

THE STRUCTURAL CHANGES IN SPORT GAMES DURING PHYSICAL AND HEALTH EDUCATION CLASSES

Abstract

On the sample of 152 examinees (male students) of Catholic School Center (High School) in Sarajevo, a program has been conducted in duration of one school year, from basketball, volleyball, handball and football classes. For estimation of basic motor abilities 24 tests were applied and 12 tests were applied for situational motor abilities (3 per each sport game). Initial and final measurements were also made (in September and May). The goal of this research was to ascertain the structural changes in basic mobility and situational mobility after the scheduled action, namely, to ascertain the transformational process. For the analysis of qualitative changes the Lsdif, Qdiff1 and Cramer analyses were used. The results of this research show that a general, systematic and continual reconstruction of general and specific motor abilities has occurred, namely the transformation of the same, but not in a significant measure. The smallest effects have been achieved in the case of football.

Key words: *structural changes, transformation, sport games, basic, situational motor abilities*
