generacije 2006. bolje su od učenika generacije 1984. godine, te se može reći da je dobijen *pozitivan sekularni trend*, odnosno uočena *akceleracija razvoja*. U varijablama preciznosti bacanja predmeta u cilj, segmentarne brzine, eksplozivne snage mišića opružaća nogu, statičke sile mišića ruku i ramenog pojasa, agilnosti, repetitivne snage mišića pregibača trupa, gipkosti i brzinske snage, bolje rezultate su imale devojčice generacije 1984. godine, što znači da je dobijen *negativan sekularni trend*, ili uočena *deceleracija* razvoja praćenih motoričkih sposobnosti.

Ključne reči: akceleracija, sekularni trend, rast, razvoj, motoričke sposobnosti, deca, školski uzrast

SECULAR ACCELERATION OF GROWTH AND DEVELOPMENT OF CHILDREN AT EARLY SCHOOL AGE

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The subject of this paper refers to studies of changes in the dynamics of growth and development of children at early school age. This research was aimed to determine a secular trend of physical development and motor abilities in two generations of pupils of the fourth grade with a time distance of 22 years. The sample of the examinees represents the pupils of the fourth grade of four elementary schools in Belgrade. For assessment of the level of physical development in this research, height and body mass were measured. For assessment of particular segments of anthropomotor area, 10 standardized motor tests were used.

Based on the presented results of the research, it can be concluded that secular trend of growth and development of morphological features and anthropomotor abilities point out some specificities of two generations of the fourth grade pupils of the elementary schools in Belgrade with time distance of 22 years. Namely, BOYS of the generation 2006 had greater results in height and body mass, which means that in the indexes of physical development, *positive secular trend*. In the area of mobility, a statistically significant difference was obtained in the following variables: accuracy of subject throwing at the target, explosive power of leg extensor muscles, static power of the muscles of arms and shoulder region and agility in favour of the boys of the 1984 generation, which points out a *negative secular trend*, i.e. *deceleration*. In other mobility variables no significant difference was obtained.

- with the GIRLS, no statistically significant difference was obtained in the indexes of physical development (height and body mass). Therefore, a *stagnation* of growth and development was noticed.
- In the mobility area, a significant difference was observed in most of the variables, except in the test of coordination, where such difference is not significant. Only in the variable of dynamic balance (MSOK) the female pupils of the fourth grade, generation 2006 are better than the pupils of the generation 1984, so it could be said that a *positive secular trend* was obtained, i.e. acceleration of development was noticed. In the variables of accuracy of throwing objects at target, segments of speed, explosive power of leg extensor muscles, static power of the muscles of arms and shoulder region, agility, repetitive power of trunk flexor muscles, flexibility and speed power, the results of the girls of the generation 1984 were better, which means that a *negative secular trend* was obtained, i.e. *deceleration* of the development of the observed motor abilities was noticed.

Key words: acceleration, secular trend, growth, development, motor abilities, children, school age

UNAPREĐENJE SISTEMA PRAĆENJA FIZIČKIH SPOSOBNOSTI DECE I OMLADINE

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Sa periodičnim praćenjem fizičkih sposobnosti dece i omladine otpočelo se od školske 1972/73. godine sa osnovnim ciljem unapređivanja nastave fizičkog vaspitanja. Rad na ovom projektu bio je poveren Jugoslovenskom zavodu za fizičku kulturu i medicinu sporta (sada: Republičkom zavodu za sport). Sa porastom životnog standarda i poboljšanjem uslova života, neminovno dolazi do disproporcije između fizičkog razvoja i razvoja fizičkih sposobnosti dece i omladine, pa se javlja potreba za njihovim kontinuiranim praćenjem. Praćenje razvoja fizičkih sposobnosti je sastavni deo programiranja savremene nastave, jer omogućava nastavniku povratnu informaciju o stanju učenika i njihovim trenutnim sposobnostima. Da bi se stekao uvid u fizičke sposobnosti dece i omladine, potrebno je odabrati takvu bateriju testova koja će za naše uslove biti realna i ostvarljiva, a podaci merljivi i uporedivi. Tendencija je da se postepeno predje na izvodjenje baterije testova – EUROFIT koja se dugo godina u nazad uspešno primenjuje u brojnim evropskim zemljama. Republički zavod za sport ima zakonsku obavezu da permanentno prati dešavanja u ovoj oblasti i informiše Vladu Srbije i javnost o stanju fizičkih sposobnosti dece i omladine i merama za njihovo unapređivanje.

Ključne reči: fizički razvoj, fizičke sposobnosti

PHYSICAL PERFORMANCE IN CHILDREN AND YOUTH - MONITORING SYSTEM IMPROVEMENT

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Systematic assessment of physical performance of children and youth started in school year 1972/73 in order to improve physical education system. This project was conducted by the Yugoslav Institute for Physical Culture and Sports Medicine (currently: The Republic Institute of Sport). The disproportion between physical development and development of physical performance in children and youth is caused by increasing of life standard and by improvement of life conditions. Consequently, continual monitoring of physical performance appears to be imperative.

The monitoring of development of physical performance is part of the programmed contemporary physical education system since the teachers are provided with reversible information regarding student's physical performance status. A testing battery that provides valid and reliable data has to be established in order to assess physical performance in children. There is a gradual tendency of establishing EUROFIT testing battery as one of the most used in number of European countries. The Republic Institute of Sport has an institutional engagement that requires permanent monitoring of physical performance of children and youth. The Republic Institute of Sport also has to permanently inform Serbian Government and public and to establish strategy for the improvement of physical performance in children and youth.

Key words: physical development, physical performance

RAZLIKE U POSTURALNIM POREMEĆAJIMA KOD DECE PREDŠKOLSKOG UZRASTA

Admira Koničanin

“Gimnazija”, Tutin

Istraživanjem je obuhvaćeno 220 ispitanika, 128 devojčica i 92 dečaka "Maja" i "Poletarac". Prema tome uzorak ispitanika možemo smatrati reprezentativnim i sa aspekta veličine i aspekta izbora ispitanika.

Služili smo se onim varijablama za koje smo smatrali da će najpotpunije objasniti ispitivanu pojavu razlike u posturalnim poremećajima, procenu stanja antropometrijskih dimenzija i procenu posturalnih poremećaja. Došli smo do saznanja da postoji statistički značajna razlika kod dece predškolskog uzrasta u posturalnim poremećajima.

Ključne reči: posturalni poremećaj, deca, predškolski uzrast

THE DIFFERENCES IN POSTURALE DISCORDERS AT CHILDREN IN PRE-SCHOOL AGE

Admira Koničanin

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220 subjects, 128 girls and 92 boys from pre-school institution "Maja" and "Poletarac" are included in this research. According to this, the sample of subjects can be considered representative both from the aspect of number of examined persons and from aspect of choosing the examined persons. We have used those variables which we considered to completely explain the examined phenomenon of differences in postural disorders the estimation of the state of anthropometric dimensions and the estimation of postural disorders.

We found that statistical important differences exist in children of pre-school age in postural disorders.

Key words: postural disorders, children, pre-school age

RAZLIKE U MORFOLOŠKIM KARAKTERISTIKAMA I MOTORIČKIM SPOSOBNOSTIMA KOD SRPSKIH ELITNIH FUDBALERA UZRASTA OD 12 DO 16 GODINA

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Cilj. Ciljevi ove studije su bili da se odrede morfološki i motorički profili srpskih elitnih mladih fudbalera, kao i da se ustanove moguće uzrasne razlike između njih.

Metod. Ukupno osamdeset osam fudbalera, podjeljena u četiri uzrasne kategorije po dvadeset dva (U13, U14, U15 i U16), učestvovala su u ovoj studiji. Od morfoloških karakteristika merene su visina i masa tela, a od motoričkih sposobnosti procenjavane su gipkost (pretklon u sedu i iskret sa palicom), brzina (10m sprint, 10m leteći sprint), snaga (vertikalni skok iz polučučnja, vertikalni skok sa rukama na bokovima, vertikalni skok sa zamahom rukama i sedam uzastopnih skokova), agilnost (''T'' - test) i izdržljivost (šatl ran).

Rezultati. Analiza varijanse (ANOVA) pokazala je da hronološka starost značajno razdvaja fudbalere u većini merenih morfoloških i motoričkim varijabli. Takođe, mesec rođenja se pokazao kao važan faktor u odabiru mladih fudbalera koji su učestvovali u ovoj studiji. Naime, kod 55 fudbalera datum rođenja se nalazi u prvoj trećini godine, kod 25 fudbalera u drugoj i kod 8 fudbalera u poslednjoj trećini godine.

Zaključak. Uzrast i potencijalne promene u fizičkim i fiziološkim karakteristikama tokom puberteta mogu biti važni faktori koji prave razliku u morfološkim karakteristikama i motoričkim sposobnostima mladih fudbalera. Stoga, proces identifikacije talenata, osim multidimenzionalne procene sposobnosti, treba da uzme u obzir i procenu biološke zrelosti zbog prevencije isključivanja fudbalera koji kasne u procesu sazrevanja.

Ključne reči: identifikacija, talenat, procena

ANTHROPOMETRIC AND PERFORMANCE MEASURES DIFFERENCES OF SERBIAN ELITE MALE SOCCER PLAYERS AGED 12-16 YEARS

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Aim. The aims of the present study were to determine anthropometric and performance profiles of Serbian elite young male soccer players as well as to detect possible differences in relation to age level.

Methods. A total of eighty eight male players divided in four age groups of twenty two, all members of the Serbian elite selections (U13, U14, U15 i U16), participated in the present study. Anthropometric measurements include height and weight, while performance measurements include sit and reach and circumduction test (flexibility), 10m sprint and flying 10m sprint (speed), squat jump, countermovement jump without arms, countermovement jump with arms and seven repeated jumps (power), ''T''- test (agility), shuttle run (endurance).

Results. Analysis of variance (ANOVA) revealed that chronological age contributed significantly to variance in the most of anthropometric and performance variables. In addition, month of birth was revealed as one of the important contributor in selection of young soccer players participated in the present study. It was showed that date of birth of 55 players was in the first third of year, 25 in the second and 8 in the last third of year.

Conclusion. Stature and potentially changes in physical and physiological characteristics during puberty could primary contributors to the variance in anthropometric characteristics and performance of young soccer players. Therefore, talent identification process beside the multidimensional measurements of performance should also consider the maturity status due to prevention of exclusion of late maturation players.

Key words: identification, talent, assessment

KA OBJEKTIVNOM SAZNANJU U FIZIČKOJ KULTURI

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U uvodnom delu rada objašnjavaju se osnovne postavke o filozofiji nauke kao disciplini koja pokušava da poveže filozofiju s područjima naučnog istraživanja. Jedan od osnovnih ciljeva filozofije nauke jeste da otkrije prirodu naučnog metoda, tj. logiku nauke. U najopštijem smislu, problem metode je problem logike. Zato se logika definiše kao filozofska disciplina o oblicima valjane misli i o metodama spoznaje. Pod **metodom** se podrazumevaju sredstva ili načini određivanja da li je teorijski konstrukt ili iskaz istinit ili lažan (Ž.Ristić, 1995:183). Po mišljenju G.Petrović (1998: 149), postoje dve osnovne metode zaključivanja i dokazivanja: **induktivna** i **deduktivna**. Teorija nauke se istorijski gledano stalno nalazila između „*tradicionalnog modela spoznaje – epistemološkog monizma*“ i „*novog modela spoznaje – teorijskog pluralizma*“ (J.Berberović, 1990). U drugom delu rada izvršena je kratka analiza osnovnih filozofskih načela, jednog od najuticajnijih filozofa 20-og veka na polju metodologije nauke Karla Popera (1902-1994). Iznete su osnovne postavke iz njegovih tri kapitalna dela iz filozofije nauke: Logika naučnog otkrića (1973), Pretpostavke i pobijanja (2002) i Objektivno saznanje (2002)

U trećem delu, prikazani su rezultati 124 magistarska i doktorska rada na FSFV u Beogradu u 30-togodišnjem periodu (1964-1994), pogotovo iz ugla primene induktivne i deduktivne metode zaključivanja. Generalno se primećuje da je u istraživanju fizičke aktivnosti čoveka dominantno korišćen metod indukcije kao oblik zaključivanja, zbog čega je izvršena kritička analiza ovakvog pristupa.

Nova teorijska paradigma u istraživanju fizičke aktivnosti čoveka morala bi da bude veća primena deduktivne metode zaključivanja, ukoliko se želi holistički pristup u primeni metoda zaključivanja u naukama o fizičkoj aktivnosti čoveka. U tom smislu i filozofija fizičke kulture mora da da svoj doprinos u većoj primeni deduktivne metode zaključivanja u istraživanju fizičke aktivnosti čoveka.

Ključne reči: objektivno saznanje, indukcija, dedukcija, fizička aktivnost čoveka

TOWARDS OBJECTIVE KNOWLEDGE IN PHYSICAL CULTURE

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The introductory part of this work explains the basic postulates of philosophy of science as a discipline trying to connect philosophy with fields of scientific researches. One of main aims of philosophy of science is to reveal nature of scientific method, that is, logic of science. In the most general sense, the problem of method is the problem of logic. That's why logic is defined as a philosophical discipline about forms of worthy idea and about methods of cognition. *Method* supposes the means and ways of determining if a theoretical construct or statement is true or false (Ž.Ristić, 1995: 183). In G. Petrović's opinion (1998: 149), there are two basic methods to conclude and prove: **inductive** and **deductive**. Historically looking, theory of science has always been between "a traditional model of cognition -epistemological monism" and "a new model of cognition - theoretical pluralism" (J. Berberović, 1990).

In the second part of the work there is a short analysis of the main philosophical conceptions given by one of the most influential 20th century philosophers in the field of methodology of science, Karl Popper (1902-1994). There are basic assumptions from three major works in philosophy of science by this philosopher: The Logic of Scientific Discovery (1973), Conjectures and Refutations (2002) and Objective Knowledge (2002)

In the third part, the results of an analysis of 124 M.A. and Ph.D. dissertations on the Faculty of Sport and Physical Education in Belgrade for a period of 30 years (1964-1994) has been presented, especially from an aspect of application of inductive and deductive methods of concluding. Generally, it could be noticed that method of induction was used as a form of concluding in research of human physical activity, and that's why a critical analysis of this approach has been done.

A new theoretical paradigm in research of human physical activity should be wider use of deductive method of reaching conclusion, if a holistic approach in application of methods of concluding in sciences of physical activities is required. In that sense, philosophy of physical culture must also give its contribution in wider use of deductive method of concluding in research of human physical activity.

Key words: objective knowledge, induction, deduction, human physical activity

MODEL BRZOG UČENJA SKIJANJA »EASY SKI«

Blaž Belehar

Profesor fizičkog vaspitanja, Voglje, Šenčur, Slovenija

Učenje skijanja je najefikasnije kada se organizuje na takav način da skijaši budu mentalno neopterećeni i uče integralno i intuitivno.

Kada smo tražili način da savladamo modernu tehniku karving što je brže moguće imali smo ovo otkriće na umu. Bio nam je potreban instrument koji će omogućiti lančanu reakciju pravih pokreta i e osloboditi intuiciju.

Dvojica skijaša entuzijasta, prof. Iztok Belehar i ing. Andrej Robič su izumeli metodološki instrument i nazvali ga EASY SKI. Ovaj instrument čini da se brzo dostignu ciljevi - skijanje tehnikom karvinga ili kontrola brzine.

Šta je EASY SKI?

Easy ski su 100 cm duge skije sa naglašenim bočnim zakrivljenjem. Njihov radijus zakrivljenja je sedam metara. Spojene su jedna sa drugom poprečnim šipkama koje čine da se skije pokreću harmonično. Ove šipke su odgovorne za pravilnu razdaljinu između skija, pravilno postavljanje unutrašnjih ivica i pravilno upravljanje.

U svojoj lekciji ja ću detaljno predstaviti EASY SKI i model brzog učenja skijanja sa ovim instrumentom.

Ključne reči: skijanje, model brzog učenja, „Easy ski“

A MODEL OF FAST LEARNING OF SKIING »EASY SKI«

Blaž Belehar

PE professor, Voglje, Šenčur, Slovenija

Teaching of skiing is most efficient when organized in a way that skiers are mentally unburdened and learn integrally and intuitively.

We had this discovery in our minds when we were searching for a way to subdue the modern carving technique as fast as possible. We needed an instrument to enable a chain reaction of right moves that would give the intuition a free way.

Two skiing enthusiasts; prof. Iztok Belehar and eng. Andrej Robič have invented a methodic instrument and named it EASY SKI. This instrument makes skiing with the carving technique or the control of speed a quickly achieved goal.

What is EASY SKI?

Easy ski are 100 cm long skis with an accentuated side curve. Their radius of curves is seven . They are connected together by two crossbars that make the skis move harmonised. These crossbars are responsible for the right distance between the skis, the right placement of the inner curbs and the right steering.

In my lecture I would present EASY SKI and the model of fast learning of skiing with this instrument in details.

Key words: skiing, model of fast learning, “Easy ski”

TELESNI SASTAV UČENIKA STARIJIH RAZREDA OSNOVNE ŠKOLE

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Cilj: Ispitati telesni status i odnos masne komponente prema mišićnoj i koštanoj komponenti telesnog sastava učenika starijih razreda osnovne škole.

Metode: Sto osamnaest učenika sedmog i sto šesnaest učenika osmog razreda je podvrgnuto antropometrijskim merenjima metodom po Mateiki. Procenat mišićne, masne i koštane komponente telesnog sastava, određen je istom metodom, na osnovu izmerenih vrednosti, a takođe je određen i indeks telesne mase (BMI).

Rezultati: Koštana komponenta u proseku iznosi 21.55% telesnog sastava i ne razlikuje se značajno po razredima. Srednja vrednost procentnog udela mišićne komponente iznosi 39.62% i veća je kod učenika sedmog razreda. Masna komponenta u proseku zauzima 23.69% telesnog sastava i taj procenat je takođe veći kod učenika sedmog razreda. Više od 20% masnog tkiva ima čak 54% učenika, a 15% uzorka ima više od 35% masnog tkiva. Indeks telesne mase pokazuje da 15% ispitanika ima prekomernu telesnu masu, a da je 6% ispitanika gojazno.

Zaključak: Gojaznost kao jedan od glavnih faktora rizika za pojavu velikog broja bolesti i kao bolest sama po sebi, postaje problem većine adolescenata. Hitno je potrebna ozbiljna studija o uzrocima ovakvog stanja.

Ključne reči: telesni sastav, procenat masnog tkiva, učenici osnovne škole, prekomerna telesna masa, gojaznost

BODY COMPOSITION OF UPPER GRADES ELEMENTARY SCHOOL BOYS

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Objectives: To examine the body composition and the fat to muscle-fat to bone tissue ratio of upper grades elementary schoolboys.

Methods: One hundred and eighteen seventh-graded and one hundred and sixteen eight-graded boys submitted to anthropometry by Mateigka test procedure. Percent of muscle, fat and bone tissue in the body composition along with body mass index (BMI) were determined.

Results: The bone tissue percentage was 21.55% on average and significant difference between classes was not found. The muscle tissue percentage had the average value of 39.62% with a greater value in seventh graded boys. The fat tissue occupies 23.69% of body composition in average and had a greater value in seventh graded, too. Fifty four percent of subjects have more than 20% of fat tissue, whereas 15% of subjects have more than 35% of fat tissue. Body mass index shows overweighting in 15% and obesity in 6% of subjects.

Conclusions: Obesity as one of the primary factors in development of many illnesses as well as an illness at all, becomes a problem for majority of adolescent's. Serious study about the causes of such condition is urgently needed.

Key words: Body composition, Fat percentage, Elementary School pupil, Overweighting, Obesity

IDENTIFIKACIJA TALENTOVANIH UČENIKA ZA SPORT – RUKOMET KROZ NASTAVU FIZIČKOG VASPITANJA

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Fizička uspešnost je jedan od osnovnih ciljeva *fizičkog vaspitanja*. Svi učenici sportski *talenat* u vidu određenog potencijala za razvoj poseduju, ali je različita „količina“ tog posedovanja. Da li će postojeća talentovanost i da se realizuje do određenih granica učenikovih mogućnosti zavisi od brojnih činilaca.

Talentovanost za *rukomet* sagledava se kao *proces* sticanja veština, znanja i razvoja ličnih kompetencija koji traje veoma dugo i u okviru koga period školovanja predstavlja ključni formativni period. Savlađivanje programskih sadržaja u okviru fizičkog vaspitanja, je odlučujući za početak, tok i krajnje ishode realizacije sportskih – rukometnih potencijala učenika – naročito talentovanih.

Tempo i kvalitet napredovanja identifikovanih učenika u rukometu prema visokim i vremenski često udaljenim ciljevima, uslovljeni su *morfološkim*, psihološkim i drugim svojstvima učenika.

Nastavnik fizičkog vaspitanja ima važnu ulogu ne samo u otkrivanju već i u daljem razvoju nadarenosti. Zbog ključne uloge u stvaranju uslova za dalji razvoj darovitih učenika, njihov odnos je jedna od ključnih komponenti napredovanja.

U razvoju mladog rukometaša izgrađuje se ne samo uspešnost u rukometnom i socijalnom smislu, već se i stiču određene kompetencije koje su sastavni deo njihove integralne ličnosti. Ustanovljavanje metodologije identifikovanja talentovanih učenika za rukomet, putem nastave fizičkog vaspitanja, dalji stručni rad sa njima, definisanje specifične metodike, taktike i tehnike je osnovno što je potrebno da se učini radi rukometnog sporta kod nas.

Ključne reči: rukomet, talenat, proces, morfološka, fizičko vaspitanje

IDENTIFICATION OF TALENTED PUPILS FOR SPORT - HANDBALL THROUGH PHYSICAL EDUCATION

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Physical efficiency is one of the basic goals of *physical education*. All pupils possess some *talent* for sport as certain potential to develop but the level of such “quantity” is different. Whether such talent shall be realized up to certain targets of students’ abilities depends on different factors.

Handball talent is manifested as a process of acquiring skills, knowledge and personal competences throughout a very long period with a key formative period covering school age. Mastering the physical education syllabus has a decisive role for beginning, course and final outcome of realization of sports – handball potential of students especially of the talented ones.

Tempo and quality of the selected children progress at handball towards high and often very distant targets depend on *morphological*, psychological, and other features of the students.

Physical education professor plays an important part not only in identification but also in future talent evolution. His main role is creating conditions for further development of those talented children by procreating good interpersonal relations.

Developing scheme of a young handball player consists of sequences of achievement at different levels and aspects of success in handball and social way. Also they get other competences which are the structural part of integral personality. Methodology of identification talented students through physical education classes is very valuable. Additionally, successive work with them, definition of specific methodic and training tactics and techniques is extremely important for developing both students and handball sport in our country.

Key words: handball, talent, process, physical education, morphological

**ZNAČAJ PRAVILNIKA O „USLOVIMA I NAČINIMA OSPOSOBLJAVANJA
KADROVA ZA OBAVLJANJE ODREĐENIH STRUČNIH POSLOVA U SPORTU“
U CILJU KVALITETNIJEG OBAVLJANJA STRUČNIH POSLOVA
U FIZIČKOM VASPITANJU**

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Delovanje sportskih stručnjaka i stručnjaka u sportu je od velikog značaja u fizičkom vaspitanju, njih ima u velikom broju i nažalost procenjuje se da oko 80% sportskih stručnjaka nema odgovarajuću stručnu spremu, kako rade sa svim uzrastima i svim kategorijama uređenje ove oblasti je od velikog značaja za Republiku Srbiju.

Samim tim neophodno je na osnovu člana 61. stava 1. zakona o sportu ("službeni glasnik rs", broj 52 od 17. 12.1996.) doneti pravilnik o uslovima i načinima osposobljavanja kadrova za obavljanje određenih stručnih poslova u sportu (izdavanje licenci za rad u sportu).

Ministarstvo omladine i sporta uvidevši značaj sistemskog rešavanja ovog problema osnovalo je radnu grupu koja radi na izradi pravilnika o licenciranju za rad u sportu.

Ovim pravilnikom propisuju se uslovi i način osposobljavanja kadrova za obavljanje određenih stručnih poslova u sportu radi organizovanog i sistemskog poboljšanja kvaliteta kadrova u sportu i dugoročnog planiranja razvoja sporta u republici Srbiji.

Ključne reči: Zakon o sportu, pravilnik, Republika Srbija

**THE RELEVANCE OF REGULATION ACT "THE CONDITIONS AND ASPECTS
OF PERSONNEL PREPARATION FOR IMPLEMENTATION OF PROFESSIONAL
WORK IN SPORT" IN ORDER TO IMPLEMENT MORE QUALITATIVE
PROFESSIONAL WORK IN PHYSICAL EDUCATION**

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The operating of sports practitioners is very important in physical education. They are numerous of them but regrettably it is estimated that only 80% of sports practitioners possess sufficient level of education. Since, sports practitioners work with persons of different ages, the managing of this area is very important for the Republic of Serbia.

With respect to Article 61, Paragraph 1 of Sports Act ("Sluzbeni glasnik RS" issue 52, December 17th 1996), it is necessarily to provide the regulation act of conditions and aspects of personnel preparation for implementation of professional work in sport (the issuing of certifications for work in sport).

Ministry of Youth and Sport recognized the importance of this problem. Intending to systematically solve this issue, the Ministry formed a working group in order to elaborate a regulation act regarding the issuing of certification for work in sport.

This regulation act regulates the conditions and aspects of personnel preparation for implementation of professional work in sport in order to organize and systematically improve the quality of sport practitioners as well as to plan the sport development on long run in the Republic of Serbia.

Key words: Sports act, regulation act, Republic of Serbia

EVALUACIJA REFORME FIZIČKOG VASPITANJA U CRNOJ GORI IZ UGLA RODITELJA

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Ostvarivost globalnih ciljeva vaspitno-obrazovnog procesa i tom okviru i nastave fizičkog vaspitanja, kao i dosljedno poštovanje osnovnih principa na kojima se temelje promjene obrazovnog sistema u Crnoj Gori, moguće je (i obavezno je) pratiti iz različitih uglova i različitih institucionalnih i vaninstitucionalnih sistema. Uloga, značaj, pozicija i interesi roditelja u reformi obrazovanja u Crnoj Gori zaslužuju prikupljanje, a zatim obradu i prezentaciju stavova i mišljenja roditelja o rezultatima reformskog procesa, prije svega u prvom ciklusu osnovne škole. U ovom radu anketom je obuhvaćeno osam škola, dok je anketu popunilo 427 roditelja.

- Anketom je utvrđeno sljedeće:
- Nastavni sadržaji su prilagođeni uzrasnim karakteristikama učenika;
- Značajno mjesto igre u nastavnom procesu omogućavaju učenicima više slobode i kreativnosti;
- Nedovoljna opremljenost škola osnovni je „protivnik“ reformi obrazovanja;
- Nedovoljno vannastavnih i vanškolskih aktivnosti u školama; saradnja roditelja sa nastavnicima je na visokom nivou.

Ključne reči: reforma obrazovanja; stavovi i mišljenja roditelja.

EVALUATION OF THE PHYSICAL EDUCATION REFORM IN MONTENEGRO ACCORDING TO THE PARENTS VIEW POINT

Drago Milošević

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The realization of the global aims of the educational-teaching process in the frame and the physical education training, including the consistent respect of the elementary principles according to which the changes of the educational system in Montenegro are based, it is possible and (it is compulsory) to follow from the different points of view and the different institutional and extra-institutional systems. The part, the importance, the position and the interests of the parents in the educational reform in Montenegro deserves to be collected, followed by the treatment and the presentation of the parents' attitudes and opinions about the results of the reform process, first of all during the first cycle of the elementary school. The questionnaire, in this paper, includes 8 schools, while the questionnaire form was filled by 427 parents.

The questionnaire established the following:

- The educational contents are adapted to the students age;
- The important place of the game in the educational process enables the students more freedom and creativity;
- The lack of the suitable school equipment is the elementary 'opponent' of the educational reform;
- Not enough of the extra-teaching and the extracurricular activities in schools; parents' cooperation with the teachers is at the high level.

Key words: education (schooling) reform; parents' attitudes and opinions.

STATUS STOPALA MLADIH FUDBALERA PRE I POSLE SPECIFIČNOG TRENAŽNOG OPTEREĆENJA

Dušan Perić

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Na uzorku od 53 mlada fudbalera uzrasta od 13 do 18 godina, podeljena u tri uzrasne grupe (pionir, kadeti i omladinci), sprovedeno je empirijsko istraživanje u kojem je analiziran status stopala pre i posle specifičnog treninga modelovanog tako da se po svojoj strukturi, obimu i intenzitetu rada što više približi fudbalskoj utakmici. Svakom ispitaniku je neposredno pre treninga uzet status stopala Thomsen-ovim plantografskim postupkom i iskazan pomoću procentualne spuštenosti uzdužnih tabanskih svodova. Isti postupak plantografije ponovljen je i nakon treninga. Za vreme treninga je, hronometrijskim metod, za svakog ispitanika su dobijeni podaci o ukupnom obimu kretanja, kao i parcijalni obimi kretanja u zoni malog, srednjeg i visokog intenziteta. Kao hipotetski prediktori, značajni za očuvanje statusa stopala, praćene su četiri morfološke (dužina stopala, telesna visina i telesna masa, kao i iz njih izveden Body-mass indeks) i tri dinamometrijske (maksimalna izometrijska sila plantarnih ekstenzora i vreme za koje je realizovana, kao i iz njih izvedena F/t relacija) varijable. Za upoređivanje podataka dobijenih inicijalnom i finalnom procenom statusa stopala, kao i kvantifikovanje relacija između hipotetskih prediktora (morfoloških varijabli, parametara sile i elemenata trenažnog opterećenja) sa jedinom kriterijumskom varijablom (promenama nastalim na stopalu tokom treninga), korišćene su odgovarajuće diskriminativne i kauzalne procedure iz prostora parametrijske statistike.

Kod svih ispitanika na inicijalnim i finalnim plantografskim merenjima evidentiran je prvi stepen spuštenosti stopala. Rezultati plantografije dobijeni u svim vremenskim tačkama i za sve uzrasne kategorije ukazuju da je kod većine ispitanika prisutna blaga spuštenost uzdužnog tabanskog svoda. Isti status zabeležen je u svim uzrasnim kategorijama, kao i za oba stopala. Primenjeno trenažno opterećenje nije imalo isti uticaj na status stopala svih uzrasnih kategorija. Statistički značajne negativne promene uočene su samo kod dve mlađe grupe (pionira i kadeta), dok su kod omladinaca izostale. Kod grupe pionira uočeno je da na trenažno opterećenje nije isto reagovalo desno i levo stopalo. Ukupno gledano, uočene su male razlike između ukupnog obima rada ostvarenog u različitim grupama, što znači da je na sve ispitanike, bez obzira na starost, primenjeno gotovo isto trenažno opterećenje. Značajne razlike između subuzoraka ispoljene su samo kod aktivnosti izvedenih srednjim i visokim intenzitetom u kojima su omladinci ostvarili veći obim rada. Ni jedna od četiri praćene morfološke varijable nije bila značajno povezana sa promenama na stopalu, nastalim tokom treninga. Od tri parametra sile, samo je maksimalna vrednost izmerena u izometrijskim uslovima bila statistički značajno povezana sa promenama nastalim na stopalu. Smer izračunatih koeficijenata korelacije ukazao je na pozitivan uticaj maksimalne sile mišićne potkolenice na očuvanje statusa stopala.

