

QUALITATIVE CHANGES OF BASIC AND SITUATIONAL-MOTOR ABILITIES IN STUDENTS UNDER THE INFLUENCE OF PROGRAMMED PRACTICE INVOLVED IN EXTRACURRICULAR ACTIVITIES

Abstract

This study was conducted on a sample of seventy-three students in the 7th and 8th grade from the Primary School 'Tojšići', who underwent an accurately defined and implemented program of volleyball as part of extracurricular activities. Within this study, 15 variables were used to assess the motor skills and 5 variables to assess the situational-motor skills. The basic aim of this study was to determine the global quantitative changes of basic motor and situational-motor abilities produced by programme of volleyball as part of extracurricular activities. The congruence model of the factor analysis was applied to determine possible quantitative changes between the initial and final measurements of motor and situational-motor abilities. On the basis of obtained values it has been established that significant quantitative changes in the field of basic and situational motor abilities developed as a result of three months volleyball programme among students age of 13 to 14, who attended extracurricular activities in the field of volleyball games in the Primary School "Tojšići".

Key words: *extracurricular activities, volleyball, motor abilities, factor analysis*
