

Abstract

Name:

Monitoring of the level of kinetic-functional preparation of children doing sport aerobics.

Aim of the Work:

We aim to monitor the level of specific kinetic-functional preparation of children doing sport aerobics aged 11-13 years, consequently we design a model program for preparatory period.

Method:

Designing of the model program is based on observation, testing of kinetics, inspection of classes, comparison and summary. Obtained data were being assessed throughout the period 2006-2007 and eventually confronted with 2006-2007 autumn and spring contests.

Results:

The result of the work is a design of a model program which will be verified with the controlled group.

Key words:

Kinetic-functional preparation, kids sport training, kids sport aerobics, develop a model program.