Ključne reči: Status stopala, Fudbal, Trenažno opterećenje, Mišićna sila

FOOT'S STATUS BEFORE AND AFTER SPECIFIC TRAINING LOAD OF YOUNG SOCCER PLAYERS

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On a sample composed of 53 young soccer players aged 13-18, subdivided into 3 age-related categories (pioneers, cadets and juniors), empirical research was conducted so as to analyze the foot's status before and after a particular training session designed to replicate as closely as possible a football match with respect to its structure, duration and intensity. Each respondent's foot's status was identified utilizing Thomsen's plantographic procedure. The status was given a percent value that signified the lowered longitudinal foot arches. The same plantographic procedure was repeated after the training. During the training, chronometric method was used in order to gather data on each respondent's overall scope of movements, as well as on partial scope of movements in the zone of low, medium and high intensity. Four morphological (foot's length, height, body mass, and body-mass index) and three dynamometric (maximum isometric power of extensor plantar, the time when it was realized, as well as the F/t relation) variables were monitored since they were taken as hypothetical predictors significant for maintaining the foot's status. Appropriate discriminatory and causal procedures, both belonging to parametric statistics, were employed to compare the data acquired through initial and final assessment of the foot's status, as well as through quantifying relations between hypothetical predictors (morphological variables, force parameters and training load elements) and the only criterion-based variable (changes on the foot that emerged during the training).

The first degree of the lowered foot was identified with all respondents both in the initial and final plantographic measurement. The plantographic results obtained at different times and for all age groups indicate to the fact that the majority of respondents have their foot arch lowered to a certain extent. The same status was identified for all age groups, as well as for both feet. The applied training load did not affect the foot status of all age groups. Statistically significant negative changes occurred only with two younger groups (pioneers and cadets), and not with juniors. The research showed that the training load did not have the same effect on the left and right foot. Generally speaking, minor differences were noted regarding the overall workload in different groups, which points to the fact that all groups, regardless of their age, had the same training load. Significant differences between sub-samples appeared only regarding to low- and high-intensity activities in which juniors did more work. Out of four morphological variables, not a single one was strongly related to the foot changes. Of the three force parameters, only the maximum value measured in isometric conditions was statistically significant with respect to foot's changes. The coefficients of the correlation show a positive impact that the maximum force of the muscular system of the lower leg has on maintaining the foot's status.

Key words: Foot's status, Soccer, Training load, Muscle force

RAZLIKE U JAČINI DINAMIČKIH STABILIZATORA KOLJENA IZMEĐU AKTIVNIH NOGOMETAŠA I RUKOMETAŠA UZRASTA OD 18 DO 22 GODINA

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Bosna i Hercegovina

Svaki sport i svaka aktivnost imaju specifične karakteristike koje se razlikuju među sobom. Sve fizičke aktivnosti prepoznaju se kroz dva vida motoričkog funkcionisanja: motoričke sposobnosti i motoričke navike. Svrha ovog istraživanja je da utvrdi razlike u jačini dinamičkih stabilizatora koljena između aktivnih rukometaša i nogometaša. Maksimalna jačina dinamičkih stabilizatora koljena je testirana je na isokinetičkom dynamometer Biodex 3 sistem na ugaonim brzinama veličine 60 i 180 °/s. Uzorak ispitanika činilo je 20 nogometaša i 18 rukometaša studenata Fakulteta sporta i tjelesnog odgoja u Sarajevu. Uzrast studenata je od 18 do 22 godine. U ovom istraživanju rukometaši i nogometaši su pokazali vrlo bliske rezultate. Nema značajnih razlika u maksimalnom momentu sile pronađenih između mišića ekstenzora i fleksora u desnoj ili lijevoj nozi kod rukometaša i nogometaša.
Ključne reči: Isokinetička snaga, ekstenzori, fleksori, nogometaši, rukometaši

DIFFERENCES IN DYNAMIC KNEE STABILIZERS STRENGTH BETWEEN FOOTBALL AND HANDBALL PLAYERS AGED 18 TO 22

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Each sport and each activity have specific different characteristics. Each physical activity is recognizable by two ways of motor function: motor abilities and motor pattern. Aim of this research is to determine the differences in dynamic knee stabilizers between football and handball players. Maximal strength was tested at the isokinetic dynamometer Biodex 3 system at the angular velocities of 60°/s and 180 °/s. Sample of the examinees consisted of 20 football and 18 handball players students of the Faculty of Sport and Physical Education Sarajevo, aged 18 to 22. In this investigation football and handball players showed results that are very alike. There were no significant differences between extensor and flexor muscles maximal strength.
Key words: Isokinetic strength, extensors, flexors, football and handball players

ULOGA PRAVNE REGULATIVE U UNAPREĐENJU FIZIČKOG VASPITANJA U SRBIJI

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Polazeći od odredaba Ustava Republike Srbije, Zakona o osnovama sistema obrazovanja i vaspitanja, Zakona o opštem upravnom postupku, Zakona o javnim službama, Zakona o visokom obrazovanju, Zakon o sportu, kao i nadležnosti Nacionalnog prosvetnog saveta Republike Srbije, Zavoda za unapređenje obrazovanje i vaspitanja, Zavoda za vrednovanje obrazovanja i vaspitanja, resornog ministarstva i drugih organa i tela zaduženih za oblast fizičkog vaspitanja, autori ukazuju na potrebu da se ova oblast detaljnije izuči i razradi u praksi. Osim toga, rad ukazuje i na prava, obaveze i odgovornosti svih učesnika (pravnih i fizičkih lica) u procesu fizičkog vaspitanja u Srbiji. Takođe, ističe se i poseban značaj delatnosti fizičkog vaspitanja, kao integralnog dela procesa opšteg obrazovanja i vaspitanja, a u svetlu međunarodnog, posebno evropskog obrazovanog, naučnog, odnosno umetničkog prostora. Ovo istraživanje je prvenstveno usmereno na delatnost fizičkog vaspitanja u sistemu vaspitno-obrazovnih institucija u Srbiji i to u predškolskim, osnovnoškolskim, srednješkolskim i univerzitetskim ustanovama.

Ključne reči: pravna regulative, fizičko vaspitanje, Srbija

THE ROLE OF A LEGAL REGULATION IN AFFIRMING THE PHYSICAL EDUCATION IN SERBIA

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Referring to the relevant Provisions of the Constitution of the Republic of Serbia, Laws on Fundamentals of the System of Education, the Law on General Administrative Procedure, the Law on Public Offices, the Law on University Education, the Law on Sports as well as the competences of the National Education Council of the Republic of Serbia, the Office for Affirming the Education, the relevant Ministry and other authorities and bodies competent within the field of Physical Education, the authors underline the necessity of a detailed research and practical application of this field. Furthermore, this work indicates the rights, obligations and responsibilities of all participants (both legal entities and natural persons) in the process of physical education in Serbia. In addition, they emphasize the authentic prominence of physical education seen as integral part of the general process of education, and in the context of international, particularly European, education, scientific and artistic space. The said research primarily focuses on the physical education related activities within the system of the following educational institutions in Serbia: day-care centers, elementary schools, high schools and universities.

Key words: legal regulation, physical education, Serbia

RAZLIKE PREMA TIPU POLOŽAJA TELA IZMEĐU PREDKADETA I JUNIORA OMLADINSKE KOŠARKAŠKE ŠKOLE

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Primenjeno na 80 košarkaša, glavni cilj ovog istraživanja bio je da se otkrije da li postoje neke značajne razlike prema tipu položaja tela između predkadeta i juniora omladinske škole košarke.

Košarka uključuje složenu motoričku aktivnost u kojoj postoji veliki broj složenih, promenljivih i nepredvidivih kretanja i situacija koje zahtevaju najbolje odgovore. Kao sportska aktivnost košarka se može posmatrati sa strukturalnog, biomehaničkog i funkcionalnog stanovišta.

Održavanje uspravnog (vertikalnog) položaja i balansa postiže se složenim efektom posturalnog refleksa koji pripada mehanizmima za održavanje uspravnog (vertikalnog) položaja tela.

Zbog nesimetričnih položaja tela koji imaju različite oblike, neki autori definišu ove oblike prema tipu položaja tela.

Merni pokazatelji položaja tela dobijeni su kamerom visoke rezolucije, posle čega su sledile digitalne fotografije ispitanika, frontalno i sagitalno, definisane kompjuterskim programom "Analizator slika položaja" (Paušić 2006).

Rezultati ovog istraživanja nam pokazuju da postoje razlike prema tipovima položaja tela između predkadeta i juniora omladinske košarkaške škole.

Neophodno je da košarkaški treneri posvete punu pažnju pripremi lokomotoronog aparata košarkaša od njihovog najranijeg doba, što je glavna prednost za ojačavanje posturalnih mišića.

Ključne reči: tip položaja tela, asimetrični položaj tela, ojačavanje posturalnih mišića

DIFFERENCES ACCORDING THE TYPES OF CORPORAL POSTURE BETWEEN THE PRE-CADETS AND JUNIORS OF THE YOUTH BASKETBALL SCHOOL

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Applied on 80 basketball players, the main goal of this research was to find out if there were some notable differences according to the types of corporal posture between the pre-cadets and juniors of the youth basketball school.

Basketball includes a complex motor activity in which there are great numbers of complex, changeable and unpredictable movements and situations that demand the best answers. As a sporting activity it can be regarded from the structural, biomechanical and functional aspect.

Keeping up the upright (vertical) position and balance is achieved by complex effect of the postural reflex, which belongs to mechanisms for keeping up the upright (vertical) corporal posture.

Because of the unsymmetrical corporal postures that can have different shapes, these shapes are defined by some authors according the types of the corporal posture.

The measuring indicators of the corporal posture were made by the high resolution camera, after which there digital photographs of the examinees in frontal and sagital plane that were defined by computer programme "Posture Image Analyzer" (Paušić 2006).

The results of this research show us that there are differences according the types of corporal posture between the pre-cadets and juniors of the youth basketball school.

It is necessary for the basketball coaches to give full attention to the preparation of the locomotor apparatus of basketball players from their early ages, giving a main advantage to strengthening of postural muscles.

Key words: types of corporal posture, asymmetrical corporal posture, strengthening of postural muscles

IZVORI SAZNANJA

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Prema nama je jedini izvor ljudskog objektivnog saznanja, dakle, iskustvenog u naznačenom smislu, um¹. Razum je uslov ovoga, jer mu pruža osnovni pojmovni supstrat, tj. pojmovnu materiju koju um u svojoj konstruktivno-imaginativno heurističkoj moći, svrstava u red logosno-pojmovnog misaonog sistema². U tom smislu je, prema nama, i u običnom i u naučnom smislu, izvor sveg ljudskog saznanja, um. Uslov, pak, je vančulni razum. Razum u ovom smislu je spoznaja skup pojmova neumno struktuiranih, to jest pojmovna koordinirana koegzistentnost³.

Iz navedenog sledi, mi ni u kojem smislu ne podrazumevamo saznavnu kompetenciju čulne i predstavne ljudske funkcije. To činimo iz razloga što je čulna i predstavna ljudska funkcija animalno biološka i kao takva irelevantna duhu i smislu čovekove generičnosti. Time mi ne izričemo vrednosni sud, mi samo konstatujemo logički prirodu naše ljudskosti i pojmovno-pojmajući smisao našega samosaznavanja u subjektivno objektivnom smislu⁴.

Ključne reči: izvori ljudskog saznanja, intuitivni, umski, empirija

THE SOURCES OF COGNITION

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According to the author, mind is therefore the only source of human objective cognition of the experiential in the mentioned sense¹. The reason for that is its condition, because the reason offers the basic conceptual element, i.e. the conceptual matter, which mind, using its constructive-imaginative heuristic power, arranges on the level of the logos-conceptual reflective system². According to the author, mind is that sense, both in the common and in the scientific sense, the source of complete human cognition. However, the condition is the non-sensual reason. Reason in this sense represents cognition, the set of concepts, which are non-mentally structured, i.e. reason is the conceptual coordinated coexistence³.

From what has been observed, it can be concluded that man in no sense takes as implicit the cognitive competence of sensual and notional human function. Man does that because the sensual and notional human function is animal-biological and, as such, it is irrelevant for the spirit and the sense of man's generic power. In that way, man does not assert the judgment of value. Rather, man only states the logical nature of his human characteristics and the conceptual-conceiving sense of his self-knowledge in the subjective-objective sense⁴.

Key words: the sources of human cognition, intuitive, mental, empiric

¹ Compare: Kant, *Kritik der reinen Vernunft*, Akademie - Ausgabe Band III (2 Auf), p. 200-201.

² Compare: Т. Живановић, *Систем синтетичке правне филозофије*, III Том, Београд, 1959. str. 520-525.

³ Compare: Kant, *Kritik der reinen Vernunft*, Ibid, notice the difference of non-sensual reason.

⁴ Compare: Bergson, *Creative Evolution*, New York, Random house, 1944. p. 29.

RAZLIKE U ANTROPOLOŠKIM OBILJEŽJIMA IZMEĐU ČETRNAESTOGODIŠNJIH AKTIVNIH SPORTAŠA I ONIH KOJI SE NE BAVE SPORTOM

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Tijekom izrade ovog rada osnovni cilj istraživanja bio je komparacija mogućih razlika antropoloških obilježja između onih učenika kojima je jedina fizička aktivnost nastava tjelesne i zdravstvene kulture (u daljnjem tekstu TZK) i onih koji se već dvije ili više godina aktivno bave nekim sportom. (košarkom, nogometom ili rukometom). Naglašavamo da su svi učenici muškog spola. Razlike ćemo tražiti u aerobnoj izdržljivosti, fleksibilnosti, statičkoj i repetitivnoj snazi, eksplozivnosti te odnosu tjelesne težine i visine, odnosno u onim sposobnostima za koje pretpostavljamo da je moglo doći do promjena tijekom višegodišnjeg treninga.

Ključne reči: istraživanje, komparacija, antropološka obilježja, fizička aktivnost, nastava tjelesne i zdravstvene kulture.

DIFFERENCES IN ANTHROPOLOGICAL CHARACTERISTICS OF FOURTEEN YEARS OLD ACTIVE SPORTSMEN AND TEENAGERS WHO ARE NOT ACTIVELY INVOLVED IN SPORTS

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The aim of the described investigation is a comparison of the differences in the anthropological characteristics of the students for whom the only physical activity are gym classes and those who have been actively training some sport (basketball, soccer or handball) for more than two years. All the students involved in the investigations are male. The differences are recorded in aerobic perseverance, flexibility, static and repetitive strength, explosiveness, as well as in the ratio of weight and tallness, and in the abilities for which it can be assumed that changes would occur in the course of years of training.

Key words: Research, comparison, anthropological characteristics, physical activity, gym classes

OSPOSOBLJENOST IZ VEŽBI NA SPRAVAMA I PROBLEMI REALIZOVANJA NASTAVE NA FAKULTETU SPORTA I FIZIČKOG VASPITANJA

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U Planu i programu fizičkog vaspitanja precizno su definisani sadržaji nastave fizičkog vaspitanja i opisani željeni rezultati – minimalni obrazovni zahtevi koje bi učenici osnovne i srednjih škola, nakon realizacije programa, trebalo da savladaju.

Vežbe na spravama i tlu su, u programu fizičkog vaspitanja, zastupljene u svim razredima osnovne škole i prva tri razreda srednjih škola. Višegodišnjim istraživanjem savladanosti programa vežbi na spravama i tlu u osnovnoj i srednjoj školi studenata, koji su upisali Fakultet sporta i fizičkog vaspitanja Univerziteta u Beogradu, tretirani su problemi vezani za prethodnu osposobljenost za nadgradnju sadržajima iz programa studija.

Cilj ovog rada je da se, na osnovu ankete, ustanovi koje su vežbe na spravama studenti savladali u: osnovnoj školi, srednjoj školi, na predmetu Antropomotorika, na treninzima u sportskoj gimnastici ili nekoj drugoj sportskoj grani. Na osnovu dobijenih rezultata ustanovljeno je i u kom obimu je realizovan programa Vežbi na spravama i tlu u osnovnoj i srednjim školama.

Ključne reči: fizičko vaspitanje, vežbe na spravama, studenti Fakulteta sporta i fizičkog vaspitanja

QUALIFICATION REGARDING GYMNASTIC EXERCISES TOGETHER WITH THE PROBLEMS RELATED TO THE REALIZATION OF COURSE AIMS AT THE FACULTY OF SPORT AND PHYSICAL EDUCATION

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Faculty of Sport and Physical Education Belgrade

The plan and program of physical education precisely defines the context of physical education course. Moreover, the expected results are described – the minimum demands regarding education level that both elementary and secondary school students should reach after completing the program.

Gymnastic exercises are represented in the program of physical education in all grades of elementary school as well as in first three grades of secondary school. The long term research investigated the level of gymnastic exercises program completion during elementary and secondary school in students enrolled at the Faculty of Sport and Physical Education, University of Belgrade. The problems related to the possibility that previous qualification contributes to better performance were treated.

The questionnaire was applied in order to determine the gymnastic exercises that have been learnt in elementary school, secondary school, at the Athropomotoric course, at the training sessions in sport gymnastic or any other sport activities. Based on obtained results, it was determined the volume of gymnastic exercise applied within the programs of physical education in elementary and secondary schools.

Key words: physical education, gymnastic exercises, students of the Faculty of Sport and Physical Education

INTERDISCIPLINARNA TEMATSKA NASTAVA I TELESNO-KINESTETIČKA SPOSOBNOST

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U izlaganju će biti reči o značaju interdisciplinarnе nastave u aktiviranju različitih sposobnosti, uključujući i telesno-kinestetičku, koju je kao posebnu ustanovio Gardner u svojoj teoriji višestruke inteligencije. Prvo će biti definisana telesno-kinestetička sposobnost koja dominira sportom i plesom koji se u školskom kontekstu upražnjava u okviru predmeta fizička kultura. Zatim će biti prikazane njene manifestacije u različitim domenima interdisciplinarnе nastave. Konačno će biti izloženi rezultati kvalitativne evaluacije programa koji podstiče razvoj višestrukih sposobnosti, s posebnim osvrtom na telesno-kinestetičku sposobnost i njen doprinos razvoju ostalih sposobnosti. Nastava u različitim predmetima na svim, a posebno mlađim, uzrastima treba da se oslanja i na telesno kinestetičku sposobnost učenika, koja je u nastavi zanemarena osim u predmetu fizička kultura i sportskim sekcijama. Ovo je posebno značajno za učenike koji treba da prevladaju svoje nedostatke oslanjajući se na svoje snage. Učenici koji imaju izrazitu telesno-kinestetičku sposobnost, a pokazuju slabije rezultate u domenima drugih sposobnosti, mogu ovu sposobnost da koriste i u savladavanju tih drugih oblasti, i obrnuto. Nerazvijene sposobnosti se mogu bolje razvijati potpomognute onim koje su više razvijene.

Ključne reči: telesno-kinestetička sposobnost, interdisciplinarna nastava, gardnerova teorija multiple inteligencije

INTERDISCIPLINARY THEMATIC ORIENTED CURRICULUM AND BODILY-KINESTHETIC INTELLIGENCE

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This presentation will emphasize the importance of an interdisciplinary oriented curriculum in activating various capacities, including bodily-kinesthetic, established as separate in Gardner's theory of multiple intelligences. Firstly, the bodily-kinesthetic capacity, which dominates in sport, dance and PE in school context, will be defined. Then, its manifestation in various domains of the interdisciplinary oriented curriculum will be presented. Finally, qualitative evaluation of the curriculum, which stimulates multiple intelligences, will be presented. Special insight into the role of bodily-kinesthetic capacity and its contribution to development of other capacities will be discussed. Curriculum in various subjects, among all and particularly young students, has also to lean on the bodily-kinesthetic capacity, usually neglected in school subjects, except PE and extracurricular sport activities. This is the most important when students compensate their weaknesses using the strengths. Students, competent in the bodily-kinesthetic domain and weak in other domains, can use this capacity in overcoming weaknesses, and vice versa. Supported by developed competences the weak ones may also be developing.

Key words: bodily-kinesthetic intelligence, interdisciplinary oriented curriculum, Gardner's theory of multiple intelligences

INFORMACIONE NAVIKE PEDAGOGA FIZIČKE KULTURE

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Cilj svakog pedagoga fizičke kulture je da kod svojih učenika planskim izborom i administriranjem procesa nastave fizičkog vaspitanja izazove željene adaptacije i transformacije njihovog antropološkog statusa i sazajnog prostora u sveri fizičkog vaspitanja i sistematskim delovanjem razvije kod učenika zdrav i aktivan stil življenja, odnosno sticanje navika za svakodnevnim upražnjavanjem fizičke aktivnosti. Ostvarenje ovih ciljeva uslovljeno je primenom znanja u procesima planiranja, programiranja i kontrolisane realizacije procesa fizičkog vaspitanja. Zbog toga postizanje pomenutih efekata u velikoj meri zavisi od kvalitetnog stručnog informisanja profesora fizičke kulture u svim sferama njegovog profesionalnog delovanja.

Predmet ovog rada bi mogao da se definiše kao utvrđivanje informatičkog statusa pedagoga fizičke kulture i njihovog položaja u modelskom prostoru informatičkih faktora. Analizom dobijenih podataka omogućava se racionalan pristup definisanju modela informisanja pedagoga fizičke kulture u funkciji pružanja adekvatne informatičke podrške neophodne za efikasno profesionalno delovanje. Cilj ovog rada bi se sastojao u dobijanju informacija o ključnim faktorima koji opredeljuju efikasno informatičko funkcionisanje pedagoga fizičke kulture.

Na osnovu istraživanja koje je urađeno na bazi upitnika o informacionim potrebama pedagoga fizičke kulture iz različitih gradova Srbije, dobijeni su značajni podaci o njihovim navikama i korišćenju info izvora.

Ključne reči: informacione potrebe, pedagog fizičke kulture, informatički izvori, informacione navike

THE INFORMATION HABITS IN PEDAGOGUES OF PHYSICAL CULTURE

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The pedagogues of physical culture intend to provoke in their students the adaptations and transformations of both anthropological status and knowledge base in the area of physical education by planning the process of physical education. Moreover, they intend the students develop the healthy and active way of living which means the physical activities become the part of their everyday lives. The realization of those aims demands systematical planning, programming and controlling of the process of physical education. The highest effects can be reached only if the pedagogues of physical culture are qualitative and professionally informed in all areas of their professional engagement.

In this study we wanted to diagnose the use of information technologies in the pedagogues of physical culture. The obtained results might indicate the rational model of informing of pedagogues of physical culture. The purpose of this model is to provide the adequate informatics support which is necessary for the efficient professional engagement. The aim of this study is to obtain the information regarding the key factors that provide efficient informatics functioning of the pedagogues of physical culture.

The questionnaire based on the information needs was applied on the pedagogues of physical culture coming from different regions in Serbia in order to obtain valid information regarding their habits in using the information technologies.

Key words: information needs, pedagogues of physical culture, information sources, informatics habits.

VEZA IZMEĐU AKADEMSKE KOMPETENCIJE I FIZIČKE AKTIVNOSTI MLADIH UČENIKA

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Cilj ove studije je da istraži veze između učestalosti i količine fizičke aktivnosti i akademskih kompetencija mladih učenika. Empirijska studija izvedena je na uzorku od 1783 slovenačke dece, 48% dečaka i 52% devojčica, prosečnog doba 10,4 godina. Učestalost i kvantitet fizičke aktivnosti proučavane su pomoću upitnika, sačinjenog na osnovu tekućeg istraživanja. Akademski kompetentnost je merena Sistemom rangiranja socijalnih veština (Grešam i Eliot, 1990). Dobijeni podaci obrađeni su učestalošću, deskriptivnom statistikom i jednofaktorskom analizom varijanse (ANOVA). Sve analize su urađene u statističkom programu SPSS, verzija 14.0. Rezultati su potvrdili značajnu povezanost akademske kompetencije dece i osobina njihovog ponašanja u fizičkoj aktivnosti ($p=0.000$). Sa povećanjem učestalosti fizičke aktivnosti i kvaliteta raste i akademska kompetencija. Deca, koja su fizički aktivnija imaju veći akademski učinak ($p=0.01$), bolje razvijene veštine čitanja ($p=0.01$) i matematičke veštine ($p=0.01$), veću ukupnu motivaciju da budu akademski uspešni ($p=0.01$), bolje ukupno ponašanje u učionici ($p=0.01$) i veće roditeljsko ohrabrenje da napreduju akademski ($p=0.05$). U zaključku se došlo do interesantne činjenice da su nalazi u značajnoj korelaciji sa rezultatima sličnih istraživanja koja su u Sloveniji sprovedena pre osam godina.

Ključne reči: mladi učenici, akademske kompetencije, fizičke aktivnosti

THE CONNECTION BETWEEN ACADEMIC COMPETENCE AND PHYSICAL ACTIVITY OF YOUNG PUPILS

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The aim of the study was to investigate the connections between the frequency and quantity of physical activity and academic competences of young pupils. Empirical study was carried out on the sample of 1783 Slovene children, 48% boys and 52% girls, average age of 10.4 years. The frequency and quantity of physical activity were studied by means of a questionnaire, composed on the basis of current research. Academic competence was measured with Social Skills Rating System (Gresham and Elliott, 1990). The obtained data were processed by frequencies, descriptive statistics and One-Way ANOVA. All analyses were made in the statistical program SPSS, version 14.0. The results confirmed significant connections between child's academic competence and characteristics of their physical activity behaviours ($p=0.000$). With the increase of physical activity frequency and quantity increases also the academic competences. Children, who are more physical active have greater overall academic performance ($p=0.01$), better developed reading skills ($p=0.01$) and mathematics skills ($p=0.01$), greater overall motivation to succeed academically ($p=0.01$), better overall classroom behaviour ($p=0.01$) and greater parental encouragement to succeed academically ($p=0.05$). The conclusion reached interesting fact that the findings are in significant correlation with the results of similar research, carried out in Slovenia eight years before.

Key words: young pupils, academic competence, physical activity

AKTUELNA POZICIJA PROGRAMA U PRIRODI U OSNOVNOM I SERDNOŠKOLSKOM OBRAZOVANJU U SRBIJI

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Važeći programi fizičkog vaspitanja u osnovnom i srednjoškolskom obrazovanju u Srbiji sadrže realizaciju osnovnih programa u oblasti aktivnosti u prirodi. Ovi specifični programski sadržaji se realizuju kroz: izlete, letnja i zimska logorovanja, letovanja i delimično putem rekreativnih nastava i ekskurzija. U svakodnevnoj praksi i u različitim sredinama ovi programi se nejednako realizuju i za to postoji više razloga. Među najvažnije spadaju:

- Odgovornost i odlučnost pedagoga fizičkog vaspitanja
- Nedovoljna saradnja između aktiva profesora fizičkog vaspitanja i ostalih predmeta koji mogu realizovati programe u prirodi
- Nedovoljna stručnost pojedinih delova
- Nedovoljna saradnja sa stručnim organizacijama (planinarski klubovi, izviđači, turističke organizacije, itd.)

Srbija ima optimalne uslove da realizuje osnovne programe u prirodi ali u ovom delu rezultati rada u području informacija, sistematizacija i određenih destinacija mogu biti poboljšani.

Na ovaj način mogle bi se obezbediti adekvatne usluge, ispuniti forme pedagoškog i obrazovnog rada ali na prvom mestu, mogle bi se ispuniti preventivne sigurnosne mere svih učesnika u ovom procesu.

Ključne reči: aktivnosti u prirodi, Programi fizičkog vaspitanja, osnovno i srednje obrazovanje, Srbija

CURRENT POSITION OF OUTDOOR ACTIVITIES IN SERBIA (IN PRIMARY AND SECONDARY EDUCATION)

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Comprehension: Current Programs of physical education in primary and secondary schools in Serbia involve realization of basic programs in outdoor activities area. These specific program contents have many aspects of realization: excursions, summer and winter camping, summer holidays and partial through recreational teaching or excursions. There are more reasons for unequally realized programs of these activities in everyday practice and different environments. The most important reasons:

- Responsibility and resolution of pedagogues of physical education
- Insufficient cooperation among physical education assets and the other classes which also can realize outdoor programs
- Insufficient competence in certain parts
- Insufficient cooperation with competent organizations (mountain clubs, scouts clubs, tourist organizations, etc.)

Serbia has optimal conditions to realize and perform basic outdoor programs but in this very segment result of work in information's area, systematic' area and specificities of certain destinations, can be improved.

Thus it could be possible to provide adequate services, fulfill shapes of pedagogical and educational work, but at fist it could satisfy safety and preventive requirements of all participants in this process.

Key words: Outdoor activities, programs of physical education, Primary and secondary education, Serbia

MODEL MAKROCIKLUSA PRIPREMA ZA MARATONSKU TRKU

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U radu je prikazan model priprema (makrociklus) za maratonsko takmičenje, koje je realizovano u praksi. Makrociklus je trajao 26 nedelja, sadrži u sebi svaki ciklus priprema (pojedinačni trenažni dan mikro, mezo i makrociklus), kao i šta je trenirano u pomenutim ciklusima. Model je satisfakciju dobio na Beogradskom maratonu 2008 god., koji je ispitanik istrčao u vremenu od 4h 11min.

Ključne reči: maraton, trčanje, puls

MACROCYCLE MODEL FOR MARATHON RACE TRAINING

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The proposal contains preparation model (macrocycle) for marathon race, which was realized in practice. Macrocycle lasted for 26 weeks. It contains every preparation cycle (single day training plan micro, mezo and macrocycle) as well as a detailed description for every training cycle. Model was successfully used for preparation for 2008 Belgrade Marathon. The subject finished the marathon race in 4 hours and 11 minutes.

