

THE RELATIONS BETWEEN MORPHOLOGICAL CHARACTERISTICS AND SPEED AND STRENGTH WITH BOYS OF PREPARATORY GROUP

Abstract

The period of preschool age and lower grades of elementary school is a period of the most tempestuous changes of anthropological status of the organism. Exactly in this period, the human body is showing the greatest ability to adapt to environmental influences, under which physical activity is meant from the kinesiological standpoint. The aim of this study was to determine the relations between morphological characteristics and speed and strength with boys of preparatory group. Sample consisted of 40 boys 5-6 years old (+6 months). For the purposes of this research there were measuring instruments for evaluation of morphological characteristics: body height TVIS, body weight TMAS and sitting height SEDVIS; for speed evaluation: hand tapping TAPR, foot tapping TAPN, hand circling KRUR, Shuttle run test (STAF), speed of body extension BURP and 20m running speed TR20; for strength evaluation: hand dynamometry DINS, the standing long jump SKDA, throwing a medicine ball BMED, jumping on one leg for 7 meters 7MS, two foot jumping for 7 meters 7SNS and height pull up VISZG. Canonical correlation and regression analysis were used in data processing. Conclusion of this study shows a statistically significant relationship of morphological characteristics with both dimensions of motor abilities (speed and power), as well as some specific tests.

Keywords: *morphological characteristics, speed, strength, boys of preparatory group*
