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RELATIONSHIPS BETWEEN QUICKNESS AND SPEED PERFORMANCE IN AMPUTEE FOOTBALLERS

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Problem statement. Nowadays, rehabilitation of individuals with disabilities includes many sports activities such as soccer and basketball.

The purposes of this study were to examine relationships between quickness and speed performance in amputee footballers.

Results. Ten amputee footballers volunteered to participate in this research. The mean (SD) age was 25,80±4,32 years, high was 1,77±0,09 m, and body weight was 69,90±10,337 for the 10 amputee footballers; the mean (SD) quickness was 1,18±0,10 second and speed was 5,27±0,37 second for amputee footballers. We applied a testing procedure that included measurements of the quickness and speed. Photocells were placed at the start, 5 m (quickness), and 30 m (speed) in order to collect sprint times over the 2 distances. A significant positive correlation existed between quickness with speed ($r = 0,645$; $P < 0,05$).

In conclusion, when amputee players have highest output speed, they can more success in speed. Speed effected output speed (quickness).

Key words: Amputee, velocity, speediness, soccer.

ONE WAY TO IMPROVE THE SQUAT JUMP AT REPRESENTATIVE BASKETBALL TEAM -BOYS, USING PLYOMETRIC EXERCISES

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Problem statement. Knowing effective plyometric exercises in training athletes and their usefulness, over time have tried many ways to improve squat jump.

Aim. The purposes of this study were to examine relationships between plyometrics exercises and squat jump.

Methods. In the longitudinal experiment we improved the influence of two plyometrics exercises introduced for 6 week period training for squat jump at a boys' basketball team representative within at high school.

Results. After 6 weeks training experiment group obtained a significant difference at $p < 0,0005$ then subjects from control group for squat jump results.

Conclusions. Two pliometrics exercises (1 depth jump followed by on countermovement jump and 1 depth jump followed by on countermovement jump) contributed to increase the results of squat jump.

Key Words: vertical jump, plyometric exercises, Sargent test.

ACUTE EFFECTS OF VISUAL FEEDBACK IN YOUNG KARATEKAS

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Purpose. The purpose of this study was to assess the acute effect of a Visual Feedback Training (VFT) on postural control in young karate athletes.

Methods. For this aim, 32 karatekas was recruited and randomly in 2 groups: the experimental group (SG = 16): age 15:56±2:00 yrs, and the control group (CG = 16): age 15.13±1.63 yrs. The experimental set-up was performed on 3



days with one day of recovery in-between. In the first and last day all participants was tested and retested (Intra-class correlation coefficient) on a stabilometric platform with CoreMeter© software to analyze the distance of the center of pressure (COP) from the point of origin the Cartesian-Plane. The second day SG was performed on battery test of VFT on stabilometric platform that screen in a monitor the COP in real time, for the total duration of 10 min trying to bring his own body to the center of COP. While GC was performed on the same procedure of SG without receiving any feedback of their COP. The statistical procedure was assessed with SPSS 19 and the significant was set at $P < 0.05$.

Results. Two-way ANOVA with repeated measures was used to verify the effect of VFT on the two groups (SG-SG) and Bonferroni Post-hoc to compare the effect before and after the experimental approach. ANOVA revealed an interaction training for type $\times F_{(1,30)} = 78.892$ at $P < 0.001$ ($\eta^2 = 33.178$) and for training \times time $F_{(1,30)} = 7.479$ with $P < 0.010$ ($\eta^2 = 13.432$). The results showed that VFT improved COP in SG of the 83% ($P < 0.0001$) and decreased of the 26% in the CG ($P < 0.001$) respectively.

Conclusion. One session of VFT was effective to improve the centrality of the COP in young karate athletes. However, considering the open skill sport based on balance and a recent article by Vando et al (2013) seems that in this age there is a greater ability to acquire motor control of the body. Therefore, it is desirable to use this method in Martial Arts.

Key words: Younger; Visual Feedback; Martial Art; Stabilometric; Training and Testing.

❖ PHYSICAL EDUCATION AND SPORT

THE RELATIONSHIP BETWEEN HEALTH-RELATED PHYSICAL AND BMI, COMPUTER GAMES, AND PHYSICAL ACTIVITY AMONG 7-YEAR-OLD CHILDREN FROM POLAND

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Purpose. The objective of the study was determination of the effect of individual variables: physical activity, BMI, as well as the most popular form of inactive leisure – computer games, on the level of fitness approached according to the Health-Related Fitness (H-RF) concept in 7-year-old children from Polish rural areas.

Methods. A cross-sectional study was conducted 14773 children aged 7 year old including 7268 girls and 7505 boys from Poland. Measurements were performed of body weight and height, and the BMI calculated. Using the selected tests (Eurofit), trunk muscle strength, explosive leg power, arms and shoulder girdle strength, and flexibility were evaluated. Parents were asked to complete a questionnaire form, which included items concerning time devoted to computer games (CG), daily spontaneous physical activity (Spont.PA) and organized, adapted physical activity during the week (Add.PA). The effect of the time devoted to computer games, spontaneous PA and additional PA was assessed using analysis of covariance.

Results. The negative effect of time devoted to computer games was observed in the case of flexibility ($p=.002$) and trunk strength ($p=.021$), and positive for arm movement speed ($p=.003$). A positive effect of spontaneous physical activity (SPA) was noted in the case of flexibility ($p=.032$) and explosive strength of lower limb ($p=.012$). Additional physical activity were associated with higher level of trunk strength ($p=.001$). The significant interaction between CG and spontaneous PA were observed for flexibility ($p=.007$), between additional PA and spontaneous PA for: flexibility ($p=.020$), arms strength ($p=.043$).

