CONTRIBUTION OF THE EXPERIMENTAL PROGRAM TO
THE DEVELOPMENT OF FUNCTIONAL ABILITIES OF THE SCHOOLGIRLS

Abstract

The purpose of this research is to determine how much is the specially programed performance of physical education, with increased demands and application of additional exercises, influencing the functional abilities. Research had a longitudinal caracter, and experimental program was carried out on the sample of 97 first-grade schoolgirls of the elementary schools in Leposavić and Zvečan, age of 7 years ± 6 months. The sample is divided into two groups: experimental group 56 and control one 41 schoolgirls. Six metrical instruments were used for evaluation of functional abilities of schoolgirls. Final data processing included only the examinees that participated at initial and final measurement. Basic statistic parameters were calculated by processing of data during initial and final measuring. In order to evaluate the influence of the experimental programme on functional abilities of the schoolgirls it is necessary to determine if there are possible differences between the abilities of the schoolgirls of the experimental and control groups in the initial measurement, therefore a multivariate analysis of variance (MANOVA) was applied, and univariate analysis of variance (ANOVA) was applied. Multivariate and univariate analysis of variance for repeated measures (MANOVA and ANOVA – repeated measures) were applied for determination of eventual differences between initial and final measuring. The multivariate analysis of covariance (MANCOVA) and univariate analysis of covariance (ANCOVA) were applied in order to determine the effects of the experimental program. Based on retrieved results it could be concluded that specially programed performance of physical education had a significant influence on changing the most functional abilities of schoolgirls. The results of this paper can be used by PE teachers giving them the information on adequate planning and programming of the classes.

Key words: schoolgirls, experimental programme, functional abilities, MANOVA, ANOVA