

ABSTRACT

Topic: The general motional efficiency of the pupils at the second degree of basic school with athletic specialization and without specialization

The aim: The aim was to find out the efficiency difference between the pupils (girls) with athletic specialization and the pupils without athletic specialization at the second degree of basic school.

Method: Girls were divided into two groups according to their specialization. We compared the results of the pupils reached in the general tests : the run (30m) with the flying start, standing jump, the throw of the medicine-ball with both hands, sit-ups and a 12-minutelong run.

Results: We found out that the average efficiency of girls with specialization is bigger than of girls without specialization. The efficiency level of ordinary people and in specialized classes is lower in comparison with previous years. We found out the variance in the average efficiency of the girls with athletic specialization and without specialization.

Key words: young people, sport, sport preparation, efficiency