

## **EXAMINATION TO THE LEVEL OF THE SPORT-TECHNICAL SKILLS OF THE STUDENTS FROM SWU “NEOFIT RILSKI”**

*(Preliminary communication)*

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### **Abstract**

*In this report we represent the results of testing the level of sport-technical skills from the sport games (basketball, football, volleyball and handball) of students from South - West University “Neofit Rilski”, Blagoevgrad from different Faculties and Departments. 187 students were surveyed, 591 of them were men and the rest 28 - women. Methods of study: motor tests for individual games and sport-technical elements: volleyball - service , service with both hands overhead, passing with both hands over and taking the ball, basketball - shooting, shooting with steps, hunting and feeding, dribbling, handball - shooting from place , shooting with steps, passing and catching in walking on ball, football - pass, shoot, leading of the ball. Method of expert assessment has been used toward evaluation of sport-technical skills of students in the sport games by performing expert judgment on six-point scale: Weak 2, Medium 3, good 4, very good 5 and excellent 6. In conclusion we can say that the results are due to received training in the high school.*

**Keywords:** *sport games, motor skills, motor tests, expert assessment, special sports education, special physical preparedness*

### **INTRODUCTION**

Physical Education and Sport at the University in Bulgaria and in Europe are major factor in the formation of mental and physically healthy personality. Sport as a social phenomenon contributes for the socialization of young people in society. Searching for opportunities to improve the quality of teaching the educative course “Sport” at South - West University “Neofit Rilski” and making it as a “style and a way of life” of the students, is a priority of the Faculty of “Public Health and Sport” and the department “Sport” (Ivanov (Иванов), 2012).

Professor of the “Sport” course should work toward sports education of students which is aimed on developing physical abilities, formation of sports and sport-technical skills and tactical knowledge of the chosen sport; this result aims to increase the efficiency of the body and strengthening the health of the students.

The purpose of physical education in the secondary education levels is to achieve a special sports education and special physical preparedness.

The major criterion for assessing of the student learning discipline “Sport” is his individual prepossession of the motor skills. The new paradigm requires universities to be structured toward learning process to

improve the sporting, technical and tactical sports skills, physical preparedness of the students, development of the intellectual potential and individual competencies. (Ivanov (Иванов), 2012).

We are interested in how good the students, who we choose to be studied in groups General sport preparation, master the art of sport games at school (volleyball, football, basketball and handball). In these groups, students play basketball, volleyball, handball and it is assumed that the technique base of execution is placed in high school. The first research conducted with 187 students from all faculties of the University showed that the students demonstrated low level of control of the sport-technical skills from the games (Tomov (Томов), 2012).

In the preparation of test expert evaluation we have complied with the Model school-examination program for matriculation examination in physical education and sport (Russev & Ivanov (Русев & Иванов), 2007).

### **METHODS**

#### **1. Volleyball**

- Service - performed in 3 attempts (upper or lower initial stroke), the ball is directed in Zones 1, 5 and 6.

- Placing with both hands down: The ball shall be submitted 3 times by the teacher or partner with both hands underneath with a curved trajectory. Executing stand on three-meter line and perform the submission with both hands underneath. The ball is placed in zones 2, 3 and 4.

- Placing with both hands above:

Executing is one step ahead of the three-meter line and the filing is performed with both hands from above by directing the ball in zones 2, 3 and 4.

- Meeting with both hands underneath

- The executing are behind the three-meter line. The feeding out guides the ball with both hands on top with more force, in possible as much straight trajectory as the consignee seeks to play ball and to remain in their own field of height 2.3 m

## **2. Basketball**

- Dribbling - The executing cross the distance from the center to the one of the end lines by dribbling.

- Catch and submission - Powered by couples, the couple moved from one of the end line by feed out consistently and catch the ball in the air or after a rebound off the field with a possible maximum number of passes.

- Shooting - Perform 3 free throws with one arm over his shoulder - Record the best performance.

Shooting after fulfillment of basketball steps - the executing starts from the line of three points on the left or right side of the basket.

## **3. Football**

- Leading - Playing along the basketball court with a maximum number of taps.

- Handing over and stop - Powered by couples across the width of the basketball court. Each pair of consecutive stops and passes the ball to his partner as the pair moves from one line to the other end the basketball court with the maximum possible number of passes.

Shooting in the net-ball is six feet from the door. Striking of the ball is performed after increasing from 2, 3 steps and it is directed in Zones 1, 5 and 6.

- Placing with both hands down: The ball shall be submitted 3 times by the teacher or partner with both hands underneath with a curved trajectory. From stand on three-meter line and implement the submission with both hands underneath they place the ball in zones 2, 3 and 4

- Placing with both hands on top - executing is on one step ahead of the three-meter line and the filing is performed with both hands from above by directing the ball into zones 2, 3 and 4.

## **Assessment**

The evaluation of each of the sports and technical details for each sport, we appreciate:

1. Stand (starting position);
2. The work of your hands, (motor coordination);
3. The work of the legs (motor coordination);
4. Precision passing and shooting;

Assessment Criterion

- Weak (2) - not implemented or implemented

incorrectly elements and phases of sports - the technical skill.

- Medium (3) - perform incorrectly of the sports - technical skill by allowing significant errors in the elements and phases.

- Good (4) - executes properly of the sports - technical skill by allowing minor errors

- Very. Good (5) - perform confidently (stable) and without errors phases and elements of the sport - the technical skill and directing the ball into the goal.

- Excellent (6) - demonstrate confidence and variability in the performance of the sport - technical skill.