Key words: marathon, running, heart rate

EFEKTI SAVREMENIH MODELA NASTAVE AKTIVNOSTI U PRIRODI NA REZULTATSKU USPJEŠNOST U RONJENJU

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Na uzorku od 69 ispitanika muškog pola, uzrasta 23-28 godina \pm 6 mjeseci, treće godine studenata Fakulteta fizičke kulture Univerziteta u Istočnom Sarajevu, a primjenom efekata savremenih modela nastave aktivnosti u prirodi tokom logorovanja i planinarenja na kamu Tjentište, ekstrahovali su se rezultati u stilizovanim oblicima kretanja u ronjenju na apneu (zaron i na dalj). Rezultati deskriptivne statistike izraženi mjerama centralne tendencije (minimum, maksimum, rang, raspon...) ukazuju na minimalnu razliku rezultata djelovanjem savremenih metoda nastave aktivnosti u prirodi na rezultatsku uspješnost u ronjenju. Primjenom metodološke analize t-testom, analizirani modeli daju neznatnu razliku između rezultata na inicijalnom i finalnom mjerenju.

Ključne riječi: model, nastava, priroda, ronjenje, t-test

THE EFFECTS OF THE MODERN MODELS OF TEACHING THE ACTIVITIES IN NATURE ON THE RESULT'S SUCCESS IN DIVING

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The sample of the tested people consisted of 69 male students of the Faculty of Physical Education at the University in East Sarajevo. They all were 23-28 year and \pm 6 months old students of the third year. Applying the effects of the modern teaching models during the students' camping and mountaineering at Tjentiste, there were extracted the results in stylistic ways of moving during the diving.

The results of descriptive statistics presented in measures of central tendencies (minimum, maximum, rank, span...) showed the minimal differences between the results in diving when applying modern methods of teaching the activities in nature.

Applying the methodical analysis and using the t-test, the analyzed models showed insignificant difference between the results at initial and final measuring.

Key words: model, teaching, nature, diving, t-test

RELACIJE MORFOLOŠKIH KARAKTERISTIKA SA REZULTATSKOM USPEŠNOSTI U PLIVANJU

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Na uzorku od 34 ispitanika muškog pola, uzrasne dobi 22 godine \pm 6 meseci druge godine Fakulteta fizičke kulture Univerziteta u Istočnom Sarajevu, utvrđene su relacije morfoloških karakteristika i stilizovanih oblika kretanja u vodi tehnikom leđno na 50 m. Rezultati deskriptivne statistike varijabli morfoloških karakteristika (longitudinalna, transverzalna dimenzionalnost skeleta, volumen i masa tijela) ukazuju na različitu povezanost sa rezultatima varijabli uspešnosti u plivanju tehnikom leđno na 50 m.

Ključne reči: morfološke karakteristike, plivanje, studenti, deskriptivna statistika

THE RELATIONS BETWEEN MORPHOLOGICAL CHARACTERISTICS AND RESULT'S SUCCESS IN SWIMMING

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Faculty of Physical Education, University in East Sarajevo

The sample of the tested people consisted of 34 male students of the Faculty of Physical Education at the University in East Sarajevo. They all were 22 year and \pm 6 months old students of the second year. The study showed the relations between morphological characteristics and stylistic ways of moving at 50m swimming back stroke. The results of the descriptive statistics of the variables of morphological characteristics (longitudinal, transversal dimensionality of the skeleton, volume and mass of the body) showed the different connection with the results of variables of success at 50m swimming back stroke.

Key words: morphological characteristics, swimming, students, descriptive statistics.

KANONIČKE RELACIJE LATENTNIH MORFOLOŠKO-MOTORIČKIH VARIJABLI UČENICA 5. RAZREDA OSNOVNE ŠKOLE

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Na uzorku od ($N = 197$) ispitanica uzrasta od 12 godina iz Valjeva, primenjen je sistem od 30 manifestnih varijabli – i to 12 antropometrijskih mera i 18 motoričkih testova. Statistička obrada podataka i utvrđivanje relacija između morfoloških i motoričkih varijabli, izvršeno je primenom linearnog modela kanoničke korelacione analize. Algoritam ove multivarijantne metode ekstrahovao je samo jedan par statistički značajnih kanoničkih funkcija. Dobijeni standardizovani koeficijent kanoničke korelacije iznosi ($R = .82$) i ima relativno visok intenzitet na nivou signifikantnosti ($p < .01$), dok izračunata vrednost kanoničkog koeficijenta determinacije ($R^2 = 0.71$) ukazuje na maksimalnu količinu od 71% objašnjenih informacija u odnosu na ukupnu varijansu analiziranih skupova varijabli. Ekstrahovana kanonička funkcija definisana je hipotetski kao generalni kanonički morfološki faktor i generalni kanonički motorički faktor. Analiza latentne strukture prvog para kanoničkih faktora i njihovih unakrsnih kanoničkih maksimalnih opterećenja ukazuje na sledeću statističku interpretaciju linearnih korelacija: ukoliko ispitanici imaju veću količinu potkožnog masnog tkiva i veće veličine obima tela, onda imaju slabije rezultate u motoričkim varijablama, i obrnuto ukoliko ispitanici imaju manje mere debljina kožnih nabora i manje mere volumen tela, tada proizvode efikasnije rezultate u motoričkim testovima uz odgovarajuću prisutnost mišićne mase.

Ključne reči: kanonička funkcija, koeficijent kanoničke korelacije, koeficijent determinacije, kanonički faktor, učenice

CANONICAL RELATIONS OF LATENT MORPHOLOGICAL-MOTORIC VARIABLES OF ELEMENTARY SCHOOL 5th GRADERS

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On the representative sample of – $N = 197$ female examinees, at the age of 12, from Valjevo, the system of 30 manifest variables in total has been applied, including 12 anthropometric measures and 18 motor tests. Statistic data processing and deducing relations between morphological (predictor) and motor (criteria) variables have been executed using the biorthogonal linear model of canonical correlation analysis. Algorithm of this multivariation model has extracted only one pair of significant canonical functions. Achieved standardized coefficient of canonical correlation is ($R = .82$), it has positive tendency and relatively high intensity, on the level of statistical importance ($p < .01$), while calculated value of determination canonical coefficient ($R^2 = 0.71$) indicates on maximal amount of 71% of explained information in relation to total variance of analyzed groups of variables. Extracted function has been hypothetically defined (on the hypothetical level) as the general canonical morphological factor and general canonical morphological factor. Analyze of the complex latent structure of the first pair of canonical factors and their cross canonical maximal pressures, indicates on following statistical interpretation of linear correlations: if female examinees have higher values of subdermal fat tissue, volume and body weigh, then they achieve worst results in motoric variables, and vice versa: if female examinees have lower values of fat cutaneous gufferings and volume of body, then they achieve better results in motoric factors, with adequate presence of muscular mass.

Key words: canonical function, canonical correlation coefficient, determination coefficient, canonical factor, female graders

MOGUĆNOST PRIMENE ORIJENTIRINGA U BEOGRADSKIM ŠKOLAMA SA PREDLOGOM MERA ZA DALJE IZVOĐENJE

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Autor iznosi dosadašnja iskustva u organizaciji orijentiringa u beogradskim osnovnim i srednjim školama, počev od 2001. godine, kada je otpočela sa radom Beogradska školska liga u orijentiringu, a aktivnosti na ovom planu intenzivirane. Za postizanje osnovnog cilja, bilo je neophodno dobiti podršku Sekretarijata za sport i omladinu i sekretarijata za obrazovanje, direktora beogradskih škola, ali i drugih važnih institucija u gradu, kao i obezbediti materijalne, kadrovske i druge uslove za rad.

Dosadašnja pozitivna iskustva i veliko interesovanje od strane samih aktera - učenika i njihovih nastavnika, nameće potrebu, da se orijentiring dalje usavršava i razvija u okviru sistema školskog sporta. Planirano je da se u narednom periodu, takmičenja i edukativne radionice prošire na školskom i opštinskom nivou, kao i da se uvedu nove takmičarske kategorije usklađene sa polom i uzrastom učenika, dok će izradom stalnih poligona za vežbanje, orijentiring biti dostupan svim učenicima u Beogradskim osnovnim i srednjim školama.

Ključne reči: orijentiring, školski sport, takmičenja

ORIENTEERING IN BELGRADE SCHOOLS – THE POSSIBILITY FOR ORGANIZATION AND PROPOSAL FOR FURTHER IMPLEMENTATION

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The author introduces previous experiences in the organization of orienteering competitions in Belgrade's elementary and secondary schools, since 2001, when Belgrade's school league was started and the related activities were intensified. In order to reach the main aim, it was necessary to obtain support from the Secretary for Sport and Youth, the Secretary for Education, the board of Belgrade's school directors and other important city institutions as well as to provide material and personal resources for successful work.

Previous positive experiences and enormous interest of participants – the students and their teachers, require further improvement and development within the system of school sport. It was planned in forthcoming period that competitions and educative workshops would be enlarged on school and municipality level. Moreover, the competitive categories concerning students' sex and age should be established. The construction of permanent exercise polygons will make orienteering accessible to all students of Belgrade's elementary and secondary schools.

Key words: orienteering, school sport, competitions

MESTO I ULOGA REPUBLIČKOG ZAVODA ZA SPORT U ORGANIZOVANJU SPORTSKO-REKREATIVNIH AKTIVNOSTU UČENIKA BEOGRADSKIH ŠKOLA U TOKU LETNJEG I ZIMSKOG RASPUSTA

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Školski raspust za učenike osnovnih i srednjih škola predstavlja, ne samo vreme za odmor, rekreaciju, zabavu ili putovanja, već i veliku mogućnost za izražavanje stvaralaštva i kreativnog delovanja. Kako ove aktivnosti traju, čak tri meseca u toku jedne kalendarske godine, ni ovi uticaji nisu zanemarljivi.

Sportsko-rekreativne aktivnosti su kod učenika, s obzirom na sportsko-takmičarsko angažovanje i njihovo interesovanje, veoma omiljene. Često sportski programi u toku školske godine nisu dovoljni da ostvare sve želje i potrebe učenika, pa je neophodno da se i u toku letnjeg i zimskog raspusta dodatno radi na tome.

Republički zavod za sport u poslednjih nekoliko godina ima bogato iskustvo u sprovođenju programa sportsko-rekreativnih aktivnosti u toku trajanja školskog raspusta. Organizacija škole košarke, odbojke, fudbala, plivanja, džudoa, stonog tenisa i orijentiringa za vreme raspusta pokazala je da kod učenika postoji veliko interesovanje za ove programe. S druge strane, ovi programi su pokazali da Zavod ima izuzetnih mogućnosti za organizacijom ovih programa, što podrazumeva odlične materijalne i kadrovske uslove.

Ključne reči: sportsko-rekreativne aktivnosti, učenici, školski raspust, Republički zavod za sport

THE REPUBLIC INSTITUTE OF SPORT – THE ROLE IN ORGANIZATION OF SPORT-RECREATIONAL ACTIVITIES OF BELGRADE STUDENTS DURING SUMMER AND WINTER HOLIDAYS

Miroslav Stevanović, Zivko Panovski, Aleksandar Roćenović

Republic Institute of Sport, Belgrade,

The school holiday for the students in elementary and secondary schools represents not only the time for vacation, recreation, fun or traveling, but also the possibility to express creativeness. Since these activities cover three months period within one calendar year their influence cannot be neglected.

The sport-recreational activities are very popular in students since their competitive engagement as well as interesting context. The sport programs that are applied within school year cannot satisfy students' demands. Consequently, additional recreational programs have to be organized during summer and winter holidays.

The Republic Institute of Sport has rich experience in organization of sport-recreational activities during school holidays. The organization of the basketball, volleyball, soccer, swimming, judo, table-tennis and orienteering schools during school holidays indicated the significant interest for these programs in students. On the other hand, the organization of these programs proved that the Republic Institute of Sport has considerable potentials concerning material and human resources.

Key words: sport-recreational activities, students, school holiday, the Republic Institute of Sport

PROFILAKTIKA I BORBA PROTIV DEFORMACIJA TELA UČENIKA

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Učestalost abnormalne iskrivljenosti kičme kod učenika osnovne škole, u današnjim uslovima i načinom života stalno raste. Glavni činioci ovoga su: hipokinezija dece; nedostatak motivacije za uključanje u sprot i sistematično bavljenje fizičkim vežbama i sportom; urbanizacija života; nedovoljna materijalna sportska osnova, itd.

Ovaj problem je od ogromnog značaja, jer je povezan sa zdravljem i razvojem odrastanja kao ličnosti. Funkcije vitalnih organa i sistema ljudskog organizma zavise od pravilnog držanja tela.

Cilj ovog istraživanja je da se odredi efikasnost razvijenog oblika sistema profilaktičkih i korekcija abnormalne iskrivljenosti kičme kod učenika uzrasti 10 godina, koji se može primeniti u glavnom obliku rada na fizičkom vaspitanju i sportu u osnovnoj školi – na času.

Zadaci

1. dubok književni pregled, koji je vezan za istraživanje ovog problema;
2. razvijanje specijalizovanih kompleksa vežbi sa, na i bez gimnastičkih sprava, pojedinačno i u paru, sa ili bez otpora, grupisanih u sistem za jačanje glavnih mišića teča.
3. Uspostavljanje efikasnog oblika, njegova primena na zdravstveno stanje, razvoj pravilnog položaja tela i glavna svojstva kretanja.

Organizacija i metodika

Ispitano je ukupno 110 učenika osnovne škole "Bratia Miladinovi", Rousse, Bugarska, školske 2006/2007 godine. Izvršeno je transferzalno ispitivanje jednog broja parametara, karakteristična odstupanja od prave konstitucije učenika uzrasti 10 godina, pomoću funkcionalne dijagnostike, i glavne kretne sposobnosti testovima odobrenim u praksi.

Dobijeni rezultati dokazali su da je svrsishodno sprovođenje posebnih razvijenih kompleksa vežbi na časovima fizičkog vaspitanja, pomoglo povećanju pokretljivosti kičmenog stuba, poboljšanju zdravlja i razvoju glavnih kretinih sposobnosti u odrastanju dece.

Ključne reči: učenici, deformacije tela, profilaktika

PROPHYLACTIC AND FIGHT AGAINST DEFORMATION OF PUPIL'S BODY

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The frequency of the abnormal spinal curvatures among pupils in primary school age, in the present condition, and the ways of living continuously grow up. The main factors for this are: the hypokinesia of the children; the lack of motivation for engage in sports and system occupation with physical exercises and sport; the urbanization of life; the insufficient material sport base, etc.

The problem is from extremely significance, because it is connected with the health and development of growing up as a personality. The functions of vital organs and systems in human organism depend from correct body posture.

The aim of this research is to determine the effectiveness of developed form us system for prophylactic and corrections of abnormal spinal curvatures for 10-years old pupils, which is applicable in main form of work in physical education and sport in primary school – the lesson.

Tasks

4. Profound literary survey, which is connected with examination of the problem;
5. Developing of specialized complexes form exercises with, on and without gymnastic apparatus, individually and in pairs, with or without resistance, grouped in system for strengthening major body muscles.
6. Establishment of the effect from its application on the health condition, the development of correct body posture and main motive properties.

Organization and methods

There was examined pupils form Primary School "Bratia Miladinovi", Rousse, Bulgaria, total count 110, in 2006/2007 school year. It was fulfilled transversal examination of a number of parameters, characterized diversion form right constitution of the 10-years old pupils, by means of functional diagnostics, as and main motive abilities by approbate in practice tests.

The established results proved that purposeful implementation of special developed complexes of exercises in physical education lesson, helped for augmentation of the spinal column mobility, for health improvement and for developing of main motive abilities in growing up children.

Key words: pupils, deformation of body, prophylactic

STRUČNA KOMUNIKACIJA U NASTAVI FIZIČKOG VASPITANJA I SPORTA, FAKTOR FIZIČKE AKTIVNOSTI UČENIKA

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Psiho-socijalna klima u različitim oblicima rada fizičkog vaspitanja i sporta u osnovnoj školi (odnosi između nastavnika i učenika, međusobno poverenje i osećanje slobode, poštovanja ličnosti učenika i uzimanje u obzir njegovog dostojanstva i jedinstvene ličnosti i drugo), je glavni faktor povećane radne sposobnosti i aktivnosti motoričke jedinice kod mlađih učenika.

Bez kompetentne pedagoške komunikacije nemoguće je stvaranje odnosa ponašanja u različitim vrstama fizičkog vaspitanja i sporta u njima je nemoguće, kao i njihov napredak kao ličnosti.

Svrha ovog istraživanja je da se postigne puna pedagoška komunikacija u procesu pripreme motoričke jedinice u raznim školskim i vannastavnim oblicima rada u fizičkom vaspitanju i sportu.

Zadaci

1. Duboko teoretsko istraživanje problema;
2. Istraživanje uslova odnosa između studenata i njihovog ponašanja u vezi strogosti situacija u procesu obrazovanja motoričke jedinice, osporavana sportska borba za pobeđu u obavljanju pripreme za sport i štafetnih igara, njihovo emocionalno stanje i drugi.
3. Razvoj sistema metoda za poboljšanje profesionalne komunikacije u obliku rada u fizičkom vaspitanju i sportu i istraživanje efektna njegove primene.

Ključne reči: nastava fizičkog vaspitanja i sporta, stručna komunikacija, faktor fizičke aktivnosti učenika

THE PROFESSIONAL COMMUNICATION IN THE TUITION IN PHYSICAL EDUCATION AND SPORT, A FACTOR OF PHYSICAL ACTIVITY OF THE STUDENTS

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The psycho-social climate in the different forms of work of physical education and sport in the elementary school (the relations between teacher and students, between students, the mutual trust and the feeling of freedom, the respect towards the personality of the student and the consideration of his dignity and unique personality and others), is a main factor for increased work capacity and motor unit activity in smaller students.

Without the competent pedagogic communication the forming of a relationship behavior in the different kinds of physical education and sport in them is impossible, as also as their progress as personalities.

The purpose of the research is to achieve a full pedagogic communication in the process of motor unit preparation in different school and extracurricular forms of work on physical education and sport.

Tasks

4. Deep theoretical research of the problem;
5. Research of the condition of the relationship between the students and their behavior in relation to the severity of the situations in the process of motor unit education, the contested sport fight for the win in the execution of sport-preparatory and relay-race games, their emotional condition and others.
6. The development of a system of methods for increase in professional communication in the forms of work in physical education and sport and the research of the effect of its applying.

Key words: the tuition in physical education and sport, the professional communication, a factor of physical activity of the students.

SARADNJOM ŠKOLE I PORODICE DO CELOVITOG PROGRAMA FIZIČKIH AKTIVNOSTI U ŠKOLI

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Redovna uključenost u fizičke aktivnosti tokom detinjstva dobija na značaju u kontekstu savremenih uslova života i sve prisutnijih potreba za: unapređenjem zdravlja, razvijanjem zdravih stilova života, stvaranjem dobre podloge koja dugoročno pogoduje učenju i razvoju, borbom protiv vršnjačkog nasilja. U radu se tematika fizičkih aktivnosti u osnovnoj školi razmatra oslanjanjem na dva teorijska okvira (Bronfenbrennerova ekosistemska teorija razvoja, Bandurina teorija kolektivne efikasnosti) i dve grupe istraživanja koje odražavaju savremene trendove u poimanju i elaboraciji koncepata *obrazovni prostor* i *školska sredina*. Prvu grupu čine istraživanja o značaju i vrstama uključivanja roditelja u aktivnosti vezane za školu. Drugu grupu čine istraživanja koja govore o značaju i teškoćama uspostavljanja kvaliteta, obuhvatnosti i redovnosti fizičkih aktivnosti u osnovnim školama. Povezujući teorijske i empirijske izvore, autor rada skicira model *mreže za iniciranje, podsticanje i održavanje različitih tipova fizičkih aktivnosti u osnovnoj školi*. Cilj formiranja mreža bio bi da se u okvirima pojedinačne škole napravi obuhvatni programa fizičkih aktivnosti (u okviru časova fizičkog vaspitanja, fizičkih aktivnosti na odmorima, aktivnosti pred početak časova, dopunskih aktivnosti u okviru školskog konteksta), kao i plan praćenja i evaluacije kako samog programa i procesa njegove implementacije. Mrežu bi činili nastavnici fizičkog vaspitanja, učitelji, direktori i roditelji. U ponuđenom modelu razrađene su uloge svih aktera u mreži, kao i njihovi mogući doprinosi razvijanju celovitog programa kvalitetnog fizičkog obrazovanja u školi.

Ključne reči: ekosistemska teorija razvoja, teorija kolektivne efikasnosti, mreža direktor-nastavnici-roditelji, obuhvatni program fizičkih aktivnosti u školi, osnovna škola

SCHOOL-FAMILY COOPERATION AS A VENUE FOR THE WHOLE - SCHOOL PHYSICAL ACTIVITY PROGRAM DEVELOPMENT

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The old issue of importance of regular participation in physical activity during childhood got new meanings in the context of modern living with its immanent need for health promotion, development of healthy lifestyles, forming a lifetime wellness base as a resource for support of learning and development, and in the prevention of peer obesity. In the article the issue of physical activities in primary school context is elaborated through two theoretical frames (Bronfenbrenner's ecosystem theory of development, Bandura's theory of collective efficacy) and two groups of research that reflect contemporary trends in elaboration of *educational space* and *school environment* concepts. The first group of research is concerned with different ways of parental engagement in schooling of their children. The second group of research is focused on the issue of importance and difficulties of establishing quality and integrative programs of regular physical activity in primary schools. Connecting theoretical and empirical resources the author outlined the model of *network for initiating, supporting and sustaining different types of physical activities in elementary school*. The goal of such network should be to enable creation of whole-school program of physical activities relevant for each concrete school (physical education, activities during recess, active classroom, extracurricular physical activities), as well as to create the plan for monitoring of the process of implementation and program evaluation plan. The network members should be physical education teachers, principals, teachers and parents. The role and possible contribution of each member of the network to the development of whole-school program of physical activity is elaborated in the model.

Key words: ecosystem theory of development, theory of collective efficacy, principal- teachers- parents network, whole-school program of physical activity, elementary school

ODNOS IZMEĐU MOTORIČKE USPEŠNOSTI I MOTORIČKE KREATIVNOSTI KOD PREDŠKOLSKE DECE

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Visoka strukovna škola za obrazovanje vaspitača „Mihailo Palov" Vršac,

U radu je ispitivan odnos između motoričke kreativnosti, motoričke uspešnosti i motoričkih znanja kod predškolske dece. Prema modernim teorijama kreativnosti, znanja imaju važnu ulogu u formiranju kritične granice ispod koje kreativnost nije moguća. Nedovoljno formirana motorička znanja na ovom uzrastu (usled nedovoljnog podsticanja, nedostatka povoljnih uslova, negativnog načina savremenog života današnje dece i dr) mogu biti uzrok smanjene ili „uspavane" motoričke kreativnosti koja se može nepovoljno odraziti na razvoj motorike, motoričku darovitost i sveukupni razvoj deteta. U radu su komparirani rezultati dobijeni motoričkim testiranjem (validiranim baterijom od 7 motoričkih zadataka) i Torensovom TCAM testom (Thinking Creatively in Action and Movement) na uzorku od 57 devojčica i 54 dečaka uzrasta 6-7 godina koji pohađaju predškolske ustanove u Vršcu. Rezultati pokazuju da su motorički najuspešnija deca ostvarila najveće rezultate u svim zadacima TCAM testa, odnosno, da je nivo motoričkih znanja uticao na ispoljavanje motoričke kreativnosti i uspešnost u rešavanju motoričkih problema. Utvrđena je razlika u motoričkoj uspešnosti i kreativnosti između dečaka i devojčica, što se, donekle, može objasniti različitim podsticanjem dečaka i devojčica u motoričkom domenu od strane odraslih (pre svega, roditelja i vaspitača).

Ključne reči: motorička uspešnost, motorička kreativnost, motorička znanja, predškolski uzrast

THE RELATION BETWEEN MOTOR EFFECTIVENESS AND MOTOR CREATIVITY IN PRESCHOOL PERIOD

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This paper deals with the relation between motor creativity, motor effectiveness and motor knowledge in preschool children. In children motor development functions as a part of general development. Little children express themselves better through movement than any other modality. According to modern theories of creativity knowledge has an important role in forming of a critical level below which creativity is not possible. Insufficiently formed motor knowledge at this stage (due to lack of encouragement or proper conditions and a negative modern way of living of children today etc.) can be a cause of decreased or 'slumbered' motor creativity, which can be negatively reflected on motor development, motor giftedness and overall development of a child. The paper compares the results obtained from motor testing (using a valid battery of 7 motor tasks) and Torrens TCAM test (Thinking Creatively in Action and Movement) of a sample of 57 preschool girls and 54 preschool boys aged 6 to 7 from Vršac. The results show that the children who had the best scores in all tasks in TCAM test were motorically the most successful ones, i.e., the level of motor knowledge influenced motor creativity and effectiveness in solving motor problems. The difference between boys and girls in motor effectiveness and creativity has been established, which can be explained, to a certain degree, by different encouragement of boys and girls by adults (in the first place their parents and teachers).

Key words: motor effectiveness, motor creativity, motor knowledge, preschool children

OBLICI I NAČINI USAVRŠAVANJA PSIHOFIZIČKIH SPOSOBNOSTI – VOJNO-PRAKTIČNE VEŠTINE

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Vojno-praktične veštine predstavlja zbirni naziv za vežbanja preuzetih iz pojedinih sportova, ali i samobitne sportove koja imaju vojno-praktični značaj i doprinose razvoju sposobnosti, navika i veština koji su neophodni za različite vojne potrebe.

u savremenom društvu ratne igre predstavljaju pojavu, koja je relativno mlada, ali je već u velikoj meri rasprostranjena i ima svoju istoriju i tradiciju. Tehnička dostignuća napravila su ovaj vid igara dostupnim ne samo za decu već i za odrasle.

Ključne reči: vojno-praktične veštine, ratne igre, fizičke sposobnosti

THE FORMS AND WAYS OF IMPROVING PSYCHO-PHYSICAL ABILITIES – MILITARY PRACTISE SKILLS

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Military practice skills are collectively a term for exercise taken over from some sports. It is an important sport which has military practical meaning and serves in developing of abilities, knowledge and skills which are necessary in different military needs.

In the modern society war games are concept which is relatively new, but it is very worldwide and has its own history and tradition. Technical achievements have made this kind of games available both to children and adults.

Key words: military practice skills, war games, physical abilities

HOMONIMIJA I POLISEMIJA U TERMINOLOGIJI SPORTA

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Kada se termini po svome značenju toliko međusobno razlikuju da postaju članovi različitih terminologija istog jezika, dolazi do pojave homonimije. To je tzv. međunaučna terminološka homonimija, za koju je karakteristično da u različitim terminološkim podsystemima termini imaju različite definicije. Treba imati na umu da je homonimija u terminologiji međusistemska pojava. Ona je prisutna ili kod termina različitih terminoloških podsystema, ili između termina i opšteupotrebnih reči. U okviru jednog terminološkog podsystema homonimija kao jezička pojava ne postoji. Jednoznačnosti se suprotstavlja pojava višeznačnosti ili polisemije. Višeznačnih reči je u jezicima više nego jednoznačnih. Postojanje jednog ili nekoliko značenja jedne reči zavisi od njegove semantike i gramatičke karakteristike. Takve vrste reči kao što su zamenice i brojevi skoro uvek su jednoznačne. Višeznačne su najčešće imenice, glagoli, pridevi.

Ključne reči: sport, homonimija, polisemija

HOMONYMY AND POLYSEMY IN THE TERMINOLOGY OF SPORT

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When the terms are so different in their meaning that they are becoming the articles of different terminologies of the same language we can say that this is homonymy. This is so called inter-scientific terminological homonymy which has the characteristic that in different terminological subsystems terms has different definitions. Note that homonymy in terminology is inter-systemic appearance. The terminology exists either in terms of different terminological subsystems or between terms and common useful words. In the framework of one terminological subsystem homonymy as language appearance does not exist any more. Appearances of multi-meaning and polysemy oppose to single meanings. In the languages there are more multi-meaning words then single-meaning words. Existing of one or more meanings of one word depend of its semantic and grammatical characteristics. Those type of words as pronouns and numbers are usually single meaning words. The nouns, verbs and adjectives are usually multi-meaning words.

Key words: sport, homonymy, polysemy

APOTEOZA FIZIČKOG VEŽBANJA

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Ako fizičku vežbu vidimo (i) kao blagodetnu hranu biću čovekovom, kojom se podstiče ovladavanje njegovim dobrima koja su u osnovi njegovog kretanja i njegovih pokreta, moramo da se zapitamo šta se dešava sa čovekom i njegovim fizičkim vežbanjem.

Prema ovom daru dobijenom od Svestvoritelja, voljom samog čoveka, edukovanom da prigri hedonistički i antropocentristički način života, ova blagodetna hrana se ne koristi na dobrobit samog čoveka. Pod uticajem ideja Novog doba zaboravlja na svoje mesto u ovom svetu i sa neslućenim entuzijazmom se okreće novim i „boljim“ mogućnostima. Među njima traži i nalazi nove idole i kultove: a) kult tela, b) kult sportskog rezultata i v) kult profita. I svoju fizičku vežbu ne koristi za svoje dobro, već za dobro i razvoj ovih kultova, kojima se divi i koje (jedino) poštuje. Quo vadis, čoveče.

Ključne reči: fizička vežba, hedonizam, antropocentrizam, kult

APOTHEOSIS OF THE PHYSICAL EXERCISE

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If physical exercise is considered as a favorable food of the human being which is to encourage mastering of his welfare in the foundation of his movements and his motions we have to pose a question of what is happening with Man and his physical exercise.

According to his gift generated by the Creator Almighty and by the will of Man himself educated to embrace hedonistic and anthropocentric way of living this favorable food is not being used to the welfare of the Man himself. Under the influence of the idea of the New age Man forgets his own place in this world and with the unenviaged enthusiasm is turning to new and better possibilities. Within them he seeks and finds new idols and cults: a) body cult, b) sports results cult and c) profit cult. And his physical exercise he does not use for his own good but for the welfare and development of these cults which the Man admires and solely them respects. Quo vadis, Man.

Key words: physical exercise, hedonism, anthropocentrism, cult

AFEKTIVNE KARAKTERISTIKE FIZIČKOG VASPITANJA KOD MAĐARSKIH UČENIKA UZRASTA 11-18 GODINA

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Uređenje opsega interesovanja pedagoških istraživanja dvadesetog veka prati tendenciju stavljanja naglaska na afektivne karakteristike. Ispitivanje afektivnosti koja određuje učinak i utiče takode na efikasnost učenja, dobija veću pažnju. Određeni cilj je bio da se ispituju te emocije kod mađarskih dečaka i devojčica uzrasti 11-18 godina vezane za fizičko vaspitanje koje može igrati odlučuju ulogu u procesu podučavanja-učenja. Pretpostavljeno je da se te emocije karakteristično manifestuju u funkciji polova uprkos uzrastu. Ispitivani uzorak sastojao se od 2840 učenika uzrasta 11-18 godina: 1367 dečaka i 1473 devojčice. Podaci su sakupljeni u 26 škola u Mađarskoj. Emocionalni odgovori su pregledani uz pomoć spiska pitanja koji je prethodno sastavljen. Obrada podataka i popunjavanje upitnika su obavljena u školskoj 2006/2007 godini. Pozitivni stav prema fizičkom vaspitanju i sportu prikazuje povoljnu sliku u slučaju ispitanog uzorka. Afektivne odlike studenata igraju važnu ulogu u procesu podučavanja-učenje. U svim grupama, učenici uzrasta 11-18 godina, pokazali su oduševljenje aktivnostima fizičkog vaspitanja, rekreacije kroz sportske aktivnosti i želju.

