# Influence of the different kinesiologys treatments in development of some motor abilities of youth

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In this inquisition is handled youth population, defined 11, 12, 13 ages. Altogether are examined 140 young people and meantime are divided into two parts .In the first group take part those young people who apart of drift abilities (physical education subject) both are regular followings of football school .This research is applied cause of attestation, changes in some engine skills (10-tests).Among the young's of the first group G-1 – Basketball and the others second group G-2 – Football.All these good results and achievements reveal through discriminative analysis of t-test, have pointed out important statistics changes between ages and groups in some engine tests. In so doing we try to do the best for our footballers. Key words: Samples of examinees, samples of variables, motor abilities, discriminative analysis.

#### INTRODUCTION

Huge number of drift activities with right program summary present cardinal components in anthropologic human transformation. Research of transformation process, especially when they are under the influence of kinesiology's schedule activities (present) important information on purpose: projecting and work control, to show determination of the highest achievements. In absence of a proper treating of this issue here in Kosovo, I have chooser youth population of 11-12-13 age , optimal age for the beginning and their orientation to concrete sportive activities .For more over , recently the number of sportive schools is increase . Although such activities are not controlled and followed in professional way .The control system and objective appreciation of drift abilities is still peripheral. An important part in this inquisition are good results of young's in school programs , problem which results to be present , prove falling of the level in education and approval of the real actual situation in motor abilities .Appreciation of youth abilities in physical education have been appeared in many studies of different authors .

#### **EXPOSITION**

#### The aim of workload

Base on the size of the inquisitions sample, chronological age, different regular treatments with sports drift activities and area with the right variables. The main objectives of this are summarized as below:

-Approval – of quantity characteristic of the level basic motor abilities for the right ages -Approval of differences in the right variables according chronological and concrete sports activities, basketball and football.

-School program summary of both schools in the development of drift abilities.

#### 1. Methods of the work

Base on the main objectives of this research, is applied standard work method, typical for such an experimental work.

#### 1. 1. Samples of examinees

In this workload, I was talking about youth population 11-12-13 years old. Altogether are tested 140 young people divided into two groups? In the first group take young people who apart of drift activities from physical – education (subject). These are both regular followings of basketball school , altogether 25 for each age .In the second group take young people who apart of drift activities from physical – education (subject) . These are both regular followings of football school , altogether 25 for each age.

#### 1. 2. Samples of variables

Motor variables have basic motor character. Altogether are used ten(10) motor variables . Motor variables

1. – M JD- Jumping in distance

- 2. M SUJ- spring up jump
- 3. -MSR 30 m Speed running 30 m
- 4. MAC Abdominal crunch
- 5. MHT Hand tapping
- 6. MFT Foot tapping
- 7. MSA Moving steps aside
- 8. MRE Running in eight
- **9. MR2x10 m** Running 2x10 m
- **10**. **MBF** Body bends forward

#### 2. Methods of results elaboration

According to goals and hypothesis (as are described), are used elaboration methods which give as opportunity to have exact information about this problem. The system of variables for both groups is deferred counting of cardinal statistics ratings.

- Minimal rate and maximal (R.min. R.max.).
- Math average (Ma)
- Standard deviation digression (Sd)
- Asymmetry rating (SKEW and KURT)
- Coefficient of variability (CV%)

Attestation of differences between ages and groups is applied discriminative method of

t – Test, both examination of statistic importance.

#### 3. Changes in drift abilities between ages according sportive activity.

#### G1 – Basketball players, G2 – Football players

#### Differences between age 11 years old (G1 – G2)

In the chart 1. are exposed changes between 11 years old G1-B and G2-F.According to this results are noticed important changes between two groups only in three tests (MSR 30 m ,MHT and MSA). Changes in the test MHT and MSA are for the best of basketballs with the argument that these two tests are characterized as drift duty typical for the basketball game as footballers have shown excellent results in MSR 30 m – test. Even in two other tests of explosive strength (MJD and MSUJ) youth of **G**1 have shown good results than **G**2.

#### DIFFERENCES IN MOVING ABILITIES ACCORDING TO SPORT ACTIVITY

Gr 1 –Basketball players

Gr.2 – Football players

Chart 1.Age 11 Estimated values of

		Difference		-		
Group	Test	Ма	Sd	t	df	Probabil.
1.B - 2.F	MJD	0.32	14.03	0.11	24	0.910
1.B - 2.F	MSUJ	1.88	5.10	1.84	24	0.078
1.B - 2.F	MSR30m	0.16	0.29	2.78	24	0.010
1.B - 2.F	MAC	-5.16	15.58	-1.66	24	0.111
1.B - 2.F	МНТ	1.48	2.55	2.90	24	0.008
1.B - 2.F	MFT	-0.20	2.72	-0.37	24	0.717
1.B - 2.F	MSA	-0.35	0.72	-2.42	24	0.023
1.B - 2.F	MRE	0.15	0.97	0.79	24	0.436
1.B - 2.F	MR2x10m	0.01	0.41	0.08	24	0.938
1.B - 2.F	MBF	-2.20	6.42	-1.71	24	0.100

