

Abstract

Title:

Motorical performance of children in sport and un-sport classes of elementary school in Poprad

Target of work:

The main target of the diploma work is to find out if there are any differences concerning an unspecific motorical performance in case of scholars in sport and un-sport classes of elementary school, or if an unspecified motorical performance in case of the scholars from sport classes is differed according to concrete sport focus.

Method:

The diploma work is worked in form of an empirical quantitative research. The level of basical motorical performance has been discovered on the basis of testing battery UNIFITTEST (6-60). The research has been kept in standardized conditions with minimalization of external influences (gym). The chosen researched set are the scholars from basical school in Poprad, which have attended in school year 2008/2009 the fourth and the ninth grade of sport and un-sport classes. The scholars of sport classes have been intended to swimming or ice hockey.

Results:

From the results of our study emerges, that the basical motorical performance of the scholars from sport classes is on higher level than in the case of the ones from the classes without specific focus. The swimmers have reached better results by testing the upper limbs, on the other hand in case of ice-hockey players there have been dicovered better results by testing with main share of connection of down limbs. From the sight of valuation UNIFITTEST it is possible to sort the test results in case of scholars from un-sport classes to significant underaverage (4th grade) and underaverage (9th grade). In case of scholars from sport classes to the edge of average and underaverage (4th grade) and extraordinary (9th grade).

Key words: Motorical performance, motorical testing, UNIFITTEST, older school age