## **RESULTS**

In Tables 1. and 2. are shown the results of the evaluation skills of students from the sport games by expert judgment. Prevailing estimates weakest reviews (2.) following the shooting from place and, shooting with basketball steps at men and women (69% to 53.9%). Good estimates are respectively -11.8% in men and 5.8% for women. Men have a very good score 5 while the women either. Exercises of catching and feeding the difference in valuation of the students of both sexes has low marks received 40.6 percent vs. 38, 2; evaluations - 3 45.7% received men against 38.2 % - women. Good (4) estimates received 13.5% of the men against 10.9% of the women. Neither a man has been assessed as 5. In (dribbling) the ball we observe 40.6% of men and 47, 6 % of women had a score of 2. Accordingly, 42.3% from men and 47.6% of women received a score of 3.

Difference is observed in received 4, 19.9% of men versus 5.4 % of women received this assessment. Evaluation 5 has received none of the surveyed students.

In exercise from volleyball in the performance of service 55.4% of the women had a score of 2 versus 20.3% of men. Evaluation 3 received 57.56 percent from the men and 31.2% of women. 22% of men received 4 versus 13.2% of women. In taking the ball with both hands below rating 2 received 27.1% of men and 60.9% from the women, a score of 3 - accordingly 45.7% of men and 25.7% of the women. Score of 4 had 16.9% of men versus 13.2% of men. With the score 5 was not evaluated any of the surveyed students. In passing with both hands from the top and bottom with both hands impresses the following: Grade 2 have between 27.1% and 32% of men versus 32% - 35% from the women. Average scores for men - 45.7% and 49%, respectively 32.3% and 35.9% of the women. Score of 4 received 25.4% and 16.8% of men and 17.1% and 17.9% of women.

In football in separate exercises men have better technique of execution of individual elements. In shooting in door 22% received scores 2 vs. 52% of women. 37% of men received 3 versus 42.3% of the women have Good 4 37.3% of men versus 4.6%. Men also received a score from 5 to 3.38% versus 0.78% of the women. In other exercises passing, stopping and leading the ball men have received high marks from women, striking difference is in the score 2 at keeping

Table № 1. Assessment of students – percentage correlation

	MEN - 59								WOMEN - 128							
	Weak 2		Medium 3		Good 4		Very good 5		Weak 2		Medium 3		Good 4		Verygood 5	
	No	%	No	%	No	%	No	%	No	%	No	%	No	%	No	%
Shooting	22	37,3	21	22,5	15	25,4	1	1,6	42	32,8	39	30,4	27	21		
Shooting with steps	19	32,2	32	54,2	7	11,8	1	0,59	69	53,9	52	40,6	7	5,4	0	0
Passing and catching	24	40,6	27	45,7	8	13,5	0	0	49	38,2	49	38,2	14	10,9	0	0
Dribble	24	40,6	25	42,3	10	19,9	0	0	61	47,6	60	47,6	7	5,4	0	0
Service	12	20,3	34	57,6	13	22	0		71	55,4	40	31,2	17	13,2	0	0
Taking from below	16	27,1	33	55,9	33	16,9	0	0	78	60,9	33	25,7	17	13,2	0	0
Taking from above	16	27,1	27	45,7	15	25,4	1	0,59	65	50,7	41	32,3	22	17,1	0	0
Passing from below	19	32,2	29	49	11	18,6	0	0	59	46	46	35,9	23	17,9	0	0
Shooting	13	22	22	37,3	22	37,3	2	3,38	67	52,3	54	42,1	6	4,6	1	0,78
Pass and stop	26	44	27	45,7	14	23,7	2	3,38	101	78,9	25	19,5	1	0,78	1	0,78
Leading the ball	23	38,9	24	40,6	10	5,9	2	3,38	101	78,9	26	20,3	1	0,78	1	0,78
Shooting from place	23	40	27	45,3	9	15,2	0	0	52	56,2	50	39	6	4,6	0	0
Shooting with steps	25	42,3	28	47,7	6	10,1	0	0	93	72,6	31	24,2	4	3,1	0	0
Passing and catching	32	54,2	21	35,5	6	10,1	0	0	94	73,4	30	23,4	4	3,1	0	0
Leading the ball	24	40,6	27	45,3	8	13,5	0	0	88	68	34	26,5	6	4,6	0	0

the ball - 78.8 percent of women have 2 versus 40% of men.

Students demonstrate assimilate skills of sport-technical games on average level. Dominating grades are weak 2 and 3 average.

In handball we observe the following results: passing, stopping and catching - Grade 2 is received from 54.2% of men and 73.4% of the women. 35.5% of men have a score of 3 vs. 26.5% of women. Score of 4 received 10.1% of men versus 3.1% of women. In leading the ball 40.6 percent of men and 68% of women had a score of 2. Evaluation 3 received 45.3% of men vs. 26.5% of the women. Score of 4 received only men 13.

## CONCLUSIONS

1. Students demonstrate assimilate skills of sport-technical games on average level.

Dominating grades are weak 2 and 3 average.

2. In the sport games separately lowest are estimates sports and technical skills of the handball.

This is an indication that school students do not study the game.

3. Male students showed a high level of sport-formed technical skills in volleyball, football and handball, as well as many elements of the basketball / dribbling, hunting and feeding.

4. Student - women show higher results in shooting with steps in basketball.

In conclusion we can say that the results are due to the receive training in the high school. Students come from different regions and cities of Bulgaria they come and from different schools, but the picture with relatively low scores on separate sports games are an indication of the attitude of students towards learning in physical education and sport.

In this connection it is necessary to seek ways and means to enhance the motivation of young people to participate actively in lessons and exercises in physical education and sport to more effective results of the learning process.

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