Ključne reči: školsko fizičko vaspitanje, afektivne karakteristike, mađarski učenici uzrasta 11-18 godina

THE AFFECTIVE CHARACTERISTICS OF PHYSICAL EDUCATION AMONG THE 11-18 YEARS OLD HUNGARIAN STUDENTS

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The arrangement of the range of interest of the twentieth century pedagogical researches follows a tendency of placing emphasis on affective characteristics. The examination of the affectivity which determines the performances and also which influences the efficiency of the learning, gets greater attention. The appointed aim was to examine those emotions of the 11-18 year-old Hungarian boys and girl students attaching to physical education that may play a determining role in the process of the teaching-learning. It was presumed that these emotions characteristically manifest in the function of genders against the age. The examination sample consisted of 2840, 11-18 year-old students: 1367 boys and 1473 girls. The data collected from 26 Hungarian schools. The emotional responses were surveyed with the help of a question list assemble together earlier. The data procedure and the questionnaires filling were taking place in the 2006/2007 school year. The positive attitude towards to the physical education and the sports show a favourable picture in the case of the examination sample. The students' affective features play a relevant role in the process of the teaching-learning. Among all the 11-18 year-old students' groups the delight of the physical education activities, the recreation brought by the sport activities and the wish of the desire and recreation are reported.

Keywords: school physical education, affective characteristics, 11-18 years old Hungarian students

SPORT, ŠKOLA I MENTALNA OMETENOST

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Ovo istraživanje proučava bavljenje sportom mentalno ometenih osoba u obrazovnom sistemu. Ovaj rad je rezultat saradnje: Univerziteta u Salernu i Eni, odeljenja za istraživanje invaliditeta ANSAS u Kampaniji – Ministarstva prosvete i odseka Kampanije za posebne Olimpijske igre.

Istraživanje je uključilo 61 učenika (46 učenika i 15 učenica) koji pohađaju sedam srednjih škola prvog stepena u Kampaniji. 2007/2008 godine, ove škole su se priključile istraživanju i sportskom projektu koji je organizovala grupa Kampanije za posebne Olimpijske igre.

Posebним upitnikom, bilo je moguće sakupiti informacije o odnosu između učenika i školskog-sportskog okruženja. Kada učenici nisu mogli sami, nastavnici su im pomagali da popune obrazac.

Cilj ovog istraživanja je bio da se preciziraju potrebe, navike i očekivanja učenika koji se bave sportom unutar i van školskog okruženja.

Rezultati su definisali veoma interesantnu zbirku motivacija, iskustava i zahteva.

Ove dragocene informacije će nam omogućiti da se škola prilagodi i da sportsko obrazovanje zadovolji potrebe mentalno ometenih učenika.

Ključne reči: sport, škola, mentalna ometenost

SPORT, SCHOOL AND MENTAL DISABILITY

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This research studies the sports practice for people with mental disabilities in the educational system. This work was the result of a collaboration between: Salerno and Enna Universities, the disability research section ANSAS in Campania - Educational Ministry and Campania Special Olympics section. The research has involved 61 students (46 male and 15 female) attending seven secondary schools of prime grade in Campania. In 2007/2008, this schools joined a research and sport project organized by Campania Special Olympics group.

By a specific questionnaire, it was possible to collect information about the relationships between students and school-sports environment. When students weren't self-sufficient the teachers helped them to fill-up the form.

The goal of this research was to specific the needs, habits and expectations of students practicing sports inside and outside the school environment.

The results defined a very interesting collection of motivations, experiences and requests.

These precious information will allow adapting the school and sporting educational offer to the needs of students with mental disabilities.

Key words: sport, school, mental disability

RELACIJE MOTORIČKIH, SITUACIONO MOTORIČKIH SPOSOBNOSTI I KOŠARKAŠKIH UMENJA

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Na uzorku od 183 učenika četvrtih razreda osnovne škole oba pola, ispitivane su korelacije između motoričkih sposobnosti i motoričkih umenja iz košarke procenjenih na dva različita načina (baterijom košarkaških testova i posmatračkim listom sa ordinarnom skalom procene). Rezultati o statistički značajnoj korelaciji testova za procenu motoričkih umenja iz košarke upućuju na konstataciju da je moguće izvršiti kvalitetnu procenu sportsko-tehničkog obrazovanja kod učenika četvrtih razreda osnovne škole primenom oba metoda. Ostvarene korelacije iz manifestnog košarkaškog motoričkog prostora i latentnih motoričkih struktura upućuju na to da nivo usvojene košarkaške tehnike može zavisiti i od nivoa opšteg motoričkog potencijala. Takođe, ovaj rad ukazuje na problem diferencirane nastave, koji favorizuje učenike sa boljim sportsko-tehničkim obrazovanjem. *Ključne reči:* košarka, motorička umenja, motoričke sposobnosti, korelacije, testovi, mlađi školski uzrast, diferenciranost nastave

CORRELATION OF MOBILE, SITUATION-MOTOR ABILITIES AND BASKETBALL SKILLS

Goran Šekeljić, Milovan Stamatović

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On a sample of 183 fourth graders of elementary school the correlations between mobile abilities and mobile skills in basketball were examined in two different ways (with a set of basketball tests and with an estimation list having an ordinary scale of estimation). The results about statistically significant correlation for estimation of mobile abilities in basketball have led us to a conclusion that is possible to do valuable estimation of sport and technical education by applying both methods. The shown correlation from manifest basketball mobile space and latent motor structures have led us to the conclusion that level of adopted basketball technique depends on general level of mobile potential. According to this, it is also known that the examined persons with better characteristics of latent mobile structures have made bigger progress of abilities in anthropological space. This work also points out the problem of teaching differentiation which favors the pupils having better sport technical education.

Key words: basketball, mobile abilities, motor skills, correlation, tests, younger schoolchildren, teaching differentiation

DŽUDO KAO ŠKOLSKI SPORT SA UTICAJEM NA FIZIČKO VASPITANJE

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U ovom radu su navedeni argumenti za uvođenje džudoa u program fizičkog vaspitanja kao doprinos razvoju psiho-fizičkih sposobnosti kod dece. Polazeći od činjenice da je Džudo olimpijski sport, da je jedna od najatraktivnijih i najpopularnijih borilačkih veština, a da je osnovna karakteristika džudo tehnike univerzalnost i da se može primeniti na sve uzraste bez obzira na pol. Džudo se odlikuje posebno: etikom, estetikom i ima značajnu ulogu u formiranju celovite ličnosti deteta. Pored toga u džudou se deca veoma rano uključuju u sistem sportskih takmičenja. Zato bi bilo veoma značajno uvesti džudo u program školskog fizičkog vaspitanja, zbog velikog broja specifičnih vežbi koje se koriste u džudou i imaju ogromnu primenu u oblasti fizičkog vaspitanja. Osnovne tehnike džudoa koje se rade u parovima a obavezno se koriste u metodici obuke, mogu se koristiti kao pogodan sadržaj programa fizičkog vaspitanja, čime se razvijaju gotovo sve motoričke sposobnosti. Svi ovi sadržaji se uglavnom sprovode samo na mekanoj podlozi tj. strunjačama a takmičenja se moraju odvijati na specifičnoj podlozi tj. džudo tatamiju. Ovaj program mogu realizovati profesori fizičkog vaspitanja koji su edukovani na fakultetu za sport i fizičko vaspitanje u okviru predmeta Borenja.

Ključne reči: Džudo, Sport, Školski sport, Fizičko vaspitanje, Etika

JUDO AS SCHOOL SPORT WITH INFLUENCE ON PHYSICAL EDUCATION

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In this study the arguments for the initiation of judo within the program of physical education as a contribution to the development of psycho-physical performance of children are provided. Judo is an Olympic sport as well as one of the most attractive and most popular martial arts. The basic characteristic of Judo technique is universality and its applicability on all ages regardless of sex. Judo distinguishes: ethics, esthetics and an important role in the forming of an integral child personality. Additionally, within Judo children are very early involved in the system of sports competitions. Due to the large number of specific exercises used in Judo as well as their enormous applicability in physical education it would be very important to initiate Judo within the program of physical education. The basic techniques of Judo that are performed in pairs might be used as an useful instrument in the program of physical education since they develop almost all physical performances. All these techniques are performed on soft surfaces. This program might be organized by the professor of physical education graduated from the Faculty of Sport and Physical Education since they had a compulsory Martial Arts course.

Key words: Judo, Sport, School sport, Physical Education, Ethics

NEKI ASPEKTI TRAGANJA ZA POČETKOM FAKULTETA FIZIČKOG VASPITANJA I SPORTA ILI GDE SU NAM KORENI

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Za svaku instituciju je od neprocenjivog značaja egzaktno utvrđivanje njenog nastanka. U tom traganju neke institucije dosežu do prvih pojavnih oblika, opredeljujući se za njih kao za svoje korene.

Univerzitet u Beogradu, osnovan pod tim imenom 1908. godine, opredelio se pre 20 godina za 1838. godinu, kada je u Kragujevcu otvoren Licej, obeležavajući na taj način 150 godina postojanja. Međutim, u ovoj godini Univerzitet u Beogradu je dosegao u još dublju prošlost nalazeći svoj početak u Velikoj školi, osnovanoj 1808. godine u Karađorđevoj Srbiji, obeležavajući tako 200 godina postojanja.

Nesporna godina početka našeg Fakulteta je 1938. godina, ali analogno opredeljenju Univerziteta u Beogradu i mi možemo da se opredelimo za 1908. godinu, kada je u Beogradu otvorena *Gimnastička škola* sa zadatkom školovanja nastavnika gimnastike.

Na kraju, sledeći u potpunosti opredeljenja Univerziteta u Beogradu mogli bi smo i mi da u Velikoj školi - u 1808. godini, nađemo svoje korene, jer je u njoj kapetan Petar Đurković predavao vojno vežbanje, koje se sastojalo i iz fizičkog vežbanja.

Ključne reči: traganje, početak Univerziteta, početak Fakulteta, opredeljenje

SOME ASPECTS OF SEARCHING THE BEGINNINGS OF THE FACULTY OF PHYSICAL EDUCATION AND SPORT OR WHERE OUR ROOTS ARE

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It is of vital importance to identify exactly the origin of each institution. In such searching some institutions reach their first appearances and choose them for their roots.

The University of Belgrade, founded under that name in 1908, decided twenty years ago to choose the year of 1838 when the Lycee was established in Kragujevac, and thus marked 150 years of its existence. However, this year, the University of Belgrade reached even farther past by finding its origins in Great School, established in 1808 in Serbia of Karadjordje, and celebrating so 200 years of its existence.

The undisputed year of foundation of our Faculty is 1938 but similarly to the option of the University of Belgrade we can also opt for 1908 when the Gymnastic school was opened in Belgrade, in order to educate gymnastics teachers.

Finally, by following completely the choice of the University of Belgrade, we could also find our roots in Great School in 1808, since Captain Petar Djurkovic taught military exercises, including physical exercises, there.

Key words: searching, beginnings of the University, beginnings of the Faculty, choice

STAVOVI UČENIKA OSNOVNE ŠKOLE O VANNASTAVNIM SPORTSKO REKREATIVNIM AKTIVNOSTIMA

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Današnji način života pored svih pozitivnih strana ima i one negativne posledice koje ostavljaju posledice na ličnost, naročito kod dece kod kojih je organizam nedovoljno otporan na sve uticaje iz spoljne sredine. Zbog prevelikih obaveza u školi učenicima ostaje malo slobodnog vremena a iz tog razloga je veoma bitno kako i na koji način će slobodno vreme biti ispunjeno a da ono bude u funkciji zdravlja, prevencije i poboljšanja sveukupnih sposobnosti dece. Upravo se ovde javlja potreba za uvođenjem vannastavnih sportsko rekreativnih aktivnosti u osnovne škole koje bi trebalo da bude u funkciji gore pobrajanih funkcija. Cilj ovog rada bi trebalo da bude ukazivanje na potrebu i značaj vannastavnih sportsko rekreativnih aktivnosti u osnovnim školama i identifikovanje želja, potreba i interesa učenika u njima. Uzorak ispitanika bi trebalo da budu učenici sedmog razreda OŠ «Rajak Pavićević» u Bajinoj Bašti, a instrument bi trebalo da bude upitnik sačinjen od spleta pitanja na koja bi učenici trebalo da odgovaraju tako što bi zaokruživali samo jedan od ponuđenih odgovora koji im se čini najviše prihvatljivim. Zaključci bi trebalo da budu izvedeni na osnovu velikog broja ispitanika.

Ključne reči: sport, rekreacija, učenici, škola, vannastavne sportsko rekreativne aktivnosti

ATTITUDES OF PRIMARY SCHOOL STUDENTS ABOUT SPARE TIME SPORT ACTIVITIES

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Our current lifestyle has next to all positive effects a lot of negative effects which make a lot of problems with children because their body is still mild. Our students have a lot of activities in the school and they don't have too much spare time. It is very important to organize their spare time and give them a chance to improve their health, prevention and strength. Right here it appears a need to innovate their spare time sport activities. The main goal refers want and importance of spare time sport school activities in primary schools and identification of desires, wants and interests of the students. The sample should be students of seventh grade in the primary school «Rajak Pavićević» in Bajina Bašta. The instrument should be a questionnaire made of a few questions. Students should encircle one of the offered questions. We should manage conclusions from the huge number of questions.

Key words: sport, recreation, students, school, spare time, sport activities

REALIZACIJA NASTAVE FIZIČKOG VASPITANJA U UČIONICI

Suzana Nikolić

X Gimnazija „Mihajlo Pupin“, Beograd

Prostori i njihova opremljenost, u kojima se nastava fizičkog vaspitanja odvija, mogu biti različiti, ali su veoma bitni za ostvarenje krajnjih ciljeva i neposrednih zadataka. Zahtevi za što boljim rezultatima u fizičkom vaspitanju nameću i materijalne uslove koji odgovaraju propisanim standardima i normativima.

Danas još uvek veliki broj škola ne poseduje potrebne prostore, te se nastava odvija u izrazito oskudnim materijalnim uslovima. Ti prostori su najčešće adaptirane učionice, kao i učionice ne prilagođene zahtevima nastave fizičkog vaspitanja. Međutim, i onda kada se nastava fizičkog vaspitanja odvija u učionicama, ne sme se dozvoliti da se izostave, ili u potpunosti zanemare aktivnosti u fizičkom vaspitanju.

Kada govorimo o sadržajima nastave koji se mogu realizovati u učionicama, predložićemo neke od mogućnosti koje mogu biti od koristi pedagogima fizičkog vaspitanja, ne dajući pritom gotove "recepte" za svaki pojedinačan slučaj.

Ključne reči: prostori, fizičko vaspitanje, učionica.

THE REALIZATION OF PHYSICAL EDUCATION IN THE CLASSROOM

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Rooms and its equipment, in which to realize physical education, can be different, but very important for realizing final goals and direct tasks. Requirements for better results concerning physical education intrude also material conditions which coincide with existing standards and regulations.

Numerous schools today still do not dispose with needed rooms, so education is realized in extremely poor material conditions. Those rooms are the most often adapted classrooms, like as those classrooms non-adjusted to requirements of physical education. However, even if physical education is realized in classrooms, there can not be allowed physical activities to be missed or absolutely neglected in education.

If we discuss about course context, that can be realized in the classrooms, we will recommend some of the possibilities usefull for physical educators (pedagogists), thereby not giving prepared „recipes“ for each individual case.

Key words: rooms, physical education, classroom

DOPRINOS SOCIJALNO-KOGNITIVNE TEORIJE KINEZILOGIJI

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Ispitujući relacije između različitih aspekata psihološkog i motoričkog funkcionisanja osoba, istraživanja u kineziologiji poslednjih decenija najčešće kao teorijsku osnovu koriste Teoriju integralnog razvoja Ismaila. Naglašavanje uzajamnosti i međuzavisnosti pojedinih segmenata razvoja ličnosti predstavlja značajan doprinos ove teorije sagledavanju razvoja, strukture, ali i dinamike ličnosti, te razumevanju relacija između psihološkog i motoričkog funkcionisanja osoba. U ovom radu pažnja je usmerena ka razmatranju mogućnosti da se teorijske osnove kinezioloških istraživanja prošire upoznavanjem i razumevanjem ključnih aspekata Socijalno-kognitivne teorije Bandure. Bandurina teorija, osim personalnih faktora ponašanja osobe koji čine domen Teorije integralnog razvoja u celini, razmatra i uzajamne, dvosmerne relacije personalnih i sredinskih faktora, kao i njihovu međuzavisnost sa manifestnim ponašanjem omogućavajući ispitivanje kinezioloških problema i u širem kontekstu. Sagledavanjem interaktivnih odnosa pojedinih personalnih i sredinskih faktora koji određuju ponašanje individue, ali se i menjaju pod uticajem određenog ponašanja, na primer, sportskog postignuća, moguće je, po Bandurinoj teoriji, vršiti predikciju ponašanja i, eventualno, postići kontrolu nad njim, što je krajnji cilj naučnih istraživanja uopšte, pa i istraživanja u kineziologiji. *Ključne reči:* socijalno-kognitivna teorija, personalni faktori ponašanja, sredinski faktori ponašanja, motoričko funkcionisanje, kineziologija

THE CONTRIBUTION OF SOCIAL COGNITIVE THEORY TO KINESIOLOGY

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Analyzing relations among different aspects of motor and psychological functions of people, the researches in kinesiology have mainly used the Integral Development Theory by Ismail as theoretical basis in recent decades. Emphasizing reciprocity and interdependence among certain segments of one's personality development represents a considerable contribution of this theory to a full insight into development, structure, but also into personality dynamics, and thus to understanding of relations between motor and psychological functions of people. In this paper we focus on different possibilities to expand theoretical bases of kinesiological researches by introducing and understanding the key aspects of Social Cognitive Theory by Bandura. His theory analyzes both personal factors of one's behavior that belong to the domain of the Integral Development Theory on the whole, and mutual, two-way relations of personal and environmental factors, as well as their interdependence with manifested behavior enabling the study of the problems in kinesiology in a wider context. Analyzing interactive relations among certain personal and environmental factors that determine one's behavior, but also change under the influence of a particular behavior, e.g. sports achievement, according to Bandura's theory it is possible to make predictions about someone's behavior and possibly gain control over it, which represents the ultimate goal of scientific researches in general and hence of the researches in kinesiology.

Key words: social-cognitive theory, personal factors of behavior, environmental factors of behavior, motor functions, kinesiology

BODI-IMIDŽ I BAVLJENJE SPORTOM ADOLESCENTKINJA

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Doba adolescencije karakterišu burne fizičke i psihičke promene. Prihvatanje tih promena, adaptacija i prevazilaženje brojnih izazova odrastanja je nešto sa čime se suočavaju svi adolescenti. Iako većina mladih uspešno prebrodi adolescenciju, kod jednog broja adolescenata, mogu da se razviju različiti poremećaji mentalnog zdravlja, uključujući i narušavanje bodi-imidža. Bodi-imidž se odnosi na subjektivnu mentalnu predstavu o fizičkom izgledu i pripadajuća osećanja, uverenja i doživljaj sopstvenog tela. Prethodna istraživanja uglavnom sugerišu da je bavljenje sportom i fizičkom aktivnošću povezano sa višom samoprocenom i pozitivnijim bodi imidžom, iako žene generalno imaju negativniji bodi-imidž nego muškarci. Sa ciljem da se ispita povezanost bavljenja sportom i bodi-imidža adolescentkinja sprovedeno je istraživanje na uzorku 272 ispitanice, starosti 12-14 godina. Formirana su dva subuzorka: sportistkinje (N= 147) i nesportistkinje (N=125). Podaci dobijeni anonimnim upitnikom obrađeni su adekvatnim statističkim postupcima.

Dobijeni rezultati sugerišu da je bavljenje sportom povezano sa pozitivnijim bodi-imidžom adolescentkinja. S obzirom da narušen bodi-imidž može voditi nižem samopoštovanju, anksioznosti, depresiji, poremećajima ishrane i zdravstvenim problemima, potrebno je dalje istraživati potencijalne doprinose bavljenja sportom pozitivnijem bodi-imidžu adolescentkinja.

Ključne reči: bodi-imidž, adolescentkinje, sport, mentalno zdravlje

BODY IMAGE AND SPORT PARTICIPATION OF ADOLESCENT GIRLS

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Adolescence is characterized by dramatic physical and psychological changes. Adolescents need to accept those changes and overcome a number of challenges of growing-up process. Although most young people cope with adolescence successfully, some of them may develop different mental health disorders, including body image disturbances. Body image refers to the person's mental image of her/his physical appearance, as well as corresponding feelings, beliefs and sensation of one's own body. Previous research mostly suggest that participation in physical activity and sport is related to higher self-perception and more positive body image, although women have generally more negative body image in relation to men. Aiming to examine relationship between sport participation and body image of adolescent girls, the study was conducted on the sample comprising 272 female respondents, 12-14 years of age. Two subsamples were established: adolescent girls participating in sport (N=147) and adolescent girls non participating in sport (N=125). Data were gathered by anonymous questionnaire and analyzed by appropriate statistical procedures. Results obtained suggest that sport participation is related to a more positive body image of adolescent girls. Bearing in mind that negative body image may lead to lower self-esteem, anxiety, depression, eating disorders and health problems, further research is required in the field of potential sport engagement benefits to more positive body image of adolescent girls.

Key words: body image, adolescent girls, sport, mental health

PEDAGOŠKE IMPLIKACIJE REALIZACIJE SPORTSKO-TEHNIČKOG OBRAZOVANJA U OSNOVNOJ ŠKOLI

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Anketiranjem 192 studenta prve godine Fakulteta sporta i fizičkog vaspitanja i Učiteljskog fakulteta u Beogradu izvršen je uvid u realizaciju programskih sadržaja nastave i vančasovnih aktivnosti predmeta fizičko vaspitanje u osnovnoj školi.

Analizirana je realizacija motoričkih formi zajedničkih za učenike i učenica. Utvrđeno je da se programski sadržaji nedosledno realizuju u nastavi i vančasovnim aktivnostima. Podaci istraživanja govore da se realizuje oko 50% motoričkih zadataka gimnastike i atletike. Procenat obrađenosti nastavnih sadržaja opada u skladu sa njihovom složenosti i težinom. Ovakvom stanju delimično doprinose i uslovi u kojima se program fizičkog vaspitanja realizuje. Uočava se: da se ples nedovoljno obrađuje; realizacija vančasovnih aktivnosti je delimična. U najvećem broju slučajeva zastupljeno je redovno održavanje krosa i takmičenje u sportskim igrama. U većini slučajeva manja pažnja je posvećena takmičenjima u individualnim sportovima i izletima. Rezultati istraživanja nameću niz zaključaka koji mogu biti značajni za dalji razvoj fizičkog vaspitanja. Istraživanjem je utvrđeno da se 2/3 anketiranih, obuhvaćenih procesom fizičkog vaspitanja smatra oštećenim time što program nije u celini realizovan.

Ključne reči: fizičko vaspitanje, program, realizacija, osnovna škola

PEDAGOGICAL IMPLICATIONS OF REALIZATION OF THE SPORT- TECHNICAL EDUCATION IN ELEMENTARY SCHOOL

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Conducting questionnaire among 192 first-year students of the Faculty of sports and physical education at the Faculty for teaching in Belgrade, we achieved to learn realization of the teaching program for regular classes and free activities of the physical education as a subject in elementary school.

Motor forms common for both male and female pupils were analyzed. It has been established that the teaching program for regular classes and free activities was not conducted as planned. Gathered data show that 50% of motor tasks of gymnastics and athletics are being completed. The percentage of accomplished tasks degrades with their complexity. This situation was partly provoked by the conditions in which the program for physical education was being conducted. It is observed that the dancing classes are undeveloped, free activities are being partly done. In the highest number of cases regular cross and competition in sport-games are being organized. In the majority of cases competitions in the individual sports and excursions were given less attention. The results of the research lead us to conclusions that may be significant for the future progress of the physical education. The research helped to establish that 2/3 of questioned students find themselves damaged because the program has not been conducted within its full capacity.

Key words: physical education, teaching program, realization, elementary school

PROBLEMI U REALIZOVANJU PROGRAMA VEŽBI NA SPRAVAMA I TLU U OSNOVNIM I SREDNJIM ŠKOLAMA U SMEDEREVU

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Struka još uvek prepoznaje značaj realizovanja programa sportsko-tehničkog obrazovanja iz vežbi na spravama i tlu, tako da se on, u programima za osnovnu i srednje škole, nalazi u svim razredima (osim u četvrtom srednje škole). Međutim, poznati su problemi u konkretnom sprovođenju programa. Tu se, pre svega, pominju materijalna osnova za realizovanje programa kao što su nedostatak sprava, a često i zatvorenog prostora. Ukoliko sprave i prostor postoje, često se može uočiti nedovoljna angažovanost nastavnika u realizovanju programa, koja je direktno povezana sa problemima koji proističu iz nedostatka povezanosti u realizovanju predmetne nastave fizičkog vaspitanja sa realizovanjem programa u mlađim razredima osnovne škole. Naime, najčešće postoji potreba da se, umesto sa nastavkom rada u četvrtom ili petom razredu, započinje od programa prvog razreda. Tu se javljaju poznati problemi u savladavanju motoričkih zadataka sa zakašnjenjem. Ovaj problem se ističe naročito kada se radi o vežbama na spravama i tlu, programu za koji je potrebna stručna osposobljenost koju realizatori, nastavnici razredne nastave (učitelji), uglavnom, ne poseduju. Iz ugla ovih i još jednog broja problema analizirano je stanje u realizovanju programa vežbi na spravama i tlu u svim osnovnim i srednjim školama u opštini Smederevo.

Ključne reči: vežbe na spravama i tlu, osnovne i srednje škole, Smederevo, problemi

PROBLEMS IN REALIZATION OF PROGRAMS OF APPARATUS AND FLOOR EXERCISES IN ELEMENTARY AND HIGH SCHOOLS IN SMEDEREVO

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Our profession still recognizes the significance of realization of programs of sports-technical education in apparatus and floor exercises, so it is present in syllabuses for elementary and high schools in all grades (except in the 4th grade of high school). However, there are problems in real implementation of the program. Primarily, due to material base for program realization such as lack of apparatuses and very often even of indoor space. If both the apparatus and indoor space exist, often we can notice insufficient engagement of teachers in program realization, directly linked to the problems originating from lack of connection in realization of PE lessons with the program in junior elementary school grades. Namely, most often there is a need instead of continuing the work in the fourth or fifth grade, to restart with the program of the first grade. There well known problems of delayed mastering of motor tasks, appear. This issue is particularly underlined when it comes to apparatus and floor exercises, program which requires professional qualification, which those who realize instruction, i.e. teachers (homeroom teachers) usually do not have. From the point of view of this and a number of other problems, the state of realization of the program for apparatus and floor exercises in elementary and high schools in the community of Smederevo, was analyzed.

Key words: Apparatus and floor exercises, elementary and high schools, Smederevo, problems

UTICAJ VANČASOVNIH AKTIVNOSTI NA MOTORIČKE SPOSOBNOSTI UČENICA SREDNJEŠKOLSKOG UZRASTA

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Cilj istraživanja je bio da se utvrde eventualne razlike u fizičkim sposobnostima učenica srednješkolskog uzrasta, izazvane dodatnim fizičkim vežbanjem. Istraživanje je longitudinalno eksperimentalnog karaktera realizovano u drugom polugodištu školske 2007/2008. godine u srednjoj Poljoprivredno-veterinarskoj školi sa domom učenika "Svilajnac" u Svilajncu na uzorku od 56 ispitanica podeljenih u dva posebna subuzorka - prema kriterijumu dodatnog fizičkog vežbanja i to: grupa od 30 ispitanica sa dve aktivnosti u vidu redovnih časova nastave fizičkog vaspitanja i grupa od 26 ispitanica koja je pored dva časa fizičkog vaspitanja imala dodatna fizička vežbanja u vidu školske atletske sekcije. Motoričke sposobnosti procenjene su pomoću četiri varijable. Pored postupaka deskriptivne statistike u obradi podataka dobijenih empirijskim istraživanjem primenjena je multivarijantna analiza varijanse, diskriminativna analiza, univarijantna analiza varijanse, multivarijantna analiza kovarijanse i univarijantna analiza kovarijanse. Multivarijantnom i diskriminativnom analizom konstatovana je statistički značajna razlika i jasno definisana granica između eksperimentalne i kontrolne grupe ispitanika u odnosu na motoričke sposobnosti ispitanica, a univarijantnom analizom varijanse, statistički značajna razlika između grupa nije konstatovana samo u skoku u dalj iz mesta. Multivarijantnom analizom kovarijanse konstatovane su statistički značajne razlike između tretmana eksperimentalne i kontrolne grupe u odnosu na motoričke sposobnosti. Univarijantnom analizom kovarijanse i intervalima poverenja konstatovane su statistički značajne razlike za sve procenjivane varijable, u odnosu na tretman. Statistički značajne razlike su u korist eksperimentalnog tretmana. Dobijena poboljšanja motoričkih sposobnosti ukazuju na pozitivne efekte vančasovne aktivnosti (u vidu školske atletske sekcije).

Ključne reči: uticaj, vančasovne aktivnosti, motoričke sposobnosti, učenice srednješkolskog uzrasta

THE INFLUENCE OF EXTRA CURRICULAR ACTIVITIES ON MOTOR ABILITIES OF SECONDARY SCHOOL FEMALE STUDENTS

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The goal of this research was to determine eventual differences in physical abilities of secondary school students, produced by additional trainings. This research has longitudinal experimental character, and it was realized in the second half term of 2007/2008 school year in Agricultural veterinary school with a boarding school "Svilajnac" in Svilajnac, Republic of Serbia, on the specimen of 56 female examinees divided into two special sub specimens – according to the criterion of additional physical training: 30 female examinees with two activities during regular Physical Education lessons and a group of 26 female examinees which had additional physical training apart from regular Physical Education lessons. It was athletic section. Motor abilities were evaluated by the use of four variables. The following procedures were used in data processing: descriptive statistics, multivariant analysis of the variance, discriminative analysis, univariant analysis of the variance, multivariant analysis of the covariance and univariant analysis of the covariance. There was a statistically significant difference and clearly defined border between control group of female examinees in relation to motor abilities of examinees by the use of multivariant analysis and discriminative analysis. There was no statistically significant difference in long jump from the spot between groups. By the use of multivariant analysis of covariance there were statistically significant differences between the treatment of experimental and control group in relation to motor abilities. By the univariant analysis of covariance and by the intervals of trust there were statistically significant differences for all evaluated variables in relation to the treatment. Statistically significant differences are in favour of experimental treatment. The acquired improvements of motor abilities show positive effects of extra curricular activities (in school athletic section).

