



RATING CHANGES INTRODUCED IN SOME CHARACTERISTIC MORPHOLOGICAL AND BASIC-SPECIFIC MOTOR SKILLS TO YOUNG ACTIVE AND INACTIVE BASKETBALL PLAYERS

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Abstract:

The experiment deals with young people aged 13-14 years, male. Basketball team active and inactive, active group in addition to regular classes; they also practice basketball in clubs within the city. The experiment contains a total of eight morphological variables; five variables are the basic motor tests, while three tests of motor skills, situational. In this research, it applied test method T-group basketball between active and inactive, and morphological variables of specific movement skills. The study includes a total of 60 entities male group of 30 active students and other inactive group, who have undergone the tests provided for this study.

Keywords: young basketball, basic motor skills tests and specific tool testing instruments, methods of T-test etc.

1. Introduction

Contemporary basketball is being increasingly based on scientific research training in modelling processes, to achieve the level of preparedness to participate in competitions of different levels. Such an attitude demands of legal discovery and connections between different fields of psychosomatic status, which are responsible or acting in the execution of various tasks for acquiring motor-mastered well as technical and tactical elements of the game of basketball. In the sport of basketball, conditional preparation required during the competitions, technical, tactical, psychological, psycho-somatic, representing a complex which complete basketball player to achieve success more

advanced. We can say that it is difficult to come to prepare basketball qualitatively, if he does not possess motile which are essential for fulfilling certain tasks during the game, such as, for example, agility, strength, speed, jumping, coordination, flexibility, endurance-resistance etc.

2. The purpose of experimentation

The purpose of this research is to ascertain some morphological characteristics and basic motor and specific, the group of active and inactive basketball players aged 13-14 years, male, important for the game of basketball.

More specifically, the main goal of this research is: *With the introduction of the T-test method, the confirmed changes introduced basketball team come between active and inactive in several morphological and basic motor variables and specific.*

3. The basic hypothesis

In this study is the only hypothesis presented:

H₁– Assume that there are differences between the group of basketball players, active and inactive, in some morphological and basic motor variables and specific.

4. Its applied research

4.1 The sample of entities

The sample of entities includes a total of 60 young basketball players, basketball group of active and inactive aged 13-14 years, male. Active group besides regular classes, they also practice basketball in clubs within the city. Measurements-tests were conducted during June 2016. Morphological variables tests are conducted in the morning, while basic tests of the specific motor skills, were conducted during training in basketball.

5. The sample of variables

5.1 Morphological variables

Morphological tests are applied to eight variables:

BW - Body weight

BH - Body high

AL - Arm length

LL - Leg length

PL - Palm length

PW - Palm width

FL - Foot length

FW - Foot weight

5.2 Basic motor variables

Basic motor space is applied five variables:

JFRS - Jumping from remote space

JH - Jumping in heights

R20m - Running 20m

SR2X20m - Sprint running 2x10m

THBD - Throwing the basketball in distance

5.3 Specific motor variables

Specific motor space is applied three tests:

THWBD - Throwing with jump from 5 positions 4m.distance

FTRH - Free throws with right hand

FTLH - Free throws with left hand

6. Methods of processing the results

Based on the research purpose and only submitted hypothesis, it applied methods of T-test, which enables us to provide information sufficient to complete this report.

6.1 Interpretation of results - their discussion

6.1.1 T-test analysis of the differences presented between active and inactive group

To research the differences between both active and inactive groups, it is applied test method T, via this method compared differences between arithmetic averages differences between the two groups. On table below are presented the values of change between the two arithmetic averages, T-test value and the level of significance.

Table 1: The analysis distinguishes between two groups of active and inactive

Independent Samples Test				
	t-test for Equality of Means			
	T	Df	Sig. (2-tailed)	Mean Difference
BW	-2.822	58	.007	-9.39611
	-2.823	57.777	.007	-9.39611
BH	-3.030	58	.004	-6.62770
	-3.020	56.492	.004	-6.62770
AL	-2.041	58	.046	-2.91057
	-2.038	57.281	.046	-2.91057
LL	-4.602	58	.000	-7.14349
	-4.555	51.108	.000	-7.14349
PL	2.921	58	.005	1.01969
	2.900	53.806	.005	1.01969
PW	-.253	58	.801	-.03838
	-.255	56.086	.800	-.03838
FL	-.622	58	.536	-.29377
	-.623	57.955	.536	-.29377
FW	-.893	58	.376	-.16585
	-.889	56.038	.378	-.16585
JFRS	-2.739	58	.008	-19.07286
	-2.722	54.716	.009	-19.07286
JH	-.653	58	.516	-1.67453
	-.651	56.255	.518	-1.67453
R20m	2.928	58	.005	.33887
	2.957	55.092	.005	.33887
SR2X20m	-2.469	58	.017	-1.10642
	-2.466	57.368	.017	-1.10642
THWBD	-4.267	58	.000	-1.00222
	-4.293	57.325	.000	-1.00222
FTRH	-2.454	58	.017	-.79088
	-2.454	57.779	.017	-.79088
FTLH	-3.403	58	.001	-.60400
	-3.384	55.111	.001	-.60400

