EFFECT OF EXPERIMENTAL TAE BO TRAINING MODEL FOR COORDINATION DEVELOPMENT OF YOUNG WOMEN

Abstract

The study included 60 subjects, 18 to 25 years of age divided into a group of 30 young women involved in an experimental tae bo training model (experimental group) and a group of 30 young women who are not involved in any program of regular physical exercise (control group). In order to test the level of general coordination, seven tests were used: the figure “8” with bending (MOSS), jumping over the rope (MPHV), 20 steps forward with the pulling of the stick through the legs (M20IPP), ball circling around the body and through the legs (MKTN), hand slalom with two balls (MSLAL), 3 forward rolls (M3KOL) and complex locomotor test (MSLT). Data were processed by analysis of variance, t-test and analysis of covariance. The results showed that there is statistically significant effect of experimental tae bo training model on the development of general coordination among younger women.

Key words: Tae Bo training, coordination, younger women