Key words: influence, extra curricular activities, motor abilities, secondary school female students

POJAVA KIFOTIČNOG LOŠEG DRŽANJA U PERODU OD JEDNE ŠKOLSKE GODINE

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Predmet ovog rada je utvrđivanje broja učenika, populacije petih razreda, kod kojih nije prisutan posturalni poremećaj kifotičnog lošeg držanja tela, i evidentiranje pojave tog poremećaja u periodu od jedne školske godine. Kompletan programski sadržaj, sproveden je na teritoriji grada Kragujevca, a istraživanjem je obuhvaćeno 434. učenika iz više osnovnih škola gradskog i prigradskog područja.

Za procenu kifotičnog lošeg držanja tela, korišćena je metoda somatoskopije i somatometrije, a u utvrđivanju lošeg držanja, korišćena je srednja vrednost blažeg kriterijuma.

Kod analize ispitanika kod kojih na inicijalnom merenju nije evidentirano kifotično loše držanje tela, primećuje se opadanje broja učenika bez poremećaja, tako da se na finalnom merenju – na kraju školske godine, konstatuje pojava kifotičnog lošeg držanja u 38.33% slučajeva. Posmatrano unutar grupe dečaka i devojčica, pojava kifotičnog lošeg držanja više je izraženija kod dečaka (51.68%), nego što je to slučaj sa devojčicama (30.46%).

Na osnovu rezultata istraživanja i dobijenih pokazatelja, potrebno je u nastavu fizičkog vaspitanja u osnovnim školama, obavezno uvesti na početku školske godine određenja merenja radi utvrđivanja posturalnih poremećaja i telesnih deformiteta, i na osnovu tih pokazatelja izraditi konkretne programe korektivnog vežbanja koji bi se sprovodili na časovima fizičkog vaspitanja. Takođe, u cilju prevencije, potrebno je u nastavni plan i program rada uneti dosta više prostora za rad na opštefizičkoj pripremi učenika, tako da jedan čas nedeljno bude isključivo rad sa vežbama oblikovanja tela i vežbama na razvoju snage ramenog pojasa, pregibača trupa i snage nogu, u cilju toniziranja pomenutih mišićnih regija i zadržavanja optimalnog posturalnog statusa učenika.

Ključne reči: kifoza, školska godina, učenici, telesni deformiteti

KYPHOTIC BAD BODY POSITION DURING A SCHOOL YEAR

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The subject of this study is to establish the number of the 5th grade pupils who had no kyphotic body position deformities, as well as notification of these disturbances during one school year. Complete program was carried out in Kragujevac and this study included 434 pupils from different city and country schools.

In order to establish the bad body position deformities the somatoscopy and somatometry methods were used, as well as the average value of mild criterion.

Analyzing the subjects who had no such disturbances at the initial measuring, it can be concluded that the number of these pupils is decreasing, so the final measuring (at the school year end) shows the kyphotic bad body position at 38, 33% of pupils. According to the sex, bad body position is more present at boys (51, 68%) than at girls (30, 46%).

Based on these results and indicators, the need for introducing the school children measuring is evident. The measuring is necessary for finding out body deformities at early stages in order to make special programs by which these deformities should be treated. These corrective exercises programs should be carried out at PE classes. Schools should have syllabus that contains different exercises for different body regions, and one PE class per week should contain muscle region buildup exercises.

Key words: kyphosis, school year, pupils, body deformities

FIZIČKA KULTURA U SISTEMU NAUKA

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Pokušaj konstituisanja nauke o fizičkoj kulturi i da li je to jedina naučna realnost i mogućnost. Ima li fizička kultura neku posebnu i neosporno privilegovanu egzistenciju u okviru ljudskog duha? Ako je ima, da li je ta egzistencija unutar same sebe nešto jedinstveno i homogeno, da li ta homogenost dolazi od filozofije fizičke kulture? Fizička kultura ima za cilj da poveže naučne zakone sa pojmovnim aparatom i jezikom u čvrste celine, što proizilazi iz same njene prirode kao posebne veze pojava i odnosa sa teorijom fizičke kulture, fizičkim vaspitanjem, metodikom fizičkog vaspitanja, sportom i sportskom rekreacijom kao ključnim tačkama saznanja, ali u sklopu šire determinističke strukture u kojoj one dobijaju svoj smisao. Autori prilažu i šemu na kojoj je prikazana jedna od vizija razvoja nauka u XXI veku. Radi se o naukama u čiji će se razvoj, najverovatnije najviše ulagati.

Ključne reči: fizička kultura, sistem nauka

PHYSICAL CULTURE IN THE SYSTEM OF SCIENCE

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An attempt to constitute the science of physical culture and ask if it is the only scientific reality and possibility. Does physical culture have a special and undoubtedly privileged existence within human spirit? If it does, is the existence something unique and homogeneous within itself and does the homogeneity come from the philosophy of physical culture? Physical culture has an aim to connect scientific laws with the notion apparatus and language into consistent wholes, which results from its very nature as a special link between phenomena and relations of the physical culture theory, physical education, teaching methods of physical education, sport and sports recreation as key points of learning, but within a wider deterministic structure where they gain their meaning. The authors also enclose a scheme showing one of the visions of the scientific development in the 21st century. The sciences in question are those whose development is most likely to be largely invested in.

Key words: physical culture, system of science

PAIDEIA KOD STARIH GRKA I TELESNO VEŽBANJE

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Ponovni pokušaj da se vaspitanje i obrazovanje utemelje po principu kako je to urađeno u antičkoj Grčkoj, a u tom kontekstu i telesno vežbanje. Grčko shvatanje *paideia-e* imalo je suštinskog značaja na formiranju celokupne životne prakse od helenske civilizacije do danas. Paideia je u antičko vreme *vaspitni ideal*, koja u sebi obuhvata oba pojma i vaspitanje i obrazovanje. Ona se može shvatiti i kao početak univerzalne ljudske kulture. Njeni počeci od mikenskog i Homerovog doba pa sve do kraja helenizma imali su značaja u ostvarivanju jedinstva duhovnih i telesnih moći. Radi boljeg razumevanja vaspitnog ideala neophodno je uz osnovni pojam *paideia-e* objasniti još neke pojmove kao što su: *arete*, *logos* i *kalokagatija*. Čvršće uspostavljanje niti *paideia-e* i telesnog vežbanja daje osećaj bliskosti i srodstva sa Heladom i današnjom modernom civilizacijom. U obliku *paideia* "kulture", Grci, podrazumevaju, svoje ukupno duhovno stvaralaštvo koje su preneli ostalim narodima. Bez grčke kulturne ideje ne bi ni bilo "antike" kao povesnog jedinstva, a ni zapadnjačkog "kulturnog sveta".

Ključne reči: paidea, stari grci, telesno vežbanje

PAIDEIA OF THE OLD GREEKS AND PHYSICAL EXERCISING

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This is yet another attempt to found upbringing and education according to the principles used in ancient Greece, putting physical exercising in the same context. The Greek concept of *paideia* has been essential for forming the entire life practice from the Hellenic civilization to the present day. In ancient times, *paideia* was an *upbringing ideal* which included both notions of upbringing and education. It can also be understood as the starting point of universal human culture. Its beginnings from Mycenaean and Homer's times all the way to the end of Hellenic era were of great importance for the realization of the unity of spiritual and bodily powers. Beside the basic notion of *paideia*, it is necessary to explain a few more notions such as: *aretaics*, *logos* and *kalokagathia* in order to understand the upbringing ideal better. A tighter connection of *paideia* and physical exercising makes us feel close and familiar with Hellada and modern civilization. By *paideia* "culture", the Greeks mean their overall spiritual heritage which they passed onto other peoples. Neither the ancient world as a historical unity, nor the western "cultural world" would exist without the Greek cultural idea.

Key words: paidea, old Greeks, physical exercising

DECA TREĆIH KULTURA – KROZ OČI NASTAVNIKA FIZIČKOG VASPITANJA

Zužana Silva

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Autor je stekao svoja iskustva u međunarodnoj školi gde su studenti iz 47 različitih zemalja a i edukatori su iz svih delova sveta. Objekti u ovoj školi su odlični i studenti se obučavaju na engleskom. Ova međunarodna škola ima 14 nivoa razreda od uzrasta od 4 do 18 godina, do nivoa međunarodnog ispita za bakalaureat. Ali samo nekoliko ove dece provodi ovde više od 3-4 godine, sele se negde drugde zbog poslova svojih roditelja.

Neki od ovih studenata tečno govore i po četiri jezika sa samo pet godina! Ali da li ova deca samo "govore" ove jezike ili razumeju različite svetove koji stoje iza govornih jezika? Da li oni puštaju korenje u svojim zemljama porekla ili u zemlji u kojoj žive? Ili imaju potpuno različitu kulturu od gore pomenutih, neku treću?

Koja zemlja znači nešto u njihovom životu? Da li im fizičko vaspitanje i sport pomažu da prevaziđu kulturne teškoće? Da li mi predajemo drugačije fizičko vaspitanje od onoga kako to radimo u lokalnoj školi?

Ovo su neka od pitanja na koja tražimo odgovore kako bi pomogli ovoj deci kroz njihove razvojne godine u ovom globalizovanom i svetu koji se brzo menja.

Ključne reči: Deca treće kulture, podučavanje fizičkog vaspitanja

THIRD CULTURE KIDS - THROUGH THE EYES OF A PHYSICAL EDUCATION TEACHER

Zsuzsanna Szilva

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The author gained her experiences in an international school where the students are from 47 different countries and the educators are also from all over the world. The facilities are great in this school and the students are taught in English. This international school has 14 grade levels from the age of 4 to 18, up to the International Baccalaureate exam. But only a very few of these kids are spending here more than 3-4 years, then they move somewhere else due to their parents' jobs.

Some of these students are fluent in even four languages at the age of 5! But do these children only "speak" these languages or do they also understand the different worlds that are behind the spoken languages? Do they grow their roots into their passport countries or into the country where they are living? Or do they have a completely different culture from the above mentioned, a third one? What continuity means in their lives? Does PE and sports help them to overcome the cultural difficulties? Do we teach Physical Education differently then we would do in a local school?

These are some of the questions that we are searching the answers for in order to help these children through their developmental years in this globalized and rapidly changing world.

Key words: Third Culture Kids, Teaching Physical Education

MESTO I ULOGA REPUBLIČKOG ZAVODA ZA SPORT U ORGANIZOVANJU JAVNIH SPORTSKIH I DRUGIH MANIFESTACIJA SA POSEBNIM OSVRTOM NA AKTIVNOSTI UČENIKA U KOŠUTNJAKU

Živko Panovski, Miroslav Stevanović

Republički zavod za sport, Beograd

Republički zavod za sport smešten je na najvišem uzvišenju Beograda u srcu Košutnjaka na samo desetak kilometara od centra grada, a okružen je višegodišnjom šumom, livadama i proplancima. Čitavo ovo okruženje oduvek je privlačilo pažnju znatiželjnih posetilaca.

Organizovanje rekreativnih sadržaja u Košutnjaku, posebno u delu prostora Republičkog zavoda za sport, poslednjih nekoliko godina sve je prisutnije. Ove aktivnosti, uglavnom su manifestacionog ili takmičarskog karaktera i okrenute su širokim populacijama građana, a najčešće deci i omladini.

Republički zavod za sport, pored materijalnih, poseduje i velike kadrovske i druge potencijale za organizovanje čitavog niza sportskih manifestacija, što bi u bližoj budućnosti sve više moglo da se uspešno realizuje. Angažovanje učenika beogradskih osnovnih i srednjih škola, a posebno škola sa teritorije Rakovice i Čukarice, u saradnji sa srodnim institucijama i ustanovama tokom čitave godine kroz različite sportske sadržaje i manifestacije, doprinelo bi većoj masovnosti sporta kod ovog dela naše populacije.

Ključne reči: sportske manifestacije, sportske aktivnosti, učenici, Košutnjak, Republički zavod za sport

THE REPUBLIC INSTITUTE OF SPORT – THE ROLE IN ORGANIZATION OF PUBLIC SPORTS MANIFESTATIONS WITH SPECIAL RETROSPECTIVE ON STUDENTS’ ACTIVITIES IN KOSUTNJAK

Živko Panovski, Miroslav Stevanović

The Republic Institute of Sport, Belgrade

The Republic Institute of Sport is placed on the highest hill in Belgrade in the heart of Kosutnjak only ten kilometers away from the center of the city. It is surrounded by woods and fields. This surrounding always attracted attention of visitors.

The organization of the recreational context in Kosutnjak is more prominent in last few years particularly within the space where the Republic Institute of Sport is placed. These activities are organized as either public manifestation or public competition involving wide population of citizens, mostly children and youth.

The Republic Institute of Sport possesses material as well as human resources capable for the organization of number of different sports manifestations which all might be successfully realized in near future. The cooperation between the Republic Institute of Sport and other related institutions as well as the increased engagement of students from Belgrade’s elementary and secondary schools, specially the one from Rakovica and Cukarica Municipality, would promote sport in this population.

Key words: sports manifestations, sports activities, students, Kosutnjak, The Republic Institute of Sport

SINONIMIJA I ANTONIMIJA U TERMINOLOGIJI SPORTA

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Sinonimi nazivaju istu stvar, ali je povezuju sa različitim nazivima i na taj način se kroz naziv otkrivaju različita svojstva date stvari. Pod sinonimima se podrazumevaju reči koje označavaju jedan isti pojam, reči koje su iste ili bliske po značenju, koje su na određeni način u datom međusobnom odnosu u jeziku i služe za detaljizaciju i razlikovanje finih smisaonih nijansi pojmova.

Različiti nazivi za iste pojmove u terminologiji najčešće dolaze od različitih izvora nastajanja termina. Naročito je mnogo sinonima u terminologiji koja se stihijski razvijala, zatim kod još neuređenih terminologija, jer pri uređivanju terminologije teži se, gde god je to moguće, da se izbace sinonimi. U vreme obrazovanja svake nauke, odnosno nastajanja pojmova povezanih sa njom, ne postoji sistematičnost u odabiranju njihovih naziva, već se prihvataju onako kako ulaze u jezik.

Osnova antonimije je postojanje kvalitativnog obeležja u značenju reči koje može da se povećava ili smanjuje i da dođe do suprotnosti. Antonimi se naročito upotrebljavaju u književnom jeziku za pokazivanje izrazitog kontrasta. Za naučno-tehničku terminologiju antonimija je čak bitnija nego za standardni jezik, jer se pri spoznaji predmeta i pojava pojavljuju i antonimske opozicije.

Ključne reči: sport, sinonimija, antonimija

SYNONYMY AND ANTONYMY IN TERMINOLOGY OF SPORT

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Synonyms entitle the same thing, but they connect this with different names and in this way through the name they uncover different features of the same thing. Synonyms consider words which identify one unique concept, word which are the same or similar in their meaning, which are, in the some way, interlocked in the language and serve for enhance of details and making difference in fine nuances of concept meaning.

Different terms for the same concepts in terminology usually come from different sources of terms derivation. Especially, there is a lot of terms in terminology which developed spontaneously, thereafter in more unorganized terminologies because in the process of organizing of terminology is intend to push out the synonyms. In the time of constitution of each science, actually constituting of concepts related to it, there is no systematical approach in selecting of their denotation, but they are accepting as they come in to the language.

The base of anatomy is exists of qualitative attribute in the meaning of words which might to increase or decrease and to come to the confrontation. Antonyms are especially in use in literal language for expressing of outstanding contrast. In technical science terminology antonymic is even more important then in standard language, because in recognizing of things and concepts antonymic opposition appears.

Key words: sport, synonymy, antonymy

KOMPARATIVNA ANALIZA MIŠIĆNE SNAGE UČENIKA IZ MAĐARSKE UZRASTA 13-14 GODINA

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U današnje vreme, kao posledica promene stila života, ima sve više stvari koje ugrožavaju naše zdravlje. Ovo je uglavnom tačno za decu. Statistički podaci podržavaju činjenicu da se broj mladih u Mađarskoj koji imaju neku vrstu problema sa stavom, ili nepravilnim držanjem tela umnožio tokom poslednje dve decenije. Mađarsko udruženje za probleme kičme (The Hungarian Spine Society) (MGT) je sačinilo seriju pokreta koji sadrže 12 vežbi da bi se ti problemi prepoznali i ispravili u ranom uzrastu. Oni testiraju statičku snagu i pasivnu sposobnost za istežanje onih mišića koji su odgovorni za držanje tela. Cilj testiranja je bio da se uporedi baterija testova koja meri statičnu snagu mišića već utvrđenu validnim MGT sistemom testiranja sa onim koji testiraju dinamičku snagu mišića iste mišićne grupe. Pretpostavlja se da ako bilo kakav poremećaj može da se primeti u statičkom sistemu učenika (među ostalim komponentama kičme) onda može da se primeti i u dinamičkom. Testiranje je obavljeno u drugom polugodištu školske 2007/2008. godine. Ispitanici (n = 163) su birani iz grupe učenika uzrasta 13-14 godina iz Budimpešte. Tokom obrade podataka prvo su izvršena osnovna izračunavanja (prosek, disperzija, prosečna greška i varijacija koeficijenta). Zatim je sledilo imenovanje razlika između varijabli, uz korišćenje Kruskal-Valisovog testa kao statističke procedure. Kao sumiranje naših rezultata može se reći da je polovina učenika mogla da uspešno izvrši one testove koji proučavaju statičku snagu. Slični rezultat je dobijen kada su izračunavane dinamičke varijable. To je potvrdilo pretpostavku da ako se kod ispitanika može dobiti divergencija i disfunkcija u statici, onda može takođe da se primeti i u dinamici.

Ključne reči: pogrešan stav tela, nepravilno držanje, mišićna snaga.

COMPARATIVE ANALYSIS OF MUSCLE STRENGTH IN 13-14-YEAR OLD HUNGARIAN STUDENTS

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Nowadays more and more harms are threatening our health, as a result of changing lifestyle. It is true mainly for children. Statistical data support, that the number of those Hungarian young who have some kind of body posture problem or incorrect carriage have (multiplied) during the last two decades. The Hungarian Spine Society (MGT) has worked out a series of movements, containing 12 exercises, to recognize and correct these problems at an early age. They test the static strength and passive stretching ability of those muscles which are responsible for the body posture. The aim of this testing was to compare the test-battery measuring the static muscle strength of the already validated MGT testing system to those testing the dynamic muscle strength of the same muscle group. It was supposed that if any disturbance can be observed in the static system of the students (among others in the components of the spine), then it can be observed in the dynamics as well. Testing was carried out in the second semester of academic years 2007/2008. Tested persons (n= 163) were picked out from 13-14-year old students from Budapest. During the data-processing first the basic calculations were completed (average, dispersion, fault of average and variation coefficient). This was followed by the statement of the differences between the variables when the Kruskal-Wallis test was used as a statistical procedure. As a summary of our results it can be stated that half of the students were able to execute those tests successfully which examined the static strength. A similar result was obtained when the dynamic variables were calculated. It proved the supposition that if a divergence, a dysfunction can be obtained in the static of the students, and then it can be observed in the dynamics as well.

Key words: wrong body posture, improper body carriage, muscle strength

ZNAČAJ TRENAŽNE TEHNOLOGIJE NA OTKLANJANJE RIZIKO FAKTORA HIPOKINETIČKOG SINDROMA

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Brojne bolesti današnjice, od kardiovaskularnih respiratornih, metaboličkih, endokrinih, neuroloških pa do neuropsihijatrijskih, pripisuju se hipokineziji, tj. nedovoljnom kretanju savremenog čoveka i nezdravom načinu života. *Hipokinezija* (smanjeno kretanje) se tretira kao uzrok mnogih zdravstvenih tegoba. Otkrivanje uzroka i delovanje na njega je osnovni medicinski princip u lečenju. Dijagnostikovani zdravstveni problemi mogu rešiti organizovanom *fizičkom aktivnošću*. Hipokinezija je proces destrukcije koji nije statičan i lako je definisan. Hipokinetički sindrom se stvara u procesu tako se i u procesu *dijagnostikuje*, prati, analizira i vrednuje efektima primene trenažne *tehnologije*. Kako se razvijao i formirao hipokinetički sindrom tako su se i gomilale posledice. Hipokinezija je proces a ne stanje. Odgovor na ovo pitanje ne može da bude trenutani, isključiv i jednostavan. Naučne discipline saglasne su da je hipokinezija bolest savremenog čoveka i riziko faktor broj jedan po *zdravlje ljudi*.

Ključne reči: hipokinezija, zdravlje, dijagnostika, tehnologija, fizička aktivnost.

IMPORTANCE OF TRAINING TECHNOLOGY FOR REDUCING RISK FACTORS OF HYPOKINETIC SYNDROME

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Numerous contemporary diseases - cardiovascular, respiration, metabolic, endocrinal, nerve system's or psychiatric are all influenced by hyperkinesias, insufficient physical activity of man, unhealthy way of life. Hypokinesia (insufficient activity) is observed as the cause of many health issues.

Discovering the cause, and treating, it is the basic medic principle in healing. Diagnosed health problems can be solved by organized physical activity.

Hypokinesia is a process of destruction. It's not static and it's easily defined. As hyperkinetic syndrome is set in a process, it is also diagnosed, followed, analyzed and valued in the process. The valuation is measured by effects of training technology.

The consequences are numbering as the syndrome grows and gets its own form. Hypokinesia is a process, not the state of form. The solution could not be given in a moment, without alteration and simple.

Scientists agree on the fact that hypokinesia is a contemporary man's disease and that it is the Number One health risk factor.

Key words: hypokinesia, health, diagnostics, technology, physical activity.

ZNAČAJ MERLJIVOSTI HIPOKINETIČKOG SINDROMA

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Sagledavanjem navika savremenog čoveka, može se utvrditi da se otuđio od prirode i zdravlja. Borba za vreme koje obezbeđuje prostor za rad i očuvanje egzistencije, povezana je sa uvođenjem tehničkih pomagala koja čoveka udaljavaju od kretanja.

Imajući u vidu *zdravlje*, koje je ugroženo nametnula se potreba za istraživanjem. Koristeći dosadašnja iskustva istraživanja, napravljen je pokušaj da se rasvetli problematika hipokinetičkog sindroma.

Hipokinezija nije uzrok već posledica nezdravog načina života. Brojne bolesti današnjice pripisuju se hipokineziji.

Simptomi hipokinezije su: promene u morfologiji, najčešće gojaznost, smanjenje nivoa motoričkih sposobnosti čoveka potrebnih za svakodnevne životne, radne i druge aktivnosti, tegobe i bolovi u lokomotornom sistemu, loša držanja tela i telesni deformiteti, smanjenje funkcija srčano-sudovnog sistema, psihička napetost, umor, apatija, nesanica, smanjenje radne sposobnosti i dr. Svi navedeni simptomi čine *hipokinetički sindrom*.

Da postoji hipokinetički sindrom kod posmatrane grupe ispitanika dokaz se nalazi u *fizičkom statusu*, motoričkim sposobnostima, *funkcionalnom statusu* i *posturalnom statusu*.

Rad na ovom istraživanju i dobijeni rezultati imaju za cilj da se pridruže istraživanju *merljivosti* riziko faktora – hipokinezije. Posledice hipokinezije zahtevne su u formiranju trenažne tehnologije.

Realne mogućnosti i rezultate treba koristiti u kontinuiranom povezivanju nauke i prakse.

Gljučne reči: hipokinetički sindrom, merljivost, zdravlje, fizički status, posturalni status, funkcionalni status.

IMPORTANCE OF MEASURING HYPOKINETIC SYNDROME

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If we analyze habits of contemporary urban man, implemented and given way of life, we can say that the man has, in many ways, distanced himself from the nature, the health. Battle for time, which allows working space, and existence, is most likely to be connected to introduction of a number of technical devices which distinct an urban man from movement

The main reason for this study is our concern, most of all for the health of urban man. By using experience of domestic and foreign analyses we have tried to reveal the problem of hypokinetic syndrome.

Hypokinesia is not the cause but the reflex of unhealthy way of life. Numerous contemporary diseases are caused by hyperkinesias. Hypokinesia symptoms are: changes in morphology, usually overweight, low efficiency of motor ability necessary for everyday activities, problems and painful locomotive system, wrong body line, physical deforms, lacking of cardio system functioning, psychological tension, extortion, apathy, insomnia, lack of working ability, etc. Everything listed, considered as a whole, is **hypokinetic syndrome**.

Physical status, motor abilities and functioning and postural status of the observed group of people are confirmation of hypokinetic syndrome existence.

Overall study and its results target to integrate general struggle against the biggest risk factor of mankind – hypokinesia. Severity of hypokinesia's consequences is demanding in forming a training technology.

Possibilities and results should be used in continues connection of science and practice.

Key words: hypokinetic syndrome, measurement, health, physical status, postural status, functionality

NOVINE U METODICI OBUKE ŠAHA U MLAĐEM ŠKOLSKOM UZRASTU

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Kao formalno priznata sportska aktivnost prema standardima Međunarodnog olimpijskog komiteta (MOK) šah je oko trideset godina prisutan i u školskim sistemima širom sveta. Od septembra 2007. godine u Srbiji se izučava u vidu izbornog predmeta u osnovnim školama, čime se čini korak dalje u odnosu na do tada postojeća međuškolska takmičenja, šahovske sekcije i druge oblike vannastavnih aktivnosti. Osnovna novina u metodici obuke šaha u mlađem školskom uzrastu podrazumeva da se tokom učenja prepliću vaspitna i obrazovna funkcija, gde kroz analogije sa svakodnevnim situacijama šah postaje permanentno didaktičko sredstvo za savladavanje važnih životnih lekcija. U tu svrhu se uvodi originalna „šahovska bajka“ kao strukturalan okvir i vezivan element u svim lekcijama, čime arhetipska snaga šaha i njegova univerzalna privlačnost dobijaju šansu da lakše privuku pažnju deteta. Do sada uočeni efekti ovakvog pristupa (povećanje broja učenika i škola, zadovoljstvo učitelja šaha i porast interesovanja u okruženju) ukazuju na trend rasta, što upućuje na zaključak da proces treba pratiti u predstojećem periodu.

Ključne reči: makrociklus, trening, takmičenje, vrhunski sport, godišnji plan treninga

NOVELTIES IN METHODS OF TEACHING CHESS TO YOUNGER SCHOOLCHILDREN

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As a formally established sports activity in accordance with the standards of the International Olympic Committee (IOC) chess has been a part of the scholastic systems all over the world for about thirty years. From September 2007 chess has earned a status of an elective subject in Serbian primary schools, thus making a step forward in comparison to hitherto existing interscholastic competitions, after-school chess programs and clubs, and other extracurricular activities. The key novelty in the method of teaching chess to younger schoolchildren is that educational and upbringing components of the learning process have fully been intertwined, and chess has thus become a permanent didactic tool for mastering life's valuable lessons through analogies with everyday situations. For that purpose the original "Chess Fairy Tale" has been introduced as a structural framework and the cohesive element in all lessons, which opens a window of opportunity for the archetypal power and universal appeal of the chess game to capture a child's attention. The effects of the novel approach (increase in number of participating schools and their children, chess teachers' satisfaction and the growing interest in the neighboring countries) indicate the growth trend, which leads to the conclusion that the process should be closely followed in the upcoming period.

Key words: chess teaching methods, serbian schools, younger schoolchildren, chess fairy tale, didactic tool.

MORFOLOŠKE KARAKTERISTIKE UČENICA NIŽIH RAZREDA OSNOVNE ŠKOLE

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Istraživanje morfoloških karakteristika sprovedeno je na uzorku od 254 ispitanica (78 učenica prvog razreda, 79 učenica drugog razreda i 97 učenica trećeg razreda), koje su pohađale redovnu nastavu i gde se nastava odvijala pod rukovodstvom učitelja razredne nastave. Cilj istraživanja bio je da se utvrde eventualne razlike u nekim morfološkim karakteristikama između učenica prvog, drugog i trećeg razreda osnovne škole. Morfološke karakteristike procenjivane su pomoću tri varijable (visina tela, masa tela i indeks telesne uhranjenosti). U ovom radu korišćen je transversalni model istraživanja. Dobijeni rezultati statistički su obrađeni na nivou deskriptivne statistike i tabelarno prikazani. U daljoj obradi podataka primenjena je: multivarijantna analiza varijanse (sa univarijantnom analizom varijanse), diskriminativna analiza, testiranje homogenosti grupa i određivanje distance između grupa. Rezultati istraživanja pokazali su da između učenica prvog, drugog i trećeg razreda u prostoru morfoloških karakteristika razlike postoje i one su statistički značajne.

Ključne reči: učenice, morfološke karakteristike, multivarijantna analiza, univarijantna analiza, diskriminativna analiza.

THE MORPHOLOGICAL CHARACTERISTICS OF SCHOOLGIRLS IN LOWER GRADES OF ELEMENTARY SCHOOL

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Research on the morphological characteristics was conducted on a sample of 254 examined (78 first grade schoolgirls, 79 second grade schoolgirls and 97 third grade schoolgirls) attending regular classes where the teaching process was observed and performed by the school teacher. The aim of research was to establish possible differences in some morphological characteristics between schoolgirls from the first, second and third grade of elementary school. Morphological characteristics were estimated according to three variables (body height, body weight and body mass index). This paper utilized transversal model of research. The obtained results were statistically processed by means of descriptive statistics and graphically displayed. In further data processing the following procedures were applied: multivariant analysis of variance (with univariant analysis of the variance), discriminative analysis, testing the homogenous quality of groups and determination of the distance between groups. The results of the research showed that, viewing from the aspect of morphological characteristics, there are differences between schoolgirls from the first, second and third grade of elementary school and they are statistically significant.

Key words: schoolgirls, morphological characteristics, multivariant analysis, univariant analysis, discriminative analysis.