Table 2: Group Statistics

GRUPET		N	Mean	Std. Deviation	Std. Error Mean
BW	NON-ACTIVE	30	51.6935	12.92328	2.32109
	ACTIVE	30	61.0897	12.84969	2.38613
BH	NON-ACTIVE	30	166.7516	8.06333	1.44822
	ACTIVE	30	173.3793	8.87715	1.64845
AL	NON-ACTIVE	30	75.0032	5.40163	.97016
	ACTIVE	30	77.9138	5.64641	1.04851
LL	NON-ACTIVE	30	79.2806	5.04430	.90598
	ACTIVE	30	86.4241	6.89346	1.28008
PL	NON-ACTIVE	30	17.7645	1.20320	.21610
	ACTIVE	30	16.7448	1.49370	.27737
PW	NON-ACTIVE	30	7.6065	.65469	.11759
	ACTIVE	30	7.6448	.50680	.09411
FL	NON-ACTIVE	30	25.1097	1.86268	.33455
	ACTIVE	30	25.4034	1.78975	.33235
FW	NON-ACTIVE	30	8.8548	.67618	.12145
	ACTIVE	30	9.0207	.76269	.14163
JFRS	NON-ACTIVE	30	165.3065	24.51077	4.40226
	ACTIVE	30	184.3793	29.35061	5.45027
JH	NON-ACTIVE	30	37.4806	9.39001	1.68650
	ACTIVE	30	39.1552	10.47284	1.94476
R20m	NON-ACTIVE	30	4.0065	.50724	.09110
	ACTIVE	30	3.6676	.37433	.06951
THBD	NON-ACTIVE	30	9.2581	1.70324	.30591
	ACTIVE	30	10.3645	1.76784	.32828
THWBD	NON-ACTIVE	30	1.0323	.98265	.17649
	ACTIVE	30	2.0345	.82301	.15283
SR2X20m	NON-ACTIVE	30	9.8042	.98880	.17759
	ACTIVE	30	9.3110	.72359	.13437
FTRH	NON-ACTIVE	30	1.9677	1.25124	.22473
	ACTIVE	30	2.7586	1.24370	.23095
FTLH	NON-ACTIVE	30	1.2581	.63075	.11329
	ACTIVE	30	1.8621	.74278	.13793

Differences between the group of basketball players, active and student variables anthropometric show that there are obtained statistically significant differences in favour of the group asset as follows: test height body, then the length of the leg, as well as the length of the palm. While the differences between active basketball and pupils in

basic motor variables that are obtained show statistically significant differences in favour of the active group.

Also, the differences between active and pupils basketball, motor situational variables that are obtained show statistically significant differences in favour of the active group. Therefore, the results show that active basketball players have better results in all the specific basic motor variables applied in this research.

7. Analysis and verification of the hypothesis

The only hypothesis outlined in this study as follows:

H1 - Based on the obtained results, the only hypothesis is fully implemented.

8. Conclusions – summary

Based on the obtained results, we have managed to prove and implement the changes introduced in some variables morphological and basic motor of the specific important for the realization of certain tasks specifically important to the game of basketball, and the difference between the group of basketball players, active and group inactive aged 13-14 years, males basketball team of 30 active and inactive group of 30 students for the development of morphological and specific motor skills important for the sport of basketball. Experiment-study in question, was tasked several tests-measurements of morphological characteristics and basic motor skills and specific to young basketball players, male, aged 13-14 years. The sample included 30 basketball group of active and inactive group, a total of 60 entities. Group of active basketball players, in addition to regular teaching process they are practicing basketball in clubs within the city. We can conclude that the training sessions have contributed positively to the establishment of basic motor skills of situational active group of basketball players, compared with their peers who have stalled and that was recommend as much to deal with sporting activities during free time.

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