Conclusions. This relationship between H-RF, and PA, and CG could be important to the health of children, particularly in obesity prevention.

Key words: Health-Related Fitness, preschool children, physical activity, sedentary behaviours.



Content

❖ PLENARY SECTION

GAILLARD JOEL¹

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**LISEC: LABORATOIRE DES SCIENCES DE L'EDUCATION ET DE LA COMMUNICATION (EA 2310)
/p. 5**

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VALIDITY OF RPE SESSION IN YOUNG MALE KARATE ATHLETES /p. 6

❖ Oral presentation

❖ SPORT AND PERFORMANCE

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EFFECTS OF FUNCTIONAL STRENGTH TRAINING ON BLOOD MINERAL ELEMENTS, REACTIVE AGILITY AND JUMP SHOOTING FOR YOUNG HANDBALL PLAYERS /p. 7

AHMED ABDULAMEER HAMZA

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THE CORRELATION OF SPEED AND DISTANCE WITH THE PERFORMANCE OF FOOTBALL WORLD CUP CHAMPIONSHIP HELD IN SOUTH AFRICA 2010 /p. 7

AZZA KHALIL ELGAMAL¹, ABDULLA ELSANGARY²

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IMPACTS OF AQUATIC EXERCISES ON SWIMMING SKILLS AND SOCIAL BEHAVIORS IN CHILDREN WITH AUTISM DISORDERS /p. 8

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EFFECTIVENESS OF TABATA SWIMMING TRAINING ON VO2 MAX AND CERTAIN PHYSICAL VARIABLES AMONG OVERWEIGHT WOMEN /p. 8

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THE COMPARISON OF REACTION TIMES OF KARATE ATHLETES ACCORDING TO AGE, GENDER AND STATUS /p. 9



DAMIAN COSMIN¹, MIRCEA NEAMTU²

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THE DEVELOPMENT OF FUTSAL GAME AT NATIONAL LEVEL BY IMPLEMENTING A STRATEGIC COMPETITIVE AND TRAINING MANAGEMENT /p. 9

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PLIOMETRIC EXERCISES FOR IMPROVING EXPLOSIVE POWER IN ARTISTIC GYMNASTICS /p. 10

DAMIAN ROXANA¹, IONESCU BONDOC DRAGOS¹

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COMPARATIVE ANALYSIS OF HANDBALL TECHNICAL EXECUTION AND SELF-IMAGE TO JUNIOR ATHLETES AGED 12-13 YEARS /p. 10

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EFFECT OF LECITHIN SUPPLEMENTATION ON SOME BIOCHEMICAL VARIABLES AND THE RECORD LEVEL OF 1500M SWIM /p. 11

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THE COMBINED WORKOUT IN JUVENILE BASKETBALL

EXAMPLE OF PHYSICAL AND TECHNIQUE SPECIAL TRAINING /p. 11

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EFFECT OF CONCURRENT TRAINING ON VO₂ MAX, CERTAIN PHYSICAL VARIABLES AND SPIKE PERFORMANCE FOR YOUNG FEMALE VOLLEYBALL PLAYERS /p. 12

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THE EFFECT OF THE USE OF DIFFERENT METHODS OF TRAINING ON THE EVOLUTION OF THE LEVEL OF ACCURACY OF PERFORMANCE SKILL TRANSMITTER IN BADMINTON/p. 12

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EFFECT OF USING DIFFERENT TRAINING STYLES ON DEVELOPMENT OF BADMINTON SERVING ACCURACY /p.

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THE EFFECT OF SKILLED MENTAL TRAINING AND PHYSICAL TRAINING ON ACCURACY AND SPEED OF MOTOR RESPONSE ON BADMINTON PLAYERS /p. 13

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THE INVESTED TIME IN OF THE BASIC TIME OF TEAM – GAMES LESSONS (BASKETBALL, VOLLEY BALL AND HAND BALL) IN RELATION TO DIRECT AND INDIRECT INSTRUCTION /p. 14



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EFFECTIVENESS OF CONTRAST TRAINING ON POWER AND BIOMECHANICAL VARIABLES AMONG TRAINED LONG JUMPERS /p. 14

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THE IMPACTS OF CONTRAST TRAINING ON CERTAIN PHYSICAL VARIABLES AND SPIKE PERFORMANCE AMONG VOLLEYBALL PLAYERS /p. 15

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IMPACTS OF SPEED, AGILITY AND QUICKNESS (S.A.Q) TRAINING ON REACTIVE AGILITY AND BLOCK PERFORMANCE AMONG YOUNG FEMALE VOLLEYBALL PLAYERS /p. 15

MOHD FAISAL MOHAMED¹, SYED KAMARUZAMAN SYED ALI¹, SHAMSUL KAMAR MOHAMAD¹

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THE EFFECTIVENESS OF PLYOMETRIC TRAINING ON MUSCLE STRENGTH FOR SOCCER PLAYERS /p. 16

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²Faculty of physical education, Mansoura University, EGYPT

EFFECTIVENESS OF FUNCTIONAL BALANCE TRAINING ON KINEMATIC VARIABLES OF LUNG AMONG YOUNG FENCERS /p. 16

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ONE WAY TO IMPROVE THE SQUAT JUMP AT REPRESENTATIVE BASKETBALL TEAM -BOYS, USING PLYOMETRIC EXERCISES / p. 17

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RELATIONSHIPS BETWEEN QUICKNESS AND SPEED PERFORMANCE IN AMPUTEE FOOTBALLERS /p. 17

VANDO STEFANO¹, MASALA DANIELE², FALESE LAVINIA², MAURINO LUCIO³, PADULO JOHNNY⁴

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ACUTE EFFECTS OF VISUAL FEEDBACK IN YOUNG KARATEKAS /p. 17