EFEKAT EKSPERIMENTALNOG PROGRAMA NASTAVE FIZIČKOG VASPITANJA NA MOTORIČKE SPOSOBNOSTI UČENIKA

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Osnovni cilj bio je da se utvrdi efekat predloženog eksperimentalnog programa nastave fizičkog vaspitanja na motoričke sposobnosti učenika eksperimentalne grupe. Cilj istraživanja je i utvrđivanje efekata važećeg nastavnog Plana i programa fizičkog vaspitanja na motoričke sposobnosti učenika kontrolne grupe. Eksperimentalni program je sproveden na uzorku od 88 učenika prvog razreda osnovnih škola iz Leposavića i Zvečana, hronološke starosti 7 godina \pm 6 meseci. Primenjen eksperimentalni program je obuhvatio sadržaje iz atletike, sportskih igara, vežbi na spravama i tlu, ritmike i plesa, uz primenu dopunskih vežbi. Nastava u kontrolnoj grupi realizovana je po aktuelnom nastavnom Planu i programu. Za procenu motoričkih sposobnosti primenjeno je 12 mernih instrumenata. Za utvrđivanje razlika između grupa u motoričkim sposobnostima na inicijalnom merenju i utvrđivanje razlika između inicijalnog i finalnog merenja unutar grupa primenjene su multivarijantna analiza varijanse (MANOVA) i univarijantna analiza varijanse (ANOVA). Za utvrđivanje efekata eksperimentalnog programa primenjene su multivarijantna analiza kovarijanse (MANKOVA) i univarijantna analiza kovarijanse (ANKOVA). Na osnovu rezultata i diskusije, može se zaključiti da je eksperimentalni program statistički značajno uticao na promene svih motoričkih sposobnosti. U poređenju efekata dvaju programa konstatovano je da su oba delovala na promene motoričkih sposobnosti, ali statistički značajno veće efekte je dao eksperimentalni program.

Ključne reči: učenici, eksperimentalni program, motoričke sposobnosti, multivarijantna analiza, univarijantna analiza.

THE EFFECTS OF EXPERIMENTAL PROGRAM OF PHYSICAL EDUCATION ON MOTOR ABILITIES OF SCHOOLBOYS

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The main purpose of this research was to determine the effects of the suggested experimental program of physical education of motor abilities of the experimental group of schoolboys. The research purpose was also to determine the effects of the current curriculum concerning teaching physical education of motor abilities of the control group of schoolboys. The experimental program was carried out on the sample of 88 first-grade schoolboys of the elementary schools in Leposavic and Zvecan, age of 7 years \pm 6 months. The applied experimental program was composed of athletics exercises, sports games, exercises on the pieces of equipment and on the floor, rhythmic and dancing exercises and some additional exercises. The control group was taught according to the current curriculum. 12 metrical instruments were used to estimate motor abilities. Multivariate analyses of variance (MANOVA) and univariate analyses of variance (ANOVA) were applied to determine the differences between the groups concerning motor abilities at the initial measuring and to determine the differences between the initial and final measuring within the groups. The multivariate analysis of covariance (MANCOVA) and univariate analysis of covariance (ANCOVA) were applied in order to determine the effects of the experimental program. On the basis of the results and discussion, it can be concluded that the experimental program has statistically significant effects on the changes all of the motor abilities. Comparing the effects of the two programs, it was concluded that both of them caused the change in motor abilities, but the experimental program had statistically more significant effects.

Key words: schoolboys, experimental program, motor abilities, multivariate analysis, univariate analysis.

ANALIZA PROSTORNIH I METODOLOŠKIH ASPEKATA FIZIČKIH AKTIVNOSTI OSOBA SA CEREBRALNOM PARALIZOM

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Cerebralna paraliza nije bolest sa posebnom etiologijom, već predstavlja stanje u kome dominiraju piramidalni i ekstrapiramidalni poremećaji, spastična paraliza ili ataksija. Istraživanja su pokazala da osobe smanjenih motornih sposobnosti učešćem u fizičkim aktivnostima ostvaruju brojne psihološke, društvene, zdravstvene, funkcionalne i ekonomske koristi.

Konkretno se misli na vežbanje osoba sa CP-om na spravama u teretani.

Iz analize potrebnih prostora za osobe sa invaliditetom došlo se do zaključka da je za vežbanje na spravama osoba sa invaliditetom (invalidskim kolicima) potrebno osigurati sledeći prostor:

- prostor za spravu
- prostor za invalidska kolica
- prostor za asistenta i manevar koji je potreban za premeštanje osobe sa invaliditetom iz kolica na spravu i obrnuto.

Na osnovu analize može se zaključiti da je uključjenje osoba sa cerebralnom paralizom u programe vežbanja na spravama zbog prostornih i metodoloških aspekata moguće i ostvarivo jedino uz veliki angažman društva u celini. Pokazalo se da se samo empirijskim istraživanjima, individualnim pristupom i kontinuiranim praćenjem, proveravanjem i analiziranjem informacija o toku i rezultatima fizičkog vežbanja može doći do informacija o njihovom pozitivnom uticaju na kliničku sliku osoba sa CP-om.

Ključne reči: analiza, fizička aktivnost, osobe sa CP-om, prostorni i metodološki aspekt

ANALYSIS OF SPATIAL AND METHODOLOGICAL ASPECTS OF PHYSICAL ACTIVITIES OF PERSONS WITH CEREBRAL PALSY

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Cerebral palsy is not a disease with particular etiology, it is rather a state dominated by pyramidal and extra pyramidal disorder, spastic palsy or ataxia. Numerous investigations showed that motorically disabled accomplish various psychological, social, health improving and economical benefits by taking part in physical activities. Benefits from exercising patients with cerebral palsy by using gym equipment are specifically pointed out. As for the necessary room for those in wheelchairs to practice on such equipment, it is concluded to be indispensable to provide: space for equipment, space for wheelchair, space for assistant and a necessary maneuver space to transfer a person from wheelchairs to equipment.

The whole analysis drives to a conclusion that inclusion of persons with cerebral palsy in practicing programs on appropriate equipment, due to spatial and methodological problems, demands great effort of the society as a whole. However, it turned out that only empirical research, individual approach and continuous following-up of the course of physical training can give some valid information about positive effects on clinical results of person with cerebral palsy.

Key words: analysis, physical activities, persons with cerebral palsy, spatial and methodological aspects

ULOGA SPORTA I ADAPTIRANE FIZIČKE AKTIVNOSTI (APA) ZA OSOBE SA INVALIDITETOM-OSNOVE I ISTORIJA, TRENDOVI I KONTRAVERZE

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Poslednje tri decenije predstavljaju period u kome su rađena brojna istraživanja u oblasti invalidnosti i adaptirane (prilagođene) fizičke aktivnosti. Mnoge studije potvrđuju da fizička aktivnost i učešće u sportu poboljšavaju funkcionalni status i kvalitet života osobe sa invaliditetom. Sport obuhvata sve oblike fizičke aktivnosti što uključuje: reprodukciju, vežbe, rekreaciju; organizovani, povremeni ili takmičarski sport; sticanje samostalnosti putem sporta ili igara koje doprinose fizičkoj kondiciji, psihičkoj sigurnosti ili socijalnoj interakciji.

Cilj ovog rada je da pruži informacije o adaptiranoj fizičkoj aktivnosti, sportu i rekreaciji. Područje za koje se posebno zalažemo u ovom radu je adaptirana ili prilagođena fizička aktivnost (Adapted Physical Activity) koja je povezana sa medicinom, fizioterapijom, rehabilitacijom, korektivnim i preventivnim zdravstvenim aktivnostima, i predstavlja jedno interdisciplinarno područje koje uključuje, ne samo oštećenje, rehabilitaciju i znanje o sportu, već sve one kojima su potrebna različita pedagoška, terapijska ili tehnička pomagala.

Takođe, u radu su razmatrani i principi adaptacije, načini suočavanja sa stvaranjem uspešnih adaptiranih programa, osnova i istorija, trendovi i suočeni stavovi u određivanju i realizaciji adaptirane fizičke aktivnosti. Data su i objašnjenja značaja adekvatne fizičke edukacije, kakva treba da bude, ko je sprovodi i koji su standardi i modeli koje predlažu zemlje sa razvijenim sistemom prilagođene fizičke aktivnosti.

Ključne reči: sport, fizička aktivnost, osobe sa invaliditetom, adaptirana fizička aktivnost, adaptirana fizička edukacija.

THE ROLE OF SPORT AND ADAPTED PHYSICAL ACTIVITY FOR PEOPLE WITH DISABILITIES – THE BASICS AND HISTORY, TRENDS AND CONTROVERSIES

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Over the past three decades, research efforts have developed significantly in the area of disability sport and adapted physical activity. Numerous studies have revealed that physical activity and sport participation result in improved functional status and quality of life among people with selected disabilities. Sport employs all forms of physical activities which includes repetition, exercise, recreation, organized, casual or competitive sport activities. Gaining independence through sport or games which contribute to physical fitness, psychological assurance and social interaction is also present.

Goal of this paper is to provide information about adapted physical activity; sport and recreation. In this study we will focus on adapted physical activity and its implementation in medicine, physical therapy, rehabilitation, corrective and preventive health activities. APA is interdisciplinary area which includes not only disabilities, rehabilitation and knowledge about sport, but also all those who need different kinds of pedagogical, therapeutic or technical aids.

In this paper we also considered principles of adaptation, ways of creating successful APA programs, basics, history, trends and controversy in implementation of APA. Explanations and significance of physical education, what it should be, who conducts it, standards and models of countries with developed APA are also given.

Key words: sport, physical activity, people with disabilities, adapted physical activity, adapted physical education

AKTUELNI PROBLEMI IZGRADNJE MAKROCIKLUSA U VRHUNSKOM SPORTU

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U savremenom vrhunskom sportu promene su veoma dinamične. Jedna od tendencija, koja je evidentna u većini sportskih grana, je sve veći broj takmičenja tokom sezone. To značajno otežava planiranje i realizaciju makrociklusa, održavanje visokog nivoa treniranosti i pravovremeni ulazak u sportsku formu. Treneri rešavaju sve teže zadatke, a njihova nova rešenja obogaćuju teoriju treninga i unapređuju sportsku praksu.

Ključne reči: makrociklus, trening, takmičenje, vrhunski sport, godišnji plan treninga

CONSTRUCTING THE MACROCYCLES IN ELITE SPORTS - ACTUAL PROBLEMS

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There are very dynamic changes in modern Elite Sports. One of the most evident tendencies in the most sports branches is growing number of the competitions during the season. Results of this tendency are more difficult planning and realization of the macrocycles it is much harder to maintain high level of trainability and to enter in sports form in time. Coaches are dealing with bigger and harder problems at present. Their new solutions are improving the theory of sports training, theory of sports competitions and sport practice.

Key words: macrocycle, training, competition, top-level sport, annual training plan

TEORIJA IGARA, NERVNA MREŽA I SPORTSKO OBRAZOVANJE

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Povezati sportske događaje sa matematičkim modelom znači sakupiti što je moguće više informacija o evoluciji igara da bi se dala obrazovna interpretacija o dinamici.

Izabrani matematički model je Teorija igara koju podržavaju algoritmi za simulaciju specifičnog konteksta. Društveni kontekst može da se posmatra kao skup faktora u neprekidnoj evoluciji koja utiče i na koju utiču pojedinci predstavljeni u polju. U ovom svetlu izgleda prikladno da se matematički model pripiše evoluciji društvenih događaja u sportu i ponašanju u tumačenju. U specifičnom smislu, ovaj model sugerise kombinaciju dve različite komponente: prva je primetna u ekonomiji kao Teorija igara, a druga u informatici kao NMKKA ili Nervne mreže koje koriste genetičke algoritme. Cilj proučavanja je da se analizira faza sportske igre sa predloženim teoretskim modelom, koji je integrisan sa modelom koji se posmatra i istraživačkim aktivnostima. Kombinovani i interpretirani sa matematičkim i opservacionim modelom, cilj studije je, na primer, sudar dva protivnička igrača tokom fudbalske utakmice. Moguće je misliti o modelovanju ovog fragmenta utakmice sa dva igrača u teoriji, sa opservativnom analizom i istraživanjem akcije. Prilagođavanje parametara inputa kontekstu je povoljno, posebno u strategijama koje u akciju uvode igrači i sredstvima koje oni predstavljaju u odnosu na svaku akciju izvedenu da bi se pobedilo u takmičenju. Prednost ovih funkcija je da obezbeđuju mere za satisfakciju u odnosu na strategiju pri kojoj jedan igrač može da obrati pažnju na druge učesnike.

Ključne reči: teorija igara, nervna mreža, sportsko obrazovanje

GAMES THEORY, NEURAL NETWORKS AND SPORT EDUCATION

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Linking a sport event to a mathematical model, means to collect as much information as possible on the game evolution in order to give an educational interpretation on dynamics.

The mathematical model chosen is the Theory of Games supported by algorithms for the simulation of specific context.

A social context can be considered as a set of factors in a continuous evolution that influence and is influenced by individuals presented on the field. In this light it seems appropriate to assign a mathematical model to the evolution of social events in sports and reading behaviors. In the specific, the model suggests that combination of two distinct components: the first note in Economy as Theory of Games and the second note in Computer Science as NNUGA or Neural Networks Using Genetic Algorithms. The case of study is to analyze a sport game stage with the theoretical model proposed, integrated with the observational model and research activities. Combined and interpreted with mathematical and observative models, the object of study, for example, the clash of two opposing players during a football match. It is possible to think of modeling this fragment of the match with two players of the theory, with observative analysis and action research. It is opportune to adjust the input parameters to the context, in particular the strategies put in action by players and the utility that they represent in relation to each action in order to win the competition. The utility functions, provide measures of satisfaction in relation to each strategy that a player can attend towards other participants.

Key words: games theory, neural networks, sport education

VAŽNOST ISTRAŽIVANJA „MIRROR“ NEURONA U EPISTEMOLOŠKOJ STRUKTURI DIDAKTIKE ZA MOTORNE I SPORTSKE AKTIVNOSTI

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Uvod: Nedavna otkrića o „*mirror*“ neuronskoj funkciji redefinišu

- mehanizme učenja u motornom polju,

- odnos između pokreta i učenja,

- „fenomenološke“ i „konstruktivističke“ funkcije didaktike, i zahtevaju zamenu i kritički osvrt prema teorijama učenja. Cilj ove studije je definicija epistemološke interdisciplinarnе perspektive didaktike motoričkih i sportskih aktivnosti. Metodologija: Ovo istraživanje je izvedeno kombinacijom:

- Deskriptivnog osnovnog istraživanja, analizom nekoliko različitih teorijskih pristupa i interpretativnim ključnim rešenjima filozofskog, neurobiološkog, edukativno psihološkog i didaktičnog porekla o odnosu između tela, pokreta, akcije, percepcije i mehanizama učenja.

- Komparativnim istraživanjem, koje počinje od dokaza koji su nastali na osnovu funkcije „*mirror*“ neurona, na korelaciji između različitih paradigmatičkih sistema u Didaktici pokreta.

Rezultat i zaključak: Rezultat istraživanja o „*mirror*“ neuronima pokazuje moguću interpretaciju odnosa između akcije, percepcije i kognicije neophodne kod didaktike pokreta, sakupljanjem na interdisciplinarni i kritički način, u epistemološkom ishodu, sledeće oblasti istraživanja:

1. Fenomenološku percepciju (Merlo Ponti)
2. Kognitivni pluralizam (Gardner, Goulman)
3. Konstruktivizam (Novak, Ausubel)
4. Empirijsko istraživanje zasnovano na telesnoj komunikaciji u didaktici (Argajl)

Ključne reči: istraživanja „*mirror*“ neurona, epistemološka struktura didaktike za motorne i sportske aktivnosti

THE IMPORTANCE OF MIRROR NEURONS RESEARCH IN THE EPISTEMOLOGICAL Structure of Didactics for Motor and Sport Activities.

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Introduction: Recent discoveries on mirror neurons functions redefine

- learning mechanisms in the motor field,

- the relationship between movement and learning,

- "phenomenological" and "constructivism" functions of the Didactics, and requires a replacement and a critical reflection of teaching theories. The aim of this study is the definition of an epistemological interdisciplinary perspective of the Didactics of motor and sport activities. Methodology: This research was carried out combining:

- A descriptive base research, analyzing different several theoretical approaches and interpretative keys of philosophical, neurobiological, educational psychology and didactic origin, on the relationship between body, movement, action, perception and learning mechanisms.

- A comparative research, starting from evidences emerged on mirror neurons functions, on the correlation between the different paradigmatic systems in the Didactics of the movement.

Result and conclusion: The results of the researching on mirror neurons demonstrate a possible interpretation of relationships between action, perception and cognition indispensable to the Didactics of the movement, collecting in an interdisciplinary and critically way, in an epistemological corollary, the following research areas:

5. Phenomenological perception (Merlau Ponty)
6. Cognitive pluralism (Gardner, Goleman)
7. Constructivism (Novak, Ausubel)
8. Empiric research based on the bodily communication in the Didactics (Argyle)

Key words: mirror neurons research, epistemological structure of didactics for motor and sport activities.

DEFINICIJA I UPOREĐENJE SOMATOTIPA MLADIH STAROSNIH GRUPA ODBOJKAŠICA I RUKOMETAIŠICA

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Osnovni cilj ovog istraživanja je da se definiše da li postoji značajna razlika u somatotipu između odbojkašica i rukometašica u mlađim starosnim grupama na uzorku od ukupno 60 učesnica i na koji način se one razlikuju. Odbojka i rukomet u svom okviru kombinuju kompleksne motorne aktivnosti koje se realizuju velikim brojem kompleksnih promenljivih i nepredvidljivih pokreta i situacija koje zahtevaju najbolje odgovore. Kao sportske aktivnosti mogu se posmatrati sa strukturalnih biomehaničkih i funkcionalnih tačaka gledišta.

Istraživači su pokazali da su uspešni sportisti slični po strukturi i telesnoj konstituciji i da to postaje sve izraženije napredovanjem. Takođe se koriste merenja u antropometriji da se definiše konstitucija tela i somatotip sportiste. Ima mnogo načina koje možemo koristiti da definišemo konstituciju tela. Jedan od mnogih koji se najčešće koriste je metod Harta Kartera koji se sastoji od 3 komponente. Prosečni somatotip vrhunskih sportista u različitim sportskim disciplinama se definišu sistematičnim istraživanjem. U praksi možemo govoriti o vrednostima koji doprinose dostignuću da bi rezultirali poboljšanjem u nekoj sportskoj disciplini ili sportu.

Rezultat ovog istraživanja pokazuje da postoji razlika u somatotipu odbojkašica i rukometašica u mlađim starosnim grupama.

Ključne reči: antropometrijske karakteristike, ženski kadeti, metod Harta Kartera

DEFINITION AND COMPARISON AMONG SOMATOTYPES OF YOUNGER AGE GROUPS OF VOLLEYBALL AND HANDBALL FEMALE PLAYERS

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Basic goal to this research is to define is there a significant difference in somatotypes between volleyball and handball players from younger age groups on specimen of totally 60 participants and in which way it distinguishes itself. Volleyball and handball combine complex motor activities with in frames which are realized by a great number of complex changeable and unpredictable motions and situations which demands best answers. As sport activities it can be observe from structural biomechanical and functional views.

Researches have shown that successful athletes are alike in their structure and body constitution and they become more and more expressed by progress. Measurements in anthropometry are also used to define body constitution and also somatotype of athlete. There are lots of ways that we can use to define body constitution. One of many that are most commonly used is the Heart Carters method which consists of 3 components. Average somatotypes of a top athletes in different sports disciplines are defined by systematical research. In practice we can talk about values which achievement contributes to result in enhancement in some sport discipline or sport.

The result of this research indicates that there is difference between somatotypes of volleyball and handball female players in younger age groups.

Key words: anthropometric characteristic, female cadet, heath carter method.

TRETMAN FIZIČKOG VASPITANJA NAJMLADIH UČENIKA U POSLEDNJIH DESET GODINA

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U preglednom radu „Fizičko vaspitanje juče, danas, sutra“ (Fizička kultura, Podgorica, 1998) urađena je analiza radova objavljenih u časopisima i zbornicima radova od 1946. do 1996. godine u kojima su se autori bavili problemima realizovanja fizičkog vaspitanja u mlađem školskom uzrastu. U radu „Za adekvatnu nastavu fizičkog vaspitanja u mlađem školskom uzrastu“ (Fizička kultura, Beograd, 1999) izvršena je uporedna analiza programa školovanja kadrova, koji realizuju fizičko vaspitanje najmlađih učenika, na Učiteljskom fakultetu i na Fakultetu fizičke kulture Univerziteta u Beogradu. U ovom radu prikazuju se rezultati analize naučnih i stručnih radova objavljenih od 1997. do 2007. godine u kojima se autori bave istim problemima, kao i uporedna analiza najnovijih studijskih programa školovanja kadrova na Učiteljskom fakultetu i Fakultetu sporta i fizičkog vaspitanja Univerziteta u Beogradu. Cilj rada je da se ustanovi da li postoje pozitivni pomaci u rešavanju niza problema vezanih za nastavu fizičkog vaspitanja najmlađih učenika, uočenih u periodu od 1946. do 1996. godine u odnosu na period od 1997. do 2007. godine, pre svega, s aspekta poznavanja razvojnih karakteristika učenika i složenosti programa fizičkog vaspitanja u osnovnoj školi te potrebne stručnosti za njegovo realizovanje, obima rada sa učenicima kao i angažovanja struke u vezi sa obezbeđivanjem odgovarajućeg procesa nastave fizičkog vaspitanja sa najmlađim učenicima.

Ključne reči: fizičko vaspitanje, mlađi školski uzrast, stručni i naučni radovi, kadrovi, školovanje

POSITION OF PHYSICAL EDUCATION INSTRUCTION OF THE YOUNGEST PUPILS IN THE LAST TEN YEARS

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The review paper “Physical education yesterday, today, tomorrow” (Physical Culture, Podgorica, 1998) analyzes the papers, published in journals and proceedings in the period from 1946 to 1996, in which the authors dealt with the issues of realization of physical education instruction at junior school age. The paper „For Adequate PE instruction at junior school age“ (Physical Culture, Belgrade, 1999) the comparative analysis of education of personnel, educated at the Teaching Faculty and the Faculty of Physical Education of the University of Belgrade, involved in realization of physical education of the youngest pupils was carried out. This paper presents the results of the analysis of scientific and professional papers published from 1997 to 2007, in which the authors deal with the same issues, as well as the analysis of the latest curriculum of the Teaching Faculty and the Faculty of Sport and Physical Education. The purpose of this paper is to identify whether there are some positive impacts in solving of a series of problems related to physical education instruction of the youngest, identified in the period from 1946 to 1996 when compared to the period from 1997 to 2007, primarily from the aspect of recognition of developmental features of pupils and complexity of curriculum of physical education in elementary school and necessary competence for its realization, volume of work with pupils as well as engagement of the profession related to granting of the appropriate teaching process of physical education with the youngest pupils.

Key words: physical education, junior school age, professional and scientific papers, personnel, instruction

VREDNOVANJE ZNAČAJA I ORGANIZACIJE PRAKTIČNE NASTAVE LOGOROVANJA

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Cilj: Ispitati razlike u oceni značaja i organizacije praktične nastave logorovanja među studentima prve i druge smene u nastavnom kampu, radi utvrđivanja eventualnih nedostataka.

Metode: Šezdeset osam studenata i studentkinja fizičkog vaspitanja je, po završetku praktične nastave logorovanja u svojoj smeni, ispunilo upitnik konstruisan da ispita njihovo mišljenje o najznačajnijim aspektima te nastave. Upitnik je bio anonimn.

Rezultati: Većina studenata u obe smene smatra da je praktična nastava logorovanja značajna za njihov poziv, ali su korisnost stečenih iskustava značajno bolje ($p < 0.05$) ocenili studenti prve smene, čemu su najviše doprineli bolji vremenski uslovi. Organizacija logorovanja je bolje ocenjena u drugoj smeni ($p < 0.05$), čemu je najviše doprinelo neprimereno ponašanje nekolicine studenata u prvoj smeni, kao i organizacija samih nastavnih aktivnosti.

Zaključak: Kvalitet praktične nastave logorovanja najviše zavisi od ponašanja učesnika u nastavi, organizacije i sadržaja nastavnih aktivnosti, kao i od vremenskih prilika.

Ključne reči: aktivnosti u prirodi, nastavni kamp, značaj, organizacija, vrednovanje

IMPORTANCE AND ORGANIZATION OF OUTDOOR ACTIVITY CLASSES AT A TEACHING CAMP. STUDENTS EVALUATION

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Objectives: To examine differences among students at first and second shift in teaching camp about importance and organization judgment of outdoor activity classes in order to determine potential problems. **Methods:** At the end of a teaching camp, sixty-eight students of physical education answered to written form of questionnaire constructed in order to examine their opinion about the most significant aspects of living and working in the camp. The questionnaire was anonymous.

Results: Majority of students in both shifts were of the opinion that outdoor activity classes at camp are significant for their occupation, but the first shift students judged benefits of acquired experiences significantly better ($p < 0.05$). The weather conditions had mostly contributed to this difference. Organization of teaching camp had significantly better ($p < 0.05$) judged in second shift, what was mostly influenced by inappropriate conduct of some students in first shift and by classes organization.

Conclusions: The quality of outdoor activity classes at a teaching camp mostly depend on appropriate conduct of participants, organization of activities as well as on weather conditions.

Key words: Outdoor Activity, Teaching Camp, Importance, Organizations, Evaluation

ZNAČAJ ŠKOLSKOG FIZIČKOG VASPITANJA U ANIMIRANJU I SELEKTIRANJU SPORTISTA SA INVALIDITETOM

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Broj osoba sa invaliditetom u Srbiji svakako prevazilazi 10%, što je procenat koji se aproksimativno uzima z prosek na svetskom nivou, a procene se često kreću i do 14 %. Već i na prvi pogled jasno je da osobe sa invaliditetom čine veoma veliki deo ukupne društvene zajednice, pa se značaj njihove integracije u sve društvene svere i tokove može smatrati jednim od prioriternih zadataka svakog modernog društva. Značaju ovog procesa i u Srbiji se pridaje sve veća pažnja, mada je ukupna svest društvene zajednice još uvek daleko od potrebne i očekivane. Jedan od segmenata koji dosta verno odslikava ukupni nivo integrisanosti ove populacije u društveni život jeste sport. Uprkos nedvosmislenim porukama i pozivima da se uključe u organizovane sportske aktivnosti, broj osoba sa invaliditetom koje su zaista angažovane u tom pravcu relativno je mali.

Sa druge strane, uočene slabosti u obrazovanju dece sa invaliditetom, kao i ostalih kategorija dece sa posebnim potrebama, nameću i preporučuju inkluzivni model kao najprihvatljiviji. Danas se smatra da je inkluzija cilj ili ideal kome treba težiti, i da predstavlja kontinuirani proces koji se permanentno razvija i traži vreme. Fizičko vaspitanje i sport predstavljaju gotovo idealan poligon za dalji razvoj i unapređenje ove ideje. Dobrom organizacijom, i uz relativno male napore, fizičko vaspitanje treba da posluži kao svojevrsan model ukupnog inkluzivnog obrazovanja, a istovremeno da postane i svojevrsna baza za regrutovanje sportista sa ivaliditetom.

Gljučne reči: fizičko vaspitanje, škola, deca sa invaliditetom, inkluzija, sport

IMPORTANCE OF SCHOOL PHYSICAL EDUCATION IN ANIMATION AND SELECTION OF SPORTSMEN WITH DISABILITY

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The number of the persons with disability in Serbia is more than 10%, that is percentage being approximately taken like average at the world rating, and valuations is often go to 14 %.

At a glance it stands to sense that persons with disability are great deal of the society, so it is very important that those persons integrate into all parts of modern society. This process in Serbia is increasingly important, but it's too far away from expectations. One of the segments which truly display total rating of integration of these social populations in society is sport. In spite of messages and invitations to get involved in organizing sports activities, the number of the persons with disability who are truly engaged in it, is small. On the other hand that weakness in education of children with disability as well as the other children with special needs recommend an inclusive model as the best one. Today it is considered that inclusion is the purpose to aspire to, and this process is time consuming. Physical education and sport are an ideal polygon for further development and promotion these idea. With good organization and with relatively small strains physical education should serve up as a detached model of entirely inclusive educations, and at the same time should be base for induction of athletes with disability.

Key words: physical education, school, children with disability, inclusions, sport

BORILAČKI SPORTOVI U NASTAVI ŠKOLSKOG FIZIČKOG VASPITANJA

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Planovi i programi nastave fizičkog vaspitanja često su menjani i korigovani, a u njima su se mogli pronaći i sadržaji vezani za pojedine borilačke sportove. Ipak, ti sadržaji, koji su na papiru zauzimali određeni prostor u celokupnom fondu časova nastave, u praksi su vrlo retko realizovani. Ponekad su za to postojali objektivni razlozi, mnogo češće su razlozi bili subjektivne prirode, a tek u novije vreme stekli su se uslovi da ove greške budu postepeno ispravljene. Da bi ovakvi programi bili realizovani, u školama moraju postojati odgovarajući uslovi, kao i nastavnik koji je zainteresovan da vodi program nekog borilačkog sporta. Borilačkim sportovima mogu da se bavi svi uzrasti učenika, bez obzira na pol, visinu ili telesnu konstituciju, svi vežbači mogu da vežbaju zajedno i da uvežbavaju tehnike između sebe, a nije retkost da tehnike vrlo kvalitetno uvežbavaju učenici različitog pola. Na taj način se mogu uspešno realizovati programi izabranog borilačkog sporta u školama u kojima za to postoje odgovarajući uslovi. Ipak, dobru osnovu i uvod u borilačke sportove može da predstavlja i primena određenih pažljivo ukomponovanih vežbi oblikovanja, koje je moguće realizovati čak i u najskromnijim uslovima realizacije nastave fizičkog vaspitanja.

Ključne reči: fizičko vaspitanje, škola, borilački sportovi, izborni sport, pripremne vežbe

COMBAT SPORTS INTO PEDAGOGICS OF THE SCHOOL PHYSICAL EDUCATION

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Curriculum of school physical education instruction have often been changed and corrected and contained contents related to certain combat sports. However, those contents, even though they occupied certain space on paper within the overall number of PE classes, were rarely practically implemented. Sometimes the reasons for that were objective more often it was due to some subjective reasons. Only recently the conditions have been fulfilled to correct these mistakes gradually. In order to realize such a curriculum the schools must offer appropriate conditions as well as an interested teacher to conduct combat sports classes. Students of all ages can practice combat sports, regardless of gender, height or body composition. All students can exercise together and practice the techniques, and it is not rare that good quality practice of techniques can be effected by the students of different gender. In that way programs of elected combat sport can be successfully realized in schools which have appropriate conditions. However, the application of certain carefully composed warm up exercises realizable even in the most modest conditions for realization of PE instruction, can represent a good basis and introduction in combat sports.

