

COMPARATIVE ANALYSIS OF THE MOTORS QUALITIES OF STUDENTS WITH PECIFIC EDUCATIONAL NEEDS

UDC:796.012.6-056.26
(Preliminary communication)

Nedyalka Mavrudieva

National Sports Academy "Vasil Levski", Sofija, Teacher's Faculty, Department- Theory of Physical Education, Sofia, Bulgaria

Abstract:

The study presented has got an attesting nature and its objective is to compare and analyze the level of the motive qualities of 12-13 years old pupils, systematically participating in volleyball educational - training lessons during their second year of exercise. The object of our study covers two volleyball education - training groups at their initial stage of sport preparation, 20 pupils all at the age of 12-13 years - 10 boys each at the ordinary Bulgarian 132nd secondary school (SS) and group of 10 boys with specific educational needs at "Prof. D. Denev" secondary specialized school for children of impaired hearing (SSS) in Sofia. The parameters of some basic physical qualities are the subject of the study. Methods: Theoretical-logical analysis, Pedagogical observation, Testing, Variation analysis, T-criteria of Student.

Key words: *pedagogical observation, testing, volleyball, physical education, t-test*

INTRODUCTION

Nowadays in the time of modern technologies the need of system activities with physical exercises and sport is growing, as a means of physical, spiritual and moral education of the young generation, as a means of socialisation, relax, improving the health status and efficiency. The social importance of the physical education and sport for the man and society is doubtless. It is connected with the specific nature of sport, as a means of development and education of the personality.

The attractive power of the physical exercises and sport is mainly due to the positive emotional basis on which physical activity takes place. Because of the above mentioned facts several authors analyze and highlight the positive impact of the physical exercises and sport also with children with specific needs (Radulov, 1995; Nikolova, 2006; Krajdzikova, Mavrudieva & Gancheva, 2007; Mavrudieva, Toshkova & Neikova, 2008).

According to us, practicing sport games have got particular importance about improving adaptation of children and youths of impaired hearing to the real life situations. By practicing games they are

not only establishing specific motive skills, habits, physical and functional qualities but as well their visual – irritative reactivity is improved being in contact with partners and opponents during the game. Sport games at the same time, are building up a number of moral – will qualities as will, persistency, tolerance, pursuit of manifestation, team work, etc.

Our working hypothesis is: children of impaired hearing can level their motive abilities with those of children without such problems under appointed conditions of the education - training process.

METHODS

The study presented has got an attesting nature and its *objective* is to compare and analyze the level of the motive qualities of 12-13 years old pupils, systematically participating in volleyball educational - training lessons during their second year of exercise.

The *object* of our study covers two volleyball education - training groups at their initial stage of sport preparation, 20 pupils all at the age of 12-13 years - 10 boys each at the ordinary Bulgarian

132nd secondary school (SS) and group of 10 boys with specific educational needs at “Prof. D. Denev” secondary specialized school for children of impaired hearing (SSS) in Sofia.

The parameters of some basic physical qualities are the *subject* of the study (Hadjiev, N., G. Hristov, Tz. Jeliaskov, J. Brogli, N. Kulin, 1974).

Methods: Theoretical-logical analysis, Pedagogical observation, Testing, Variation analysis, T-criteria of Student (Gigova, 1999).

ANALYSIS AND RESULTS

The average values of the results from the “Long jump with both legs from static position” test for the boys at the SS are X – 190 cm while the same indicator for the pupils from the SSS are respectively X – 181,9 cm. The difference of 8,1

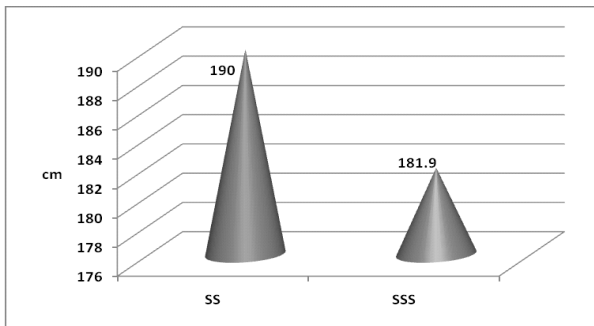


Figure 1. Long jump with both legs from static position /cm/

cm is in favour of the 12-13 years old pupils from the SS (fig. 1).

