

Abstract

Title:

Changes in joint flexibility of youth between 11 and 15 years old.

Aims:

Analysis of changes in movement amplitude in shoulder joint and hip joint with dependence on age.

Method:

Data were acquired by testing in the physical education lessons in by us chosen schools.

Results:

Acquired data were published in tables and graphs and later compared with standard values.

Keywords:

Posture, posture's function, body-control