

## EFFECTS OF PROGRAMMED TREATMENT ON QUANTITATIVE TRANSFORMATIONS OF MOTOR DIMENSIONS IN SPORT GAMES

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### **Abstract**

*On the sample of 152 examinees (male students) of Catholic School Center (High School) in Sarajevo, a program has been conducted in duration of one school year, from basketball, volleyball, handball and football classes. For estimation of basic motor abilities 24 tests were applied and 12 tests were applied for situational motor abilities (3 per each sport game). Initial and final measurements were also made (in September and May). The goal of this research is to ascertain the quantitative changes in basic mobility and situational mobility after the scheduled action, namely, to ascertain the transformational process. For the estimation of quantitative abilities the following were used: Ssdif analysis, rotation of variables in the promax factor constitution (factorization), uni-variant tests of differences, the analysis of translation and dilatation as well as internal structure of discriminating function. The results of this research show that a unified, systematic and continual reconstruction of general motor abilities has occurred, namely the transformation of the same, but not in a significant measure. The smallest effect has been achieved in the case of football.*

**Key words:** *quantitative changes, sport games, basic and situational motor abilities*

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