Each T-test estimated values which are higher than 2.06 are of statistic importance on the level of probability of

0.05

#### Differences between age 12 years old (G1 – G2)

Changes that are present between 12 years old ( chart 2 ) provide existing of important changes in four ( 4 ) motor tests and that in 30 m – test ( running ) , MSA , MRE and MBF . All these changes for the best of G2 prove the most devoted work of football school and both their own experience .For this reason football school is sported for a longer tradition of their activity with new groups .However we should be reserved in this arguments according results because we don't have information about beginning of the football school and basketball school.

#### Gr 1 - Basketballs Gr.2 - Footballers

### Chart 2.Age 12 Estimated values of T-

			-			
		Difference				
Group	Test	Ma	Sd	t	df	Propabil.
1.B -						
2.F	MJD	-2.96	15.06	-0.98	24	0.335
1.B -						
2.F	MSUJ	0.32	4.64	0.34	24	0.733
1.B -						
2.F	MSR30m	0.25	0.46	2.69	24	0.013
1.B -						
2.F	MAC	-7.68	25.68	-1.50	24	0.148
1.B -						
2.F	MHT	0.64	3.17	1.01	24	0.323
1.B -						
2.F	MFT	-1.08	3.93	-1.38	24	0.182
1.B -						
2.F	MSA	0.58	0.75	3.87	24	0.001
1.B -						
2.F	MRE	0.69	1.30	2.66	24	0.014
1.B -						
2.F	MR2x10m	0.16	0.46	1.72	24	0.099
1.B -						
2.F	MBF	-4.96	7.27	-3.41	24	0.002

Each T-test estimated values which are higher than 2.06 are of statistic importance on the level of probability of 0.05

#### Differences between 13 years old – age (G1 – G2)

Between 13 years old ( ages ) almost doesn't exist other characteristics in the realizing of motor tests chart 3.Except between these two groups , results reveals for a good growth in the progress of young people ( footballer ) and MSR-30m ,MR-2 x 10 M and MBF – test . In the above examples we have explained the possible reason of these changes, whereas other results weren't very good (flexibility test of basketball group) of course take place in absence of educations programs which are applied in this training. Generally in other tests groups nearly realize average worth's almost with trained tests. Trends and level of changes of these averages worth's according the right age and activity of two groups is illustrated with graphical views of results.

## DIFFERENCES IN MOVING ABILITIES ACCORDING TO SPORT ACTIVITY Gr 1 - Basketballs

Gr.2 - Footballers

Chart 3.Age **13** Estimated values of T-test

		Difference				
Group	Test	Ма	Sd	t	df	Propabil.
1.B - 2.F	MJD	0.28	21.46	0.07	24	0.949
1.B - 2.F	MSUJ	0.08	6.56	0.06	24	0.952
1.B - 2.F	MSR30m	0.14	0.27	2.64	24	0.014
1.B - 2.F	MAC	-3.92	24.53	-0.80	24	0.432
1.B - 2.F	MHT	1.04	2.95	1.76	24	0.091
1.B - 2.F	MFT	-0.80	2.74	-1.46	24	0.157
1.B - 2.F	MSA	0.21	0.58	1.84	24	0.078
1.B - 2.F	MRE	0.12	0.91	0.63	24	0.532
1.B - 2.F	MR2x10m	0.22	0.26	4.22	24	0.000
1.B - 2.F	MBF	-4.48	4.96	-4.52	24	0.000

Each T-test estimated values which are higher than 2.06 are of statistic importance on the level of probability of 0.05

#### **RESULTS OF GRAPHICAL PRESENTATION**

Average estimation according to ages of both groups

1 - Basketballers

2 - Footballers





















#### CONCLUSION

Thi's prosperous workloud is realised with students groups (young people), systematically followings of football and basketball school in a strong or powerful way and with stable arguments, pruning the importance as systematic appreciation, schedule, development and the control of effect work. Particularly important is regular following of level and development of motor drifts for young people. Base on scrounge results, we car notice that exist big changes between ages, as well course of influence of regular training than difference itself in this chronological age. In a clearly way are proved or pointed out changes in drift abilities, typical with a similar structure of the right sport, football and basketball groups. Also in comparing good achievements of students in this program with the same age with the normal population, we notice big progress in advance in drift abilities. Meanwhile, is warring, the fact that students good progress in their schools no longer have from year to year is a phenomenon that further in the future we should pay more attention.

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The report has been reviewed.