Key words: physical education, school, combat sports, elective sports, preparatory exercises

SIŠOR TEST KAO PREDIKTOR USPEŠNOSTI U IZVOĐENJU SPECIFIČNIH MOTORIČKIH ZADATAKA UZ MUZIKU

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Sišor test za ocenu muzikalnosti primenjen je u selekciji kandidata za upis na studije fakulteta fizičke kulture u novom sadu. studenti su pohađali nastavu iz ritmičke gimnastike i plesa. u cilju provere prediktivne moći sišorovog testa ispitana je povezanost uspešnosti na tom testu i uspešnost na praktičnom kolokvijumu iz ritmičke gimnastike i plesa. uzorak ispitanika činili su studenti prve godine fakulteta fizičke kulture u novom sadu (n=93). prostor muzikalnosti (prediktorski sistem) definisan je sledecim varijablama: 1. test razlikovanja visine tona, 2. test razlikovanja jačine tona, 3. test razlikovanja ritma, 4. test razlikovanja dužine tona, 5. test razlikovanja boje tona i 6. test pamćenja tonova. kriterijske varijable predstavljale su ocene iz dva narodna plesa (moravac i keleruj) društvenog plesa (engleski valcer) i obavezne vežbe bez rekvizita (ritmička gimnastika). značajnost i relativna veličina uticaja prediktorskih varijabli na kriterijumske varijable ispitana je regresionom analizom. *Ključne reči:* sišor test, muzikalnost, specifični motorički zadaci

POWER OF SEASHORE TEST IN PREDICTION OF SPECIFIC MOTOR TASK PERFORMANCE WITH MUSIC

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Seashore test of musicality has been applied in selection of candidates for faculty of sport and physical education. Candidates enrolled at faculty have been attended practical course in rhythmic and dance. Aiming to examine the predictive power of Seashore test, the relationship between success in Seashore test and practical exam in rhythmic and dance has been determined. The sample consisted of first year male students (93). The predictive system includes six variables: 1. pitch, 2. Intensity, 3. rhythm, 4. time, 5. Consonance and 6. memory. Criterion variables include: folk dances (moravac i keleruj), social dance mark (English walc) and compulsory rhythmic composition (without props). The significance and relative influences of predictive variables on criterion variables has been determined by regressive analysis.

Key words: seashore test, musicality, specific motor tasks

DINAMIKA RAZVOJA MOTORIČKIH SPOSOBNOSTI TAKMIČARKI U RITMIČKOJ GIMNASTICI

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Cilj ovog istraživanja je da se praćenjem morfoloških promena i promena u razvoju motoričkih sposobnosti, istraži dinamika razvoja motoričkih sposobnosti kod različitih uzrasnih kategorija ritmičarki. Istraživanje je izvršeno na uzorku od 26 ritmičarki različitih uzrasnih kategorija, od 7 do 13 godina, koje takmiče na saveznom nivou. Motoričke sposobnosti su merene standardnom baterijom testova Metodičko-istraživačke laboratorije Fakulteta sporta i fizičkog vaspitanja u Beogradu. Prikupljanje podataka vršeno je u periodu od 2004 do 2008 godine. Rezultati istraživanja ukazuju na to da se značajnije promene u većini motoričkih sposobnosti javljaju tek posle 8 godine, kao i na to da svaka od testiranih motoričkih sposobnosti ima poseban trend razvoja i karakter promena. Motorički razvoj ritmičarki kroz različite periode biološkog razvoja nije kontinuiran. Heterohronost u razvoju ukazuje na potrebu boljeg usklađivanja razvoja pojedinih motoričkih sposobnosti.

Ključne reči: motoričke sposobnosti, ritmička gimnastika, dinamika razvoja, uzrasne Kategorije

DEVELOPMENT DYNAMIC OF MOTOR ABILITIES OF PROFESSIONAL RHYTHMIC GYMNASTS

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The aim of this study, by following motor changes and changes in development of motor abilities, is to research growth dynamic of motor abilities in different age categories of rhythmic gymnasts. Research was conducted on 26 gymnasts of different age categories, age 7 - 13, all competitors at national level. Motor abilities were measured using the standard test battery of Methodological-Research Laboratory at the Faculty of Sport and Physical Education, Belgrade University. Tests were conducted from 2004 until 2008. The results of research show that significant changes in most of motor abilities take place after the age of eight, and that each tested motor ability has its own specific way of development and character of changes. Motor development of rhythmic gymnasts is not constant through different periods of biological development. Non-constant development shows us the need for better coordination of development for each motor ability.

Key words: motor abilities, rhythmic gymnastics, development dynamic, age categories

UTICAJ EKSPERIMENTALNOG PROGRAMA RITMIČKE GIMNASTIKE NA NIVO MUZIKALNOSTI KOD STUDENATA PRVE GODINE FAKULTETA SPORTA I FIZIČKOG VASPITANJA

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U ovom radu su razmatrane mogućnosti doprinosa stručnjaka i naučnika iz oblasti fizičke kulture u izučavanju muzike i muzičke kulture. Cilj istraživanja je bio da se utvrde promene muzikalnosti nastale tokom programa Ritmičke gimnastike kao i da se kompariraju podaci dobijeni na osnovu rezultata inicijalnog i finalnog merenja testa muzikalnosti na uzorku od 104 studenata muške populacije prve godine studija Fakulteta sporta i fizičkog vaspitanja u Novom Sadu. Za procenu muzičkih i ritmičkih sposobnosti primenjen je Sišor test (Seashore test). Na bazi dobijenih rezultata utvrđene su razlike u muzičko-ritmičkim dimenzijama između inicijalnog i finalnog merenja na nivou značajnosti $p = .01$.

Ključne reči: Sišor test, studenti Fakulteta sporta i fizičkog vaspitanja, muzikalnost

THE INFLUENCE OF RHYTHMIC GYMNASTIC EXPERIMENTAL PROGRAM TO THE LEVEL OF MUSICALITY IN FRESHMEN STUDENTS ON FACULTY OF SPORT AND PHYSICAL EDUCATION

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This paper investigates possibilities of contribution to experts and scientists in physical culture about studying music and musical culture. The aim of this research was to determine changes of musicality resulted during experimental program of rhythmic gymnastics. Also tendency was to compare data that were given upon initial and final measurements on test of musicality, on a sample of 104 male students on first year in Faculty of Sport and Physical Education, University of Novi Sad. For assessment of musical and rhythmical abilities a seashore test was applied. Due to obtained results a differences in musical-rhythmical dimensions between initial and final measurements were stated $p=.01$ respectively.

Key words: Seashore test, students Faculty of Sport and Physical Education, musicality

ODNOS TELESNE VISINE I ŠKOLSKOG NAMEŠTAJA KOD DECE STARIJEG ŠKOLSKOG UZRASTA

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Cilj rada je bio da se utvrdi da li školski nameštaj, odnosno klupe i stolice u kojima deca provode veći deo dana, odgovaraju ispitivanoj populaciji u odnosu na njihovu visinu. Istraživanje je obavljeno na uzorku od 72 devojčice i 57 dečaka iz Novog Sada, starosti 12,5 godina. Istraživanje je transversalnog karaktera. Metod rada: Varijable u ovom istraživanju su telesna visina, visina stolice i razlika između visine stola i stolice. Visina stolice je procenjena u odnosu na ugao koji zaklapaju natkolenica i potkolenica dok dete sedi. Ocena 0 označava da je stolica odgovarajuća (ugao je 90°); ocena 1 označava da je stolica niska (ugao manji od 90°); ocena 2 označava da je stolica visoka (ugao je veći od 90°). Razlika između visine stola i stolice (prednje ivice sedišta stolice do unutrašnje ivice površine stola), procenjena je u odnosu na ugao koji zaklapa natkolenica sa trupom dok dete sedi i oslanja se rukama na sto (110°), kao i položaj trupa, ruku i ramena, te ocenjena sa 0,1 i 2. Utvrđivanje visine stolice i razlike u visini stolice i stola procenjena je na osnovu frekvencije, deskriptivnih karakteristika varijabli i univarijantnom analizom varijanse (ANOVA). Rezultati: U 47.3% slučajeva stolica odgovara, a u 46.5% je niska. U svega 6.2% je stolica visoka. Kada je reč o razlici u visini stola i stolice, u 59.7% odgovara, dok je mala u 36.4% slučajeva. Postoji statistički značajna razlika na nivou $t=0.00$ ($F=26.543$) u aritmetičkim sredinama i visine tela među učenicima kojima stolica odgovara, onih koji sede na višoj, odnosno nižoj stolici. Rezultati istraživanja ukazuju na potrebu nabavke različitih visina stolova i stolica prema ISO standardu.

Ključne reči: telesna visina, škola, nameštaj, stolice, stolovi, ergometrija, fizička aktivnost, držanje tela, postura.

THE CONNECTION BETWEEN SCHOOL FURNITURE AND BODY HEIGHT IN OLDER PRESCHOOL CHILDREN

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The aim of this paper was to determine whether the school furniture, i.e. school desks and chairs in which children spend most of their day actually fit the examined population with respect to their height. The research was conducted on a sample that included 72 girls and 57 boys from Novi Sad, aged 12.5. The research has a transversal character. The method: The variables in this research are body height, chair height and the difference between desk and chair heights. The chair height was assessed with respect to the angle between the femur and the tibia while the child is seated. The mark 0 means that the chair is a suitable one (the angle is 90°); the mark 1 stands for a low chair (the angle smaller than 90°); the mark 2 stands for a high chair (the angle bigger than 90°). The difference between the desk and chair heights (the front edge of the a chair seat to the inner edge of desk surface) was estimated with respect to the angle between the thighs and the torso while the child is seated with the arms resting on the desk (110°), as well as to the position of the torso, arms and shoulders, and thus was assessed using marks 0.1 and 2. Determining the chair height and the difference between the desk and chair heights was assessed with respect to the frequency, descriptive variable characteristics and univariate analysis of the variance (ANOVA). The results: In 47.3% cases the chair was suitable; in 46.5% of the cases it was low. In only 6.2% of the cases the chair was high. As far as the difference between the desk and chair heights is concerned, in 59.7% it is suitable, while in 36.4% of the cases it is small. There is a statistically significant difference on a level of $t=0.00$ ($F=26.543$) in arithmetic environments and body height among the students who sit in suitable chairs, those who sit in chairs higher or lower than what is considered appropriate for their needs. The results of the research indicate the need for providing school desks and chairs of different heights according to ISO standard.

Key words: body height, school, furniture, chairs, desks, ergometry, physical activity, body positioning, posture.

PREVENCIJA AGRESIVNOG PONAŠANJA DECE KROZ IGRU

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Sadašnja istraživanja posvećuju pažnju problemu da se prevaziđu agresivna ponašanja dece predškolskog uzrasta. Za tu svrhu se koriste igre kao aktivnost u kojima se povećava fizički pritisak. Ovaj problem se smatra tekućim, pošto postoje multiplicirane agresivne reakcije koje su činjenica i postoji nedostatak dobre prakse da se sa njom izađe na kraj. Presentacija ovog postupka se testira kao model za petogodišnjake u uslovima igre kao aktivnosti. U isto vreme se određuje nedostatak kompetencije nastavnika za njeno prevazilaženje sa nastavnicima koji su takođe radili na zajedničkom poduhvatu. Kao rezultat ovih napora došli smo do sledećih zaključaka:

1. Agresivno ponašanje se može pretvoriti u poslušnost ne samo kao genotip i može se doći do njegovog prevazilaženja uz pomoć odgovarajuće pedagoške tehnologije.
2. Različiti tipovi igara kao aktivnosti sa fizičkim intenzitetom se obogaćuju kada deca prošire svoje društvene reakcije i potrebe (osećaj saradnje, poverenja, posvećenosti, vrednovanja samog sebe itd.). Postoji tendencija da se prevaziđu agresivne reakcije.
3. Integracija eksperata u području fizičke kulture i sporta, predškolsko obrazovanje i nastavnici, rad sa decom iz vrtića je način za pojavu i poboljšanje dobre, društveno prihvatljive prakse.

Ključne reči: deca, agresivno ponašanje, prevencija

CHILDRENS AGGRESSIVE BEHAVIOR PREVENTION THROUGH A PLAYING ACTIVITY

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Present researching takes the attention to the problem of overcome the aggressive arrangements of children under school age. For that purpose is used game activity, in which has increase physical pressure. The problem is being considered as current, because there are multiply aggressive reactions which are fact and there is lack of good practices to manage with them. The presentation of this proceeding is tested as a model to five-years old children in condition of the game activity. At the same time is determined loss of the teachers' competence for its overcoming with teachers is also worked for joining an enterprise adequately. In the result of efforts are made following **conclusions:**

4. The aggressive behavior is obeyed not only to genotype and this allowed its overcoming with a appropriate pedagogical technology.
5. Game activities from different type with physical intensity are enriched when children extend their social reactions and needs (sense of collaboration, of trust, of commitment, value of themselves, etc.). There is reflection for overcoming of the aggressive reactions.
6. The integration of experts in the area of physical culture and sport, pre-school education and teachers, working with children from nursery school is way of appearance and improvement of good, social adequately practices.

Key words: children, aggressive behaviour, prevention

PROCENA NASTAVNIČKIH KOMPETENCIJA OD STRANE PROFESORA FIZIČKOG VASPITANJA⁵

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Obavljanje profesionalne uloge nastavnika podrazumeva brojna ponašanja za čiju realizaciju su nužne odgovarajuće kompetencije koje se iskazuju kroz određena znanja, sposobnosti, veštine i lične osobine i vrednosti. Cilj istraživanja je bila procena nastavnčkih kompetencija od strane profesora fizičkog vaspitanja sa aspekta njihovog značaja za kvalitetnu nastavu fizičkog vaspitanja, posmatrano prema polu i dužini radnog staža ispitanika. Procenjeno je pet nastavnčkih kompetencija: Upotreba i razvoj profesionalnog znanja i vrednosti, Komunikacija i interakcija sa učenicima, roditeljima kolegama i lokalnom zajednicom, Planiranje, programiranje, upravljanje i izvođenje nastave, vežbanja i učenja, Posmatranje i ocenjivanje napredovanja učenika i Planiranje i evaluacija (vrednovanje) sopstvenog kontinuiranog profesionalnog usavršavanja. Svaka od kompetencija je bliže objašnjena preko ključnih odrednica. Uzorak ispitanika činio je 81 profesor fizičkog vaspitanja osnovnih i srednjih škola u Srbiji. U istraživanju je primenjen nestandardizovani Upitnik za procenu nastavnčkih kompetencija Centra za profesionalni razvoj zaposlenih (2003). Rezultati su pokazali da profesori fizičkog vaspitanja sve navedene kompetencije procenjuju visokim prosečnim ocenama (4.46-4.60) i da ne postoje statistički značajne razlike. Nisu se ispoljile razlike u proceni važnosti ispitivanih kompetencija prema polu i dužini radnog staža profesora. Međutim, na nivou pojedinih odrednica unutar kompetencija Komunikacija i interakcija sa učenicima, roditeljima, kolegama i lokalnom zajednicom i Planiranje, programiranje, upravljanje i izvođenje nastave, vežbanja i učenja ispoljile su se razlike prema polu i dužini radnog staža.

Ključne reči: nastavničke kompetencije, fizičko vaspitanje, profesori fizičkog vaspitanja

ASSESSMENT OF TEACHERS' COMPETENCES BY A PROFESSOR OF PHYSICAL EDUCATION

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Carrying out of a professional role of a teacher intends numerous behaviors whose realization requires appropriate competences expressed through certain knowledge, abilities, skills and personal features and values. The aim of this research was to assess teachers' competences by professors of physical education from the aspect of their significance for quality physical education instruction, observed with regard to gender and length of the service of the subjects. Five teachers' competences were evaluated: Use and development of professional knowledge and values, Communication and interaction with students, parents, colleagues and local community, Planning, Programming, management and execution of instruction, exercises and learning, Observing and assessment of students' progress and Planning and evaluation of one's own continuous professional training. Each competence is more precisely explained by key entries. The sample of subjects included 81 P.E. professor in elementary and high schools in Serbia. The research implemented a non-standardized Questionnaire for assessment of teachers' competences of the Center for professional development of employees (2003). The results displayed that P.E. professors appraised all the aforesaid competences with high average marks (4.46-4.60) and there are no statistically significant differences. No differences appeared in assessment of importance of the tested competences according to gender and length of service of the professors. However, at the level of particular entries within the competencies of Communication and interaction with students, parents, colleagues and local community and Planning, programming, management and realization of instruction, exercises and learning, differences were manifested according to gender and length of service.

Key words: teacher's competences, physical education, professors of physical education

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RAZLIKE U MORFOLOGIJI I MOTORIČKIM SPOSOBNOSTIMA TENISERA U UZRASTU OD 12 GODINA

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Svrha ovog istraživanja bila je da se analiziraju sličnosti i razlike u morfološkim karakteristikama i motoričkim sposobnostima mladih tenisera različitog pola.

Grupa za proučavanje činilo je 19 dečaka i 16 devojčica (uzrasta $10,95 \pm 1,02$ za dečake i $11,03 \pm 1,0 \pm 07$ godina za devojčice). Da bi se ispitaio sastav tela mereno je 30 morfoloških parametara. Prema njima su izračunavani indeks telesne mase (ITM), zbir sedam kožnih nabora i somatotip. Motorne sposobnosti su proučavane uz pomoć sedamnaest testova. Da bi se uporedili dečaci i devojčice analiza varijanse je urađena. Visina i težina za dečake i devojčice je bila $154,48 \pm 9,25$ (prosečna \pm standardna devijacija) i $150,35 \pm 11,07$ cm kao i $42,12 \pm 7,06$ i $39,53 \pm 9,03$ kg. Među 30 morfoloških parametara statistički značajne razlike postoje samo kod širine kolena kod dečaka ($9,21 \pm 0,43$ cm) sa većom širinom kolena nego kod devojčica ($8,70 \pm 0,48$ cm) ($f = 8,69$; $p < 0,01$). Ako uporedimo ova dva uzorka u setu od sedamnaest motoričkih sposobnosti, statistički značajne razlike su pronađene samo u fleksibilnosti, gde se pokazalo da su devojčice fleksibilnije ($6,34 \pm 5,9$ cm) od dečaka ($-2,2 \pm 9,2$ cm) ($f = 9,59$; $p < 0,00$). U drugim testovima za motorne sposobnosti, za brzinu, pokretljivost, snagu i izdržljivost, razlike nisu pronađene.

Ključne reči: mladi teniseri, morfološke karakteristike, motoričke sposobnosti

DIFFERENCES IN MORPHOLOGY AND MOTOR ABILITIES IN 12 YEARS OLD TENNIS PLAYERS

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The purpose of the research was to analyze similarities and differences in morphological characteristics and motor abilities of young tennis players of different gender.

Study group was composed of 19 boys and 16 girls (age 10.95 ± 1.02 and $11.03 \pm 1.0 \pm 07$ years respectively). To assess the body composition 30 morphological parameters were measured. According to them body mass index (BMI), sum of seven skinfolds and somatotype were calculated. Motor abilities were examined by seventeen tests. To compare boys and girls analysis of variance was performed. Height and weight for boys and girls were 154.48 ± 9.25 (mean \pm standard deviation) and 150.35 ± 11.07 centimeters as well as 42.12 ± 7.06 and 39.53 ± 9.03 kilograms respectively. Among 30 morphological parameters statistically significant differences exist only in knee breadth presenting boys (9.21 ± 0.43 cm) with bigger knee breath than girls (8.70 ± 0.48 cm) ($f = 8.69$; $p < 0.01$). Comparing these two samples in set of seventeen motor abilities statistical significant differences were found only in flexibility presenting girls more flexible (6.34 ± 5.9 cm) than boys (-2.2 ± 9.2 cm) ($f = 9.59$; $p < 0.00$). In other motor abilities tests for speed, agility, strength and endurance differences were not found.

Key words: young tennis players, morphologic characteristics, motor abilities

MOTIVACIJA I CRTE LIČNOSTI VRHUNSKIH KARATISTA

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Sportska efikasnost u savremenom karateu je značajno povezana u značenju sa korišćenjem adekvatne taktike u sportskoj borbi. Validnost taktike koja se koristi zavisna je od nivoa psihološke pripreme. Pošto osobe različitih psiholoških karakteristika uspešno učestvuju u karateu, potrebno je koristiti distinktivne pristupe u vođenju sportskih formi blisko povezanih sa psihološkim pripremanjima. Pošto većina hrvatskih karate trenera rade istovremeno sa sportistima oba pola, bilo je zanimljivo otkriti da li je bilo ikakve razlike između polova u polju opservacije. Selektori ženskog i muškog nacionalnog tima su izdvojili 11 članova muškog i 7 članova ženskog pola nacionalnog tima iz grupe vrhunskih hrvatskih karatista. Tri instrumenta su korišćena u ovom istraživanju: test motivacije opšteg dostignuća, test motivacije sportskog dostignuća (Havelka i Lazarevic) i Ajzenkov upitnik ličnosti. Analiziranjem razlika došli smo do zaključka da ne postoji statistički značajna razlika u bilo kojoj testiranoj varijabli između članova muškog i ženskog pola hrvatskog nacionalnog tima.

Ključne reči: vrhunski karatisti, crte ličnosti, motivacija

MOTIVATION AND PERSONALITY TRAITS OF HIGH LEVEL KARATE ATHLETES

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Sport efficiency in contemporary karate is significantly connected in meaning with the usage of adequate tactics in sports fight. A validity of using tactics is dependent on the level of psychological preparation. Since persons of different psychological characteristic successfully participate in karate, it is necessary to use distinctive approaches in guiding the sports form closely connected with psychological preparations. Since majority of Croatian karate coaches work simultaneously with the athletes of both genders, it was interesting to discover had there been any difference among genders in the observation field. Selectors of female and male national team have singled out 11 male and 7 female members of national team from the group of top Croatian karatists. Three instruments were used in this research: test of General achievement motivation, test of Sport achievement motivation (Havelka & Lazarevic) and the Eysenck's personality questionnaire. By analyzing variance we came to the conclusion that there is no statistically considerable difference in any tested variable among female and male members of Croatian national team

Key words: high level karate athletes, personality traits, motivation

OBRAZOVNI NIVO RODITELJA KAO ČINILAC RAZVOJA MORFOLOŠKIH DIMENZIJA I MOTORIČKIH SPOSOBNOSTI SEDMOGODIŠNJAKA

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Porodica kao zajednica roditelja i dece, bitan je faktor u svim razvojnim etapama deteta. Studije koje tretiraju populaciju sedmogodišnje dece u pogledu uticaja socioekonomskog statusa na detetov fizički razvoj i razvoj motoričkih sposobnosti su empirijski insuficijentne iako dosadašnja teorijska izučavanja pokazuju da postoje velike razlike u kulturnom nivou porodica i da te razlike značajno utiču na razvoj psihičkih i fizičkih sposobnosti deteta, odnosno da imaju posledice na celokupan razvitak ličnosti.

Polazeći od potrebe da pronađemo koje karakteristike dečjeg fizičkog razvoja (morfološke dimenzije i motoričke sposobnosti) su povezane sa socijalnim statusom porodice došli smo do sledećih rezultata:

1. procenjen je prosečan fizički razvoj i razvoj motoričkih sposobnosti dece uzrasta od sedam godina na osnovu pokazatelja antropometrijskih dimenzija i antropomotoričkih sposobnosti
2. utvrđen je uticaj socijalnog statusa porodice izraženog preko obrazovnog nivoa roditelja na fizički razvoj i motoričke sposobnosti sedmogodišnje dece.

Zaključeno je da su indikatori dečjeg fizičkog razvoja (morfološke dimenzije, motoričke sposobnosti) u većini svojih komponenti determinisane obrazovnim nivoom majke.

Ključne reči: morfološke dimenzije, motoričke sposobnosti, socijalni status porodice

PARENTS' EDUCATION AS A FACTOR OF DEVELOPMENT OF MORPHOLOGICAL DIMENSIONS AND MOTOR FUNCTIONS OF SEVEN-YEAR-OLD CHILDREN

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Family, as a community of parents and children, is an important factor in all the phases of child's development. The studies concerning seven-year-old children by the influence of social-economic status to the child's physical development and the development of motor functions are empirically insufficient although all the theoretical studies show great differences in the cultural level of families and that these differences affects greatly the child's physical and psychological abilities which means that they have consequences to the personal development.

Starting with the need to find out which characteristics of the child's physical development (morphological dimensions and motor functions) are connected with the social status of the family, we came to the following results:

1. It was estimated the average physical development and the development of the motor functions of seven-year-old children on the basis of indicators of anthropometric dimensions and anthropomotor functions.

2. It was established the influence of the family social status through the parents' education to the physical development and motor functions of the seven-year-old children.

The conclusion is that the indicators of children's physical development (morphological dimensions, motor functions) are determined by the mother's educational level in the majority of components.

Key words: morphological dimensions, motor functions, family social status.

PROGRAMIRANJE FIZIČKIH AKTIVNOSTI U DEČJEM VRTIĆU

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Polazeći od teorijskog koncepta fizičke kulture i mogućih pravaca u reformi fizičkog vaspitanja, istraživačka studija predstavlja strukovno-pedagošku valorizaciju programiranja i razvojnog planiranja aktivnosti iz fizičkog vaspitanja u predškolskim ustanovama. Teorijsko-metodički pristup programiranju i evaluaciji obrazovnih situacija u fizičkom vaspitanju dece predškolskog uzrasta zasnovan na osnovnim postulatima akcionog istraživanja, u toku petomesečnog eksperimenta, doprineo je značajnom poboljšanju razvojnog nivoa motoričkih veština i razvojnog nivoa motoričkih sposobnosti predškolske dece uzrasta od 5-6 godina. Primenjeni model razvojnog planiranja fizičkih aktivnosti čije je polazište dete, njegove uzrasne karakteristike, potrebe i interesovanja, fizički i socijalni kontekst u kome odrasta, predstavlja pedagoški efikasniju orijentaciju u fizičkom vaspitanju dece predškolskog uzrasta, koja se zasniva na "metodičkom pluralizmu," na interdisciplinarnim i antropološkim naučnim osnovama, orijentaciju kojom fizičko vaspitanje (*p*) ostaje važna vaspitno-obrazovna oblast u integralnom razvoju deteta.

Ključne reči: programiranje, razvojno planiranje, akciono istraživanje

PROGRAMMING OF PHYSICAL EDUCATION ACTIVITIES IN KINDERGARTENS

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This paper deals with pedagogic and professional valorization of programming and developmental planning of Physical Education activities in kindergartens and it is based upon theoretic concept of Physical Education and possible directions of its reform. Theoretic and methodological approach to planning, programming and evaluation of educational situations in Physical Education of preschool children is based upon basic postulates of action research, during a five months experiment and it contributed to significant improvement of motor skills abilities levels of preschool children aged five to six. This model of developmental planning of Physical Education activities based upon children's characteristics, needs and interests, as well as physical and social context in which they grow up, it proved to be more effective pedagogic orientation in Physical Education of preschool children based upon "methodological pluralism" and inter-discipline and anthropological scientific bases, orientation that considers Physical Education to be an important educational and teaching field in child's development.

Key words: programming, developmental planning, action research

ODNOS IZMEĐU PERCEPCIJE MOTORIČKIH I SPORTSKIH VEŠTINA I KOMPETENCIJE BUDUĆIH NASTAVNIKA OSNOVNIH ŠKOLA

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Uvod: Školske 2007/08. godine, tokom univerzitetske radionice o motorici i sportu, istraživačka grupa je sproveda istraživanje o motoričkim iskustvima studentske populacije koja pohađa četvrtu godinu Fakulteta osnovnih obrazovnih nauka na univerzitetu u Salernu i Univerzitetu Suor Orsola Benincasa u Napulju. Cilj istraživanja je bio da se prouči učestalost nekih variabli (motoričkih i sportskih veština) koje su u vezi sa percepcijom studenata koji su nasumično bili izabranih kao uzorci. Rezultati su bili analizirani da se prouči trend procesa samoevaluacije da bi se poboljšalo metodološko planiranje treniranja nastavnika na univerzitetu. Metod: Do rezultata se došlo korišćenjem upitnika kojim se ispitala percepcija 100 studenata, izabranih kao uzorak, o njihovim sopstvenim motoričkim i sportskim veštinama, a te veštine su osobine potrebne za edukativno ponašanje na motornom i sportskom polju. Rezultati jasno pokazuju da se više frekvencije postižu na nekim motoričkim i sportskim ciljevima osnovne škole. Zaključak: Merenje trenda ovog fenomena predstavljao je koristan instrument za percepciju i znanje o svesti motorne kompetencije studenata.

Ključne reči: autobiografija, percepcija, nastavnici osnovnih škola, motorne i sportske veštine.

RELATIONSHIP BETWEEN MOTOR AND SPORTS SKILLS PERCEPTION AND COMPETENCE OF FUTURE PRIMARY SCHOOL TEACHERS

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Introduction:

In 2007/08, during a motor and sport university workshop, the research group carried out a survey on motor experiences of a student population, attending the fourth year of Primary Formation Sciences Faculty at Salerno University and Suor Orsola Benincasa University in Naples.

The objective of the research was to study the frequencies of some variables (motor and sport skills) related to the perception of the students randomly drawn as samples.

The results were analyzed to study the self-evaluation process trend in order to improve the methodological planning of teachers' university training.

Method: Data was obtained using a questionnaire investigating the perception of 100 students, drawn as sample, of their own motor and sport skills; these skills are the characteristics needed to the educational behaviour in motor and sports field.

The results clearly show that higher frequencies are obtained at some motor and sport objectives of primary school.

Conclusion:

The measurement of the phenomenon's trend represented an useful instrument for the perception and knowledge of the students' motor competences awareness.

Key words: autobiography, perception, primary school teachers, motor and sport skills

SPORT U KOLICIMA

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Sport osoba sa invaliditetom obuhvata fizičko vaspitanje, sportsku rekreaciju i vrhunski sport ali i medicinsku rehabilitaciju sa elementima sportskih aktivnosti u terapeutskoj rekreaciji. Bavljenje sportom ne samo da donosi osećanje zadovoljstva, već izaziva čitav niz pozitivnih promena u raspoloženju i emocionalnom stanju, a samim tim dovodi i do pozitivnih promena i iščezavanja raznih psihičkih napona i poteškoća u ličnosti osobe sa invaliditetom. Telesne vežbe i sport omogućuju kretanje kao neophodnu biološku potrebu čoveka tokom celog života ali to je i jedan od osnovnih stimulatora rasta, razvitka i formiranja organizma, povećavanje i opšte i telesne radne sposobnosti.

Cilj ovog rada je da pružimo informacije o dvadesetak vrsta sportskih aktivnosti koji čine jednu od mogućnosti za osobe u kolicima a kreću se od potpuno ekstremnih sportova kao što su paraglajding, jedrenje, ronjenje, plivanje... do onih koji su postali deo svakodnevnice osoba u kolicima kao što je stoni tenis, košarka, sedeća odbojka...

Sam pokret ispoljen kroz bilo koji od navedenih oblika sporta značajan je za čovečiji organizam a za osobe u kolicima taj značaj je izražen u još većoj meri. Polazeći od činjenice da je čovek jedna psihofizička celina, spoj telesnog, fizičkog, rsihičkog i socijalnog aspekta, narušavanjem tog integriteta u bilo kom obliku, dolazi do određenih promena i poremećaja u čitavoj lišnosti. Sport je jedan od naboljih načina socijalizacije osoba sa invaliditetom ali i da se baš putem sporta i rekreacije, osposobljavaju da ovladaju tehničkim novitetima i postignu dovoljnu spretnost i brzinu koja će im pomoći u njihovom svakodnevnom životu.