The average values of the “Throwing compact 3 kg ball” test for the boys at the SS are X – 761 cm and X – 686 cm are respectively the results for the pupils of specific educational needs. The difference

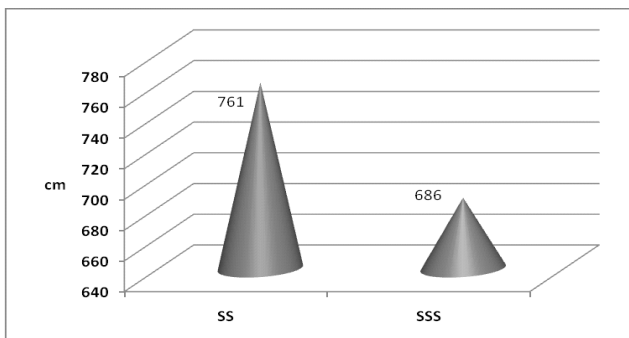


Figure 2. Throwing compact ball 3 kg/sm.

of 75 cm is in favour of the 12-13 years old pupils from the SS. (fig. 2).

Fig. 3 presents the results from the “Shuttle run” test. The average values for the SS boys are X – 26,12s while the ones for the pupils of special educational needs is X – 26,20s. The difference of 0,08

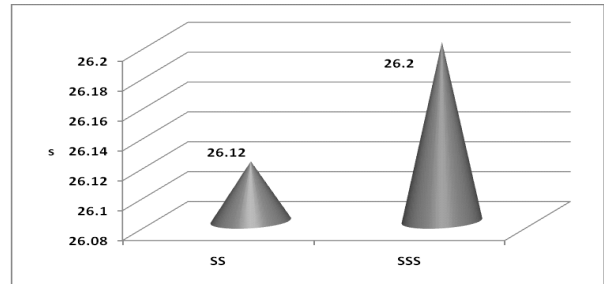


Figure .3. Shuttle run /s/

is in favour of the 12-13 years old pupils from the SS.

Fig. 4 shows the results from the “Jumps on gymnastics bench” test. The average values for the SS boys are X – 34 and X – 28,6 are the results for

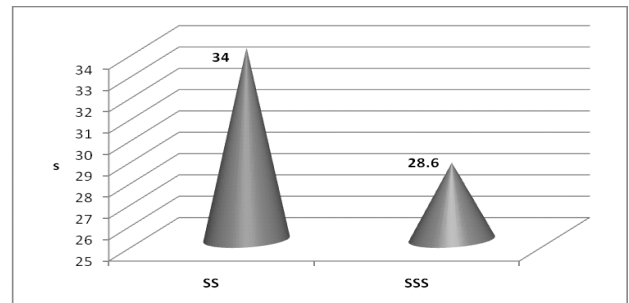


Figure 4. “Jumps on gymnastics bench” /number/30sec/

the SSS pupils. The difference of 5,4 is in favour of the 12-13 years old SS pupils.

Fig. 5 presents the results from the “Dynamic flexibility” test. The average values of the SS boys are X – 17 and for the pupils of special educational needs they are X – 13,7. The difference of 3, 3 are in favour of the 12-13 years old SS pupils.

The analysis of the average levels differences of the indications studied shows that the SS group has higher achievements in all researched indicators. The observed average level differences of the indi-

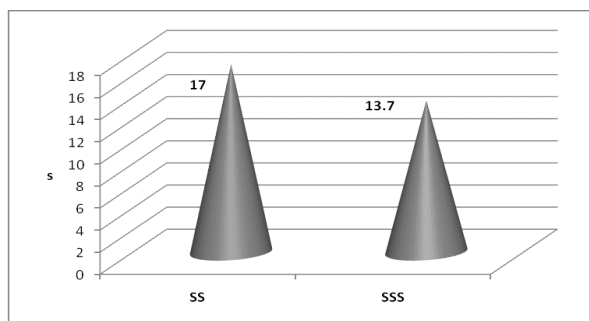


Figure 5. Dynamic flexibility /number/30sec/

cations studied do not allow making serious deductions and conclusions; that is the reason why the t-criteria of Student have been calculated (fig. 6).

It is obvious from the data presented in fig. 6 that for all the 5 indicators for the boys, the values of the calculated comparative t-criteria, are lower than the critical one (have values under 2,02) and consequently for them, it can by higher guarantee probability be maintained, that there do not exist

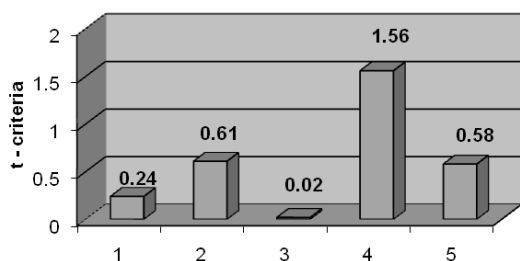


Figure 6. Significance of the differences between the average levels of themotive qualities /t-criteria of Student/

considerable distinctions in the development level of the indications studied.

