

THE QUANTITATIVE CHANGES OF STUDENTS' MOTOR ABILITIES PRODUCED BY A 12-WEEK COMBINED FITNESS PROGRAM

Abstract

The aim of the study was to find out partial quantitative changes of students' motor abilities, produced by applied 12-week combined fitness program. All participants were health sport faculty male students with ages 19 ± 1 . The experimental program included a three times work out per week, two times resistance, weight training and once a week plyometric training. In order to detect potential changes we conducted paired sample t-test. The obtained results showed that the program has made statistically significant changes on 14 of 18 tests. The highest level of transformation has made on variables for static and repetitive strength assessment. The improvement was between 18 and 55 percent. Also, less, but no less significant changes have been produced on explosive power, flexibility and segmental speed tests. We think, that fine adjusted training load to all participants, respectively, an individualised approach, contributed to exceptional results. Our opinion is that this kind of fitness program should be part of regular faculty program during all educational period, in order to enhance students' motor capacities and make their way to the finish line easier.

Key words: *fitness program, motor abilities, changes, paired sample t-test*
