

QUANTITATIVE CHANGES OF FUNCTIONAL ABILITIES AT BOYS UNDER INFLUENCE OF EXPERIMENTAL RACE WALKING PROGRAMME

Summary

The aim of research is to analyze influence of Experimental race walking program in physical education classes (EPWPE) on increasing physical abilities at primary school boys. Eight measures of functional abilities were applied. Influence of EPWPE on increasing of functional abilities was estimated on sample of 200 boys of fifth grade primary school, aged 11 ± 0.5 and they represented experimental group. Control group as consisted of 120 same aged boys, participated in ordinary physical education classes. EPWPE had positive influence on increasing functional abilities.

Key words: *functional abilities, race walking, boys*
