BOOK OF ABSTRACTS

INTERNATIONAL BALKAN SYMPOSIUM IN SPORT SCIENCES

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30 MAY – 02 JUNE

BALKAN SYMPOSIUM IN SPORT SCIENCES

Faculty of Physical Culture
Tetova / Macedonia

Kırkpınar School of Physical Education and and Sports
Edirne / Turkey

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TETOVA

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BALKAN SYMPOSIUM IN SPORT SCIENCES

Faculty of Physical Culture
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Trakya University
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INVATED SPEAKERS

THE EMPLOYMENT OF WRESTLERS IN OTTOMAN PALACE

Prof. Dr. Osman İmamoğlu[1]

[1]Ondokuz Mayıs Üniversitesi, Yaşar Doğu BESYO Atakum/Samsun

ABSTRACT

Since the establishment of the Ottoman Empire institutionalized wrestling, wrestling and wrestlers are known to the patronage. The most obvious examples of this lodge-foundation system. Schools with lodges, such as the Ottoman wrestling catches up with all of the infrastructure of their own institutions, and second, the wrestlers grown in the provinces (Kırkpınar and organizations such as the apple according to their degrees) gave a part of the palace staff. According to Ottoman documents, Ottoman palace wrestlers employed consisted of all the Balkan geography.

BALKANSPORT TEMPUS PROJECTS AND ITS BENEFITS

Prof.Dr. Arben Kaccuri[1]

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ABSTRACT

The main objectives of this three-year multi-country project are to update the sport science curricula in three Balkan HE Institutions: the University of Prishtina (Kosovo), the State University of Tetovo (Fyrom) and the Sport University of Tirana (Albania); to harmonize the structure, contents and teaching methodology, leading to the mutual recognition of degrees between countries; to bring the Faculties closer to their EU counterparts, and to strengthen the background of graduates and postgraduates to give them better chances to meet job-market requirements as well as to contribute to scientific research and the education of younger generations. The project is expected to improve teaching abilities and outcomes, through teachers training and the introduction of modern contents and methodologies, and to bridge the gap between graduate and postgraduate skills and market needs, thereby promoting employability. It is also expected to foster scientific mentality and research, establishing research-oriented postgraduate programs and preparing for the future implementation of PhD programs; to promote mobility and scientific cooperation, and to more generally help increase understanding and cooperation with the EU scientific community, culture and society, thus preparing the PC countries participation in the Lifelong Learning Programme.

SPORT FOR ALL AND SPORTS TOURISM IN TURKEY

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ABSTRACT

Sports for all was defined by Sport Progress Committee of Council of Europe as “an expression meaning; providing opportunities to people who desire to do sports in their leisure times to go and participate sports activities with no limitations dues to social status, origins and disabilities”. From this definition it is understood that all people should benefit from this right. For this reason, “sports for all” has a principle to become widespread even in neglected part of societies such as criminals and prisoners, and abandoned children etc. because sport right is one of the social rights that defined as education, health and security rights. In addition “sports for all” is based on democratization of sports providing the right of involving in sports activities for as many citizens as possible. *The Journal of Sports Tourism* defines sports tourism as "the use of sports for touristic endeavors". This comprises: Sports events, Sports resorts, Sports cruises, Sports attractions, Sports adventures, Sports tours (Kurtzman, 1993). On the other hand, sport tourism is also defined as travel to a destination for the primary reason of participating in sport (Standeven &De Knop, 1999).

The literature and statistical range figures are used with collected data from Turkey. Due to its location, Turkey was a region through which ancient Asian and Turkish culture moved into Europe, and also a window of Western culture opening to meet the East. Turkey is surrounded by the Mediterranean Sea, Black Sea and Aegean Sea, which connects the country to the whole world. Because of these long coastal borders and the bridge between Asia and Europe, Turkey has been the centre of major commercial and migration routes.

The purpose of this study is to discuss how sports for all and the sport tourism concepts are perceived and which activities and organizations support those concepts in Turkey. In addition, in the study it is aimed to examine the advantages and disadvantages of these activities and organizations on sports for all and sport tourism in Turkey.

TREND AND ORIENTATION OF RESEARCHS IN THE FIELD OF PHYSICAL CULTURE IN KOSOVO, THE LAST TEN YEARS.

Prof. Dr. Shmesedin Vehapi[1]

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In order to identify the orientation of scientific activity during the period 2003-2013, institutions were analyzed, as well as institutional research projects and individual research projects completed during this period. Information's are collected from the archives of the Faculty of Sport Sciences of Pristina University and are analyzed by categorizing them in specific areas of Sports Sciences. During this time period there was a complete lack of institutional approach of development projects, and yet the idea of establishing the research institute is not in advanced stage of operationalization. The idea is still at the discussion level and formulation of strategy. From the analysis of individual projects is understood that during this period are defended 62 MSc Projects (Magistratura), 128 Master-level projects and 9 PhD theses. Starting from the included samples in these researches may be concluded that in most cases these topics have been oriented in research with samples of elementary and secondary school students and majority (over 70%) research was conducted with categories of elite athletes and sports school students of different categories. According to the contents of these researches over 80% of these cases are oriented in the research of motor abilities, morphological characteristics or even interrelationships amongst these areas. A small percentage is oriented to the elaboration of issues related to comparing and analyzing technical and tactical aspects in certain sports disciplines. A small number of topics belong to the treatment of effects of certain training programs in developing certain components of the athletes, as well as a big lack of health research aspects is noted, aspects of sports management, sports psychology and marketing field. Based on all these information's the International Coordination Group which was established in cooperation with international institutions within the Faculty of Sport Sciences in Prishtina, must draft a strategy having inclusiveness and treatment of other sport science fields.

Keywords: Research, project, institution, research strategy.

KIRKPINAR AND TRADITIONAL SPORTS

ORAL PRESENTATION

LOST TRADITION IN KIRKPINAR OIL WRESTLING: IMPORTANCE OF KISPET AND CEREMONY OF KISPET WEARING

Mehmet Gül[1], Mehmet Türkmen[2], Abdullah Doğan[2]

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[2]Ondokuz Mayıs University, Yaşar Doğu Gymnastics and Sports Academy

ABSTRACT

Globalization pressures have been cause to disappear of traditional sports as various national culture elements. Kırkpınar Oil Wrestling has lost many traditional rituels its own, even if has listed in "ignitable cultural heritage" by UNESCO in 2010. Ceremony of Kispet/Kisbet wearing is one of them. This ceremony contained old Turkish belief and Islamic subjects. Kispet that is important for Pehlivans loses mental features its own, even if kispet maintains shape being in difficult condition. This research is important