The values of the variation coefficient are around 10% for the second and third indicator which speaks about homogeneity and stability of the indicators studied, while the values of the first, fourth and fifth indicator speak about relative homogeneity and stability of the indicators studied.

CONCLUSIONS

The studies conducted and analysis of the results confirms that the effect of the physical exercises is strictly individual.

The observations described and the analysis of the results of our study, which is of attesting nature, lead to the conclusion that under the education-training process and the choice of appropriate methods and means, satisfactory result can be achieved even for pupils of specific educational needs, without the physical exercises and sport to loose their purposefulness and attraction.

Our suppositions for leveling the motive abilities of pupils having specific educational needs with those of the SS pupils, practicing volleyball, have been confirmed by the close levels of the physical qualities but they need deeper studies with a greater number of pupils and defining the program requirements in more details, the conditions and the regime of work. Additionally we have to underline that it is imposing to put an accent on demonstrativeness upon teaching pupils of specific educational needs as well as the ability to know, although not perfectly, mimic speech so that the education in any sport be done more effectively and rapidly.

The difficulties met by the pupils of specific educational needs upon the execution of the dynamic flexibility test show the need of deeper researches of the abilities of the deaf children and those with impaired hearing to perform rapid and complicated motive actions, having an irritated vestibular apparatus and the dynamic state of the body.

We think that the conclusions presented under our study and researches have got methodological and practical significance for the education - training process and the physical education of children of impaired hearing.

REFERENCES

- Гилова, В. (1999). *Статистическа обработка и анализ на данни* [Statistical processing and data analysis. In Bulgarian]. София: Нацио-нална спортна академия – ИПБ.
- Крайджикова Л., Н., Маврудиева, Н., Ганчева, Н. (2007). *Подвижни игри в кинезитерапията в детскоюношеска възраст* [Mobile games in kinesitherapy in children and youth aged. In Bulgarian].

София: Национална Спортна Академия – ИПБ.
 Маврудиева Н., Точкова, М., и Нейкова, Т. (2008). Подвижните игри, като средство за адаптирана физическа активност в обучението по физическо възпитание и спорт [Mobile games, as a means for adapted physical activity in the training of physical education and sport. In Bulgarian]. *Sport & science*, (6).
 Николова, М. (2006). *Спорт и адаптирана физическа активност за хора с увреждания* [Sport and adapted physical

activity for persons with physical injuries. In Bulgarian]. София: Медицина и Физкултура.
 Радулов, В. (1995). *Интегрираното обучение и специалните училища* [Integrated training in special schools In Bulgarian]. Шумен - София: Медицина и Физкултура
 Хаджиев, Н., Христов, Г., Желасков, Ц., Бро-гли, Ј., и Кулин, Н. (1974). *Тестове за физическо развитие и дееспособност* [Tests for physical development and ability to work. In Bulgarian]. София: Медицина и Физкултура.

КОМПАРАТИВНА АНАЛИЗА НА МОТОРНИТЕ СПОСОБНОСТИ КАЈ УЧЕНИЦИТЕ СО ПОСЕБНИ ПОТРЕБИ

УДК:796.012.6-056.26
(Прейходно соопштение)

Недељка Маврудиева

*Национална Спортска Академија “Васил Левски”, Софија, Училишен факултет,
Катедра Теорија на физичко воспитување,
Софија, Буџарија*

Апстракт:

Презентираното истражување е со карактер на констатации и има за цел да се спореди и анализира ниво на моторните способности кај 12 и 13 - годишни ученици кои учествуваат во ситемој на вончасовните насавно-тренажни активности по одбојка. Во истражувањето беа опфатени две насавни тренажни групи тренирани со одбојка во почивна и подготвка. Секоја од групите имаше по 10 ученици. Едната група беше составена од ученици на основното буџарско училиште 132 СОУ – Софија, а другата од ученици со посебни образовни потреби од СОУ “Проф. Д. Донеv” – Софија. Предметот на истражувањето беше дефиниран со проучување на параметрите на некои основни моторни способности. Во истражувањето беа применети методите: Теоретско-логичка анализа, Педагошко посмаирање, тестирање, Коэффициент на варијабилноста и Спудениов-тест. Според граничните вредности на тестот (2.02), утврдени се статистички значајни разлики меѓу групите ученици во сите испитувани показатели за проценување на моторните способности. При тоа, учениците со посебни потреби, испигнале послаби резултати.

Клучни зборови: педагошко посмаирање, тестирање, одбојка, физичко образование, тест.