Ključne reči: osobe sa invaliditetom, sport u kolicimai, fizička akzivnost.

WHEELCHAIR SPORT

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Sport for persons with disabilities includes physical education, sport relaxation and professional sport but also some elements of sport activities are used for medical rehabilitation as a part of therapeutic recreation. Participation in sport activities brings not only feelings of enjoyment but also produces a wave of positive changes in behavior and emotional state of mind, and by doing so helps in diminishing various psychological tensions and difficulties in life of a person with disabilities. Physical exercise and sport enables movement as a biological human necessity throughout whole life but it is also one of key stimulators for growth, forming and development of the organism, increasing both general and work body capabilities.

Goal of this paper is to provide information about twenty different kinds of sport activities that present one of the possibilities for people in wheelchairs which vary from extreme sports like paragliding, sailing, diving and swimming ... as well as those which became a part of everyday life for people in wheelchairs such as table tennis, basketball and sitting volleyball.

Movement itself expressed through any form of sport listed is very significant, and for the persons in wheelchairs even more so. Fact that the man is one psychophysical whole, combination of physical, psychological and social aspects, disturbing that integrity in any way will cause changes and disorders in the entire person. Sport is one of the best ways of reintegration for persons with disabilities and also for enabling them to master different technical novelties and achieve sufficient level of agility and speed that would help them in there everyday life.

Key words: sports, sport activities, people in wheelchair, wheelchair sport.

ŠESTOJANUARSKI DEKRET IZ 1929. GODINE I NACIONALIZACIJA FIZIČKOG OBRAZOVANJA I SOKOL-A

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Godine 1928. jugoslovenski politički život je bio paralisiran zbog pučnjave u parlamentu. Kralj Aleksandar je pokušao da anulira traumatične okolnosti koje su paralisale javni život za skoro čitavu deceniju posle formiranja jugoslovenske države takozvanim Šestojanuarskim dekretom na početku 1929. godine. On je ukinuo parlamentarni politički propis i uveo lični apsolutizam da bi, kako je između ostalog objasnio građanima svojim „manifestom“ od 6. januara, sačuvao „nacionalno i državno jedinstvo“. Time su se fizičko obrazovanje i sudbina gimnastičarskih organizacija pojavile na dnevnom redu zasedanja vlade tokom 1929. godine. Pošto je Jugoslovenski sokolski savez (JSS) bio jedina gimnastičarska organizacija koja je branila unitaristički nacionalni koncept integralnog jugoslovenstva i vodeća profesionalna snaga za fizičko obrazovanje, kralj Aleksandar je bio zainteresovan za Sokolske organizacije i za prepreke koje remete njen rad „za Kralja, narod i otadžbinu“. Shodno tome, Kralj i vlada su se odlučili za radikalno rešenje u polju fizičkog obrazovanja na taj način što su organizovali nove jugoslovenske gimnastičarske organizacije koje su se zasnivale na zakonu i osnovama sokolske ideologije. Na osnovu primarnih i sekundarnih istorijskih izvora mi opisujemo i analiziramo kraljeve postupke.

Ključne reči: fizičko vaspitanje, sokol, šestojanuarski dekret, jugoslovenska država

THE 6TH JANUARY DECREE OF 1929 AND NATIONALIZATION OF PHYSICAL EDUCATION AND SOKOL

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In 1928 the Yugoslav political life was paralyzed because of shooting in parliament. King Alexander tried to annul traumatic circumstances, which paralyzed public life for almost all decade after forming the Yugoslav state, with the so-called 6th January Decree at the beginning of 1929. He abolished parliamentary political regulation and introduced personal absolutism to, as he among other explained the citizens in his 6th January “manifest”, preserve “national and state unity”. Thus, the physical education and destiny of gym organizations appeared on the agenda of the government sessions in 1929. Since the Yugoslav Sokol union (JSS) was the only gym organization advocating the Unitarian national concept of integral Yugoslavism and leading professional force for physical education, King Alexander was interested in the activity of the Sokol organizations and in obstacles that were disturbing their work “for the King, nation and homeland”. Consequently, the King and the government decided for radical solving of the field of physical education, namely by organizing new Yugoslav gym organization based on law and grounded on Sokol ideology. On the bases of primary and secondary historical sources we describe and analyze king’s action.

Key words physical education, Sokol, 6th January decree, yugoslav state

PODSTICANJE UČENIKA NA FIZIČKU AKTIVNOST

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Razvoj tehnologije olakšava proizvodnju i komunikacije ali istovremeno ima sve manje fizičke aktivnosti koja je potrebna učenicima da bi imali pravilan rast i razvoj u biološkom i socijalnom smislu. Model sportsko rekreativnih takmičenja učenika, SPRET-a, zasniva se na javnoj evidenciji učestvovanja učenika u aktivnostima koje su oni sami osmislili. Boduje se svako pojedinačno učestvovanje i dobijaju se dodatni bodovi za uspešnost u takmičenjima. Postoji samo ekipni plasman koji se zasniva na učestvovanju pojedinaca iz razreda. Predmet projekta je stepen angažovanja učenika u sportsko – rekreativnim aktivnostima u vančasovno vreme. Pratimo koliko javna evidenciji učestvovanja i uspešnosti učenika i podstiče učeničko samoorganizovanje.

Pored praćenja nivoa uključenosti u sportsko rekreativne aktivnosti i praćenja stepena interesovanja učenika za fizičko vežbanje, model SPRET-a prati i nivo angažovanosti učenika na redovnoj nastavi fizičkog vaspitanja.

Ključne reči: Model SPRET-a, Javna evidencija, podsticanje na fizičku aktivnost, angažovanost učenika

STIMULATION OF STUDENTS TO PHYSICAL ACTIVITY

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Technology development facilitates production and communications, however less and less time is devoted to physical activity necessary for students' regular growth and development both in biological and social sense. The model of students' sports-recreational competition called „SPRET“ is based on public recording of participation of students involved in the activities which they themselves conceived. Each individual participation is graded and extra points are awarded for excellence in competitions. There is only team placement based on participation of the individuals from the same class. The subject of the project is to identify the level of involvement of students in extracurricular sports-recreational activities. We are observing the influence that public recording of participation and accomplishment has on students' self-organization.

Beside the level of involvement in sports-recreational activities and observation of the level of students' interest in physical exercises, SPRET model follows the level of students' engagement in regular physical education classes.

Key words: „SPRET“ model, public records, stimulation to physical activity, students' engagement

ANALIZA DOKUMENATA RAZLIČITIH ŠKLOSKIH PROGRAMA U SPORTSKIM ŠKOLAMA

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U Mađarskoj je došlo do modifikacije sportskih škola u februaru 2007. godine. U zakonskom smislu, nekoliko škola mogu izvoditi zadatke za sportske škole u okviru nekoliko sportova. Ove škole moraju da pripreme lokalne školske programe koji se zasnivaju na obrazovnom školskom programu za sportske škole. Osim ovoga, mora da se obezbedi viši nivo nastave fizičkog obrazovanja. Obrazovne institucije mogu da izaberu neki od sportova prema lokalnim osobenostima, ustanovama, zahtevima.

Programi za različite sportove su ispitivani sa aspekta sadržaja. Programi za žensku umetničku gimnastiku, mušku umetničku gimnastiku, hokej na ledu i brzo klizanje su analizirani na osnovu činjenice kako su programi građeni, kakva vrsta sličnosti i razlika može da se otkrije. U ovim dokumentima zajednička je velika pažnja koja se posvećuje koordinaciji i kondicionim sposobnostima za izvodjenje programa navedenih sportova. Prema istraživačkom radu, pokazano je da ima puno sličnosti u izabranim sportovima, tako da se u ovom smislu mogu razviti nekoliko sposobnosti koje se tiču koordinacije i kondicije uz pomoć drugog sporta.

Ključne reči: fizičko obrazovanje u školi, sportske škole, obrazovni program za sportske škole

ANALYSIS OF DIFFERENT EDUCATIONAL SPORT SCHOOLS' CURRICULUMS

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In Hungary there was a modification about educational sport schools' curriculums in February, 2007. In the sense of the law, several schools may perform sport school tasks among particular sports. These schools have to prepare their local curriculum based on an educational sport school curriculum. Besides these, raised level physical education classes have to be ensured. The educational institutions may choose from several sports according to the local peculiarities, establishments, claims.

The curriculums of different sports were examined from the aspect of the content. Women artistic gymnastics, men artistic gymnastics, ice-hockey and speed skating curriculums were analyzed on the fact that how the curriculums were built up, what kind of similarities and what kind of differences can be revealed. In the documents those coordination and conditional abilities were in a great attention which can be found in the listed sports in common. According to the research work, it was shown that there are a lot of similarities in the selected sports, so in this manner several coordination and conditional abilities can be develop by the help of the other sport.

Key words: school physical education, sport schools, curriculum for sport schools

PRAČENJE SPORTSKIH AKTIVNOSTI I NAVIKA U ISHRANI KOD UČENIKA SREDNJE ŠKOLE U NOVOJ DUBNICI (REPUBLIKA SLOVAČKA)

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Predati rad je sproveden u srednjoj školi sa više godina u Novoj Dubnici u Republici Slovačkoj. 80 ispitanika (40 devojčica i 40 dečaka) je učestvovalo u istraživanju. Svi ispitanici su bili uzrasta 10 godina. Praćenje je vršeno korišćenjem metoda upitnika. Ovaj rad sadrži rezultate koji se odnose na fizičke aktivnosti i ishranu ispitane dece.

Ukupno 27.5% dece je imalo prekomernu težinu a 2.5% je bilo gojazno.

Većina dece navela je da im je sport veoma važan. Primećena je tendencija kod dečaka sa nižim vrednostima odnosa težina/visina da je spojena sa manjom važnošću koja se pridaje sportu. Ova tendencija se nije javila kod devojčica.

52.5% ispitane dece učestvovalo je u sportskim klubovima sa 30% koji su učestvovali u jednom sportskom klubu, četvero dece je navelo da učestvuju u dva sportska kluba a 1 devojčica je čak navela učešće u 3.

Što se tiče navika u ishrani, utvrđeno je da su devojčice redovno doručkovale, imale užinu, ručak i popodnevnu užinu više od dečaka. Devojčice su ređe večerale od dečaka. Kasne obroke redovno je konzumiralo 42.8% dečaka ali samo 4.21% devojčica.

Ključne reči: deca, srednja škola, sportske aktivnosti, navike u ishrani, telesna težina, telesna visina, odnos težina/visina

MONITORING SPORTING ACTIVITIES AND NUTRITION HABITS AMONG CHILDREN ATTENDING NOVA DUBNICA SECONDARY SCHOOL (SLOVAK REPUBLIC)

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The work being submitted was undertaken at the multiyear secondary school in Nova Dubnica in the Slovak Republic. 80 children (40 girls and 40 boys) took part in the research. All the children were 10 years old. Monitoring was done using the questionnaire method. This work contains results concerning the physical activities and diet of the children questioned.

Overall, 27.5% of the children were overweight, with 2.5% being obese.

The majority of children indicated that sport was very important to them. A tendency was observable in boys for lower values of the weight/height ratio to be paired with a lower importance accorded to sport. This tendency was not apparent in girls.

52.5% of children questioned took part in sport clubs, with 30% taking part in 1 sport club. 4 children indicated they took part in 2 sport clubs and 1 girl even indicated participation in 3.

As concerns eating habits, it was determined that girls regularly consumed breakfast, a snack, lunch and an afternoon snack more than did boys. Girls had regular dinners less than did boys. Late meals were regularly consumed by 42.8% of boys but only 4.21% of girls.

Key words: children, secondary school, sporting activities, nutrition habits, body weight, body high, the weight/height ratio

MOGUĆE VEZE IZMEĐU LIČNIH KARAKTERISTIKA I FIZIČKIH SPOSOBNOSTI U OSNOVNOJ ŠKOLI

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Cilj ove studije je da se ispita moguća veza između određenih ličnih karakteristika i određenih motoričkih sposobnosti među omladinom. Fizičko vaspitanje je korisno sredstvo razvoja i vođenja psihofizičkog i psihosocijalnog razvoja osobe. Zbog toga je neophodno prilagoditi i organizovati to obrazovanje pojedinačnim psihološkim osobinama i motoričkim sposobnostima. Različite obrazovne situacije koje su deo svakodnevnice učenika, uglavnom doprinose proširivanju individualnih razlika. Cilj fizičkog vaspitanja treba da bude sistemski i prema naučnim i obrazovnim principima, neophodno sredstvo razvoja i promene psihomotoričkih sposobnosti da bi se postigli bolji sportski rezultati.

Ključne reči: osnovna škola, lične karakteristike, fizičke sposobnosti

POSSIBLE CONNECTIONS BETWEEN PERSONALITY CHARACTERISTICS AND PHYSICAL ABILITIES IN THE ELEMENTARY SCHOOL

Jerca Jan

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The aim of this study was to examine the possible connection between certain personality characteristics and certain motor abilities among young population. Physical education is a useful means of developing and guiding psychophysical and psychosocial development of person. That is why it is necessary to adapt and organize such education according to the individual psychological characteristics and motor abilities. Different educational situations which are part of pupil's every day, mostly contribute to the widening of individual differences. The goal of physical education should be the systematical and according to the scientific and educational principles a necessary mean to develop and change psychomotor abilities to achieve better sport results.

Key words: elementary school, personality characteristics, physical abilities

ŠTA SE PODRAZUMEVA POD FIZIČKIM VASPITANJEM VISOKOG KVALITETA? SLUČAJ HRVATSKE

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Kvalitet se odnosi na stanje ili valjanost nečega. Kvalitetni programi fizičkog vaspitanja su osmišljeni tako da dužina, intenzitet i učestalost aktivnosti motivišu učenike i odgovoraju njihovim individualnim potrebama. Svrha ovog rada je da odredi i opiše kvalitet rada na časovima fizičkog vaspitanja u Hrvatskoj.

Procena kvaliteta je izvršena korišćenjem upitnika na uzorku od 51 stručnjaka koji predaju fizičko vaspitanje u osnovnim i srednjim školama širom Hrvatske. Za obradu podataka korišćena je analiza učestalosti.

Rezultati pokazuju da opšti efekti rada mogu da se smatraju važnim determinantama kvaliteta. Samo su efekti koji su bili unapred programirani mogli da daju kvalitet. Uz to, korektan i pozitivan stav prema poslu, kao i odgovarajući objekti doprinose opštem kvalitetu. Rezultati takođe pokazuju da obrazovni proces za nastavnike fizičkog vaspitanja treba da se promeni da bi se ispunili zahtevi modernog podučavanja. Da bi se donela konačna odluka o kvalitetu fizičkog vaspitanja, postoji potreba za daljim istraživanjem na širem uzorku nastavnika fizičkog vaspitanja.

Ključne reči: fizičko vaspitanje, kvalitet rada, eksperti, Hrvatska

WHAT IS ASSUMED UNDER HIGH QUALITY PHYSICAL EDUCATION? CASE OF CROATIA

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Quality refers to the state or to the validity of something. Quality physical education programs are structured so that the duration, intensity, and frequency of activities motivate students and meet their individual needs. The purpose of this paper was to determine and describe the quality of work in physical education classes in Croatia. The quality assessment was performed using a questionnaire on a sample of 51 physical education experts teaching physical education in elementary and high schools throughout Croatia. Frequency analysis was used to process the data. The results show that the overall effects of work can be considered important determinants of quality. Only the effects that have been pre-programmed could yield the quality. In addition, the correct and positive attitudes towards work as well as the appropriate facilities contribute to the overall quality. The results also show that education process of physical education teachers should be changed in order to fulfill the demands of modern-day teaching. For making the final decision on the quality of physical education, there is a need for further research on a larger sample of physical education teachers.

Key words: physical education, quality of work, experts, Croatia

EFEKTI NASTAVNOG CIKLUSA KOŠARKE NA TRANSFORMACIJU BAZIČNO MOTORIČKIH SPOSOBNOSTI UČENIKA OSMIH RAZREDA

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Bosna i Hercegovina

Cilj ovog rada je da dâ mali doprinos znanju o promenama kod dečaka osmog razreda pod uticajem programa košarke tokom redovnih časova fizičkog vaspitanja. Uzorak ispitanika činilo je 160 zdravih dečaka, učenika osmog razreda, bez fizičkih odstupanja, uključenih u redovne časove fizičkog vaspitanja, sa fondom od 2 časa nedeljno. Finalna obrada podataka uključivala je samo one ispitanike koji su učestvovali na inicijalnom i finalnom merenju. Problem ovog rada može se pripisati grupi ispitivanja koja je radila sa tačnim činjenicama do koje mere program košarke u osnovnim školama utiče na transformacije bazičnih motoričkih i funkcionalnih sposobnosti kod učenika osmog razreda. Rezultate ovog rada mogu koristiti nastavnici fizičkog vaspitanja jer im daju informacije o odgovarajućem planiranju i programiranju časova.

Ključne reči: osnovna škola, učenici, košarka, motoričke sposobnosti

EFFECTS OF BASKETBALL CLASSES AT THE BASIC MOTOR AND FUNCTIONAL ABILITIES TRANSFORMATION IN EIGHT GRADE MALE PUPILS

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The aim of this paper is to give a small contribution to the knowledge on changes in eight grade male pupils, under the influence of the basketball program during the regular PE classes. The sample of the examinees consisted of the 160, healthy, eight grade male pupils, without physical aberrations, included in the regular PE classes with the frequency of 2 classes per week. Final data processing included only the examinees that participated at initial and final measurement. The problem of this paper can be assigned to the group of investigation dealing with the exact facts in what amount the basketball program in primary schools influence transformations of the basic motor and functional abilities in eight grade male pupils. The results of this paper can be used by PE teachers giving them the information on adequate planning and programming of the classes.

Key words: primary school, pupils, basketball, motor abilities

ŠATL RAN TEST: NOVI ITALIJANSKI PODACI IZ EUROFIT BATERIJE TESTOVA

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Tokom poslednje školske godine 6.108 ispitanika (2.866 učenica i 3.242 učenika) između 11 i 18 godina trčalo je stazu Eurofit testa. Prva dva starosna odeljenja (11 i 12 godina) izvodila su šatl ran test za 20 sec u proseku. Nisu pronađene značajne razlike unutar polova. Najbolje su izvodili test učenici uzrasta 17 godina (i učenici i učenice): 15,71 sek. odnosno 17,87 sek. Najveći napredak (razlika između jednog rezultata i prethodnog) dobijen je kod učenica u starosnoj grupi od 14-15 godina (2 sek razlike) i kod učenika od 15-16 godina (1 sek razlike). Značajna korelacija ostvarena je između testa i indeksa telesne mase BMI ($r=0,77$ i $r=0,88$). Ovi rezultati mogu se objasniti praćenjem pojedinačnog rasta. Naime, korelacija sa visinom bila je 0,81 za učenike i 0,84 za učenice. Minimalna razlika između rezultata učenika i učenica je nađen kod petnaestogodišnjaka (0,52 sek) dok je najveća razlika dobijen kod učenica od 18 godina (2,41 sek).

Ključne reči: učenici, Eurofit baterija testova, satl ran test

SHUTTLE RUN TEST: NEW ITALIAN DATA FROM EUROFIT BATTERY TEST

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During the last scholastic year 6,108 students (2,866 female and 3,242 male) aged between 11 to 18 years run the walkway path of the Eurofit test. The first two age class (11 and 12 years) performed the shuttle run test in 20 sec on average. Not significant differences were found within sex. The 17 years old students (both male and female) performed the best test: 15,71 sec. and 17,87 sec. respectively. The best improvement (difference between one result and his precedent) was obtained in 14-15 class in female (2 sec of gap) and in 15-16 class in male (1 sec of gap). A significant correlation was found between the test and the BMI ($r=0,77$ and $r=0,88$). These results could be explained following the individual growth. Indeed, the correlation with the height was 0.81 and 0.84 respectively for female and male. The minimal gap between male and female results was found in 15 years old students (0,52 sec) while the worst gap was obtained by 18 years old female (2,41 sec).

Key words: students, Eurofit battery test, shuttle run test

UČINAK TESTA SKOK U DALJ IZ MESTA KOD ITALIJANSKIH UČENIKA: REALNI PODACI

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Za vreme časova fizičkog vaspitanja, 6108 ispitanika (2866 učenica i 3242 učenika) uzrasti između 11 i 18 godina izvodilo je test (SBJ, 2) prema uputstvima koja je dao Eurofit.

Značajne razlike ($p < 0.01$) ostvarili su i učenici i učenice. Učenici su prosečno skakali 190 cm a učenice 157 cm.

Razlike između izvođenja učenika i učenica bilo je u proseku oko 9 cm kod jedanaestogodišnjaka što se povećavalo sa godinama da bi dostiglo 54 cm u odeljenju osamnaestogodišnjaka.

Minimalna dužina skoka kod učenica je bila 145 cm a kod učenika 154 cm (svi stari 11 godina).

Umesto toga, maksimalni rezultati su bili oko 170 cm kod učenica a kod učenika oko 220 cm (svi stari 17 i 18 godina).

Visoka korelacija nađena je sa visinom u stojećem stavu ($r = 0.87$ i 0.97). Naime, devojčice skaču dužinu koja je približna sopstvenoj visini u stojećem stavu dok su dečaci postigli čak i 43 cm (23 cm u proseku) preko sopstvene visine.

Ključne reči: italijanski učenici, skok u dalj, realni podaci

STANDING BROAD JUMP TEST PERFORMANCES IN ITALIAN STUDENT: ACTUAL DATA

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During Physical Education lesson, 6108 students (2866 female and 3242 male) aged between 11 to 18 performed the Standing Broad Jump test (SBJ, 2) according to the instructions given by Eurofit.

Significant differences ($p < 0.01$) was obtained by male and female. On average boys jump 190 cm while girls 157 cm.

The differences between female performances and male's one was on average about 9 cm for 11 years old that increasing along years reaching 54 cm at 18 years class.

The minimum distance jumped by female and male was 145 cm. and 154 cm (both 11 years old).

Instead, the maximum results were about 170 cm and about 220 cm respectively for girls and boys (both 17 and 18 years old).

High correlation was found with the standing height ($r = 0.87$ and 0.97). Indeed, female jump a distance very similar to the own standing height while male reach even 43 cm (23 cm on average) over the respectively height.

Key words: italian student, standing broad jump, actual data

„ISPRAVI SE, ČOVEČE“ – MODEL PETOMINUTNOG PROGRAMA VEŽBANJA ZA POBOLJŠANJE POSTURALNOG STATUSA DECE PREDŠKOLSKOG UZRASTA

Aco Gajević

Republički zavod za sport, Beograd

„Ispravi se, čoveče“ je program inovativnog karaktera, lako izvodljiv i koncipiran da uz minimalnu asistenciju vaspitača u što kraćem periodu osposobi decu predškolskog uzrasta za samostalno izvođenje kompleksa vežbi kojima se poboljšava držanje tela.

Osnovni cilj je da se promovisanjem jednog ovakvog javnog programa kod dece stvori navika da svakodnevno posvete tri do pet minuta unapređenju zdravlja kičmenog stuba, kao što to rade na polju dentalne higijene.

Potreba za poboljšanjem posturalnog statusa već dugo se postavlja kao jedan od prioriteta u unapređenju opšteg zdravlja kod dece predškolskog uzrasta. Dodatni motiv predstavlja činjenica da se znatne sume novca izdvajaju svake godine u cilju lečenja mnogobrojnih poremećaja uzrokovanih raznim deformitetima kičmenog stuba i stopala kod dece.

Republički zavod za sport je u saradnji sa Univerzitetom Lajf iz Atlante izradio program preventivnog vežbanja koji je prilagođen korisnicima predškolskog uzrasta u Republici Srbiji. Set vežbi se sastoji od programa za zagrevanje („Zvezde“), pravilno držanje tela („Leteći prijatelji“) i aktivno istezanje („Rokenrol“). Svi delovi programa su propraćeni efektom grafikom koja je u skladu sa dečijim uzrastom.

Ključne reči: posturalni status, kičmeni stub, deca

„STRAIGHTEN UP, FELLOW“ – A FIVE MINUTE MODEL EXERCISE FOR PRESCHOOL CHILDREN’S BETTER POSTURE

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„Straighten Up, Fellow“ is very simple, innovative health promotion programe designed to empower the preschool children to independently practice set of exercises for better spinal health with minimal assistance of pedagogist.

The vision of the programe is very simple – envision time when all children will take three to five minutes every day to care for their spinal health, just as they care for their dental health.

The need for spinal health promotion is one of the main goals in improving basic health status of preschool children. Additional urge is fact that the Republic of Serbia spends a lots of money every year in the case of medication for a lot of distributions caused by children’s spinal disorder and flat heels.

Republic Institute of Sport, in collaboration with Life University, Atlanta, designed this Preventive Exercise Programe which is coherence adjusted with Serbian preschool children demands. Set of exercises is made up of warm-up programe („Stars“), postural improvement programe („Flying friends“) and active stretching programe („Rock and Roll“). All the components are followed by effective graphics proportional to children’s age.

Key words: posture, spine, children

NEKE TENDENCIJE RAZVOJA DINAMOMETRIJSKE SILE KOD SPORTISTA

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Cilj rada je da se na velikom uzorku sportista, ispitanika muškog pola, podeljenim po uzrastima, sagleda današnji trend razvoja ove sposobnosti u odnosu na neka ranija istraživanja. Na uzorku od 1833 sportista muškog pola, starih od 8 do 30 godina, podeljenih na subuzorke po uzrastima izmerena je dinamometrijska sila klasičnim metodama dinamometrijskog merenja. Kod sportista muškog pola se razvojna krivulja karakteriše blagim pomeranjem vrednosti do 8. godine kod mišića trupa i nogu, odnosno 9. godine kod mišića ruku. Posle toga sledi infleksija krive te je brži tempo razvoja za mišiće ruku evidentiran do 16-17. godine a za mišiće trupa i nogu do 18. godine. Posle toga usporeniji razvoj sile ruku je do 21. odnosno 22. godine, odnosno još kasnije za ostale grupe mišića. Maksimalne vrednosti sile kod mišića ruku, uz izvesno variranje, zadržavaju se dosta dugo, a pad vrednosti sledi posle 28. godine. Za mišiće trupa maksimalne vrednosti se mogu očekivati u periodu 23-27. godine a kod mišića nogu od 25-29. godine. Posle navedenih godina evidentiran je blagi pad vrednosti. Očito je, da u okviru dinamometrijske sile pojedinih mišićnih grupa postoji različiti trend razvoja. Krivulja razvoja dinamometrijske sile sportista ima tendenciju ranijih modela razvoja ove sposobnosti.

Ključne reči: dinamometrijska sila, krivulja razvoja, tačke infleksije, maksimum.

SOME TENDENCIES OF THE DEVELOPMENT OF DYNAMOMETER POWER AT SPORTSMEN

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The aim of this paper was to perceive, on a great sample of sportsmen, divided according to the age, the current trend of the development of explosive power of legs related to some former researches. On the sample of 1833 male sportsmen, at the age of 8 till 30, divided on sub-samples according to the age it was measured dynamometer power by classic methods of dynamometer measuring. At sportsmen a developing curve is being characterized by a mild movement of values till the age of eight at muscles of torso and legs, which means the age of nine at muscles of arms. After that there is an inflexion of a curve, so a faster pace of a development for arms muscles is noted till the age of sixteen-seventeen and for the muscles of torso and legs till the age of eighteen. After that a slower development of arms power is till the age of twenty-one, that means twenty-two, and even later for the other groups of muscles. Maximum values of power at arms muscles, with certain varying, are being detained for a very long time, and the decline of values comes after the age of twenty-eight. For the muscles of torso, maximum values could be expected in the period from the age of twenty-three till twenty-seven and for the muscles of legs from the age of twenty-five till twenty-nine. After the mentioned years, it is registered a mild decline of values. It is obvious, that within dynamometer power of some muscles groups there is a different trend of a development. A developing curve of dynamometric power at sportsmen has a tendency of previous models of a development of this ability.

Key words: dynamometric power, a developing curve, points of inflexion, maximum

RAZVOJ DINAMOMETRIJSKE SILE KOD SPORTISTKINJA

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Cilj rada je da se na velikom uzorku sportistkinja, dakle ispitanica ženskog pola, podeljenim po uzrastima, sagleda današnji trend razvoja ove sposobnosti u odnosu na neka ranija istraživanja, odnosno da se sagleda slaganje ili eventualno razlikovanje ovih vrednosti u odnosu na prethodne. Na uzorku od 853 sportistkinja, starih od 8 do 30 godina, podeljenih na subuzorke po uzrastima izmerena je dinamometrijska sila klasičnim metodama dinamometrijskog merenja. Kod sportistkinja se razvojna krivulja karakteriše ujednačenim vremenom sticanja maksimalnih vrednosti (u periodu od 20-21 godine starosti), a samo kod mišića nogu su maksimalne vrednosti evidentirane ranije (18-20. godini starosti). Dinamika razvoja dinamometrijske sile do tih maksimalnih vrednosti ima različit trend za različite mišićne grupe. Posle postizanja maksimalnih vrednosti se na nešto nižem nivou sila duže vremena konstantno održava, a samo ređe varira. U okviru ženske populacije razvojni trend dinamometrijske sile je dosta podložan nekim posebnostima određenih mišićnih grupa. Krivulja razvoja dinamometrijske sile mladih sportistkinja nema tendenciju ravnomernog razvoja.

Ključne reči: dinamometrijska sila, krivulja razvoja, tačke infleksije, maksimum.

THE DEVELOPMENT OF DYNAMOMETER POWER AT SPORTSWOMEN

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The aim of this research was to perceive, on a great sample of female sportsmen, divided according to the age, the current trend of the development of this ability related to some former researches that means to perceive concurrence or possibly distinguishing of those values related to the previous ones. On the sample of 853 male sportsmen, at the age of 8 till 30, divided on sub-samples according to the age it was measured dynamometer power by classic methods of dynamometer measuring. At female sportsmen a developing curve is being characterized by a steady time of obtaining of maximum values (at the age of twenty till twenty-one) and only at the muscles of legs maximum values are noted earlier at the age of eighteen till twenty. Dynamics of the development of dynamometer power till those maximum values has a different trend for different muscular groups. After achieving of maximum values, power is being maintained constantly for a long time on a lower level, and only varies in rare cases. Within a female population a developing trend of dynamometer power is very prone to bigger varying of some muscular groups. A developing curve of dynamometric power at young female sportsmen does not have a tendency of an even development.

Key words: dynamometric power, a developing curve, points of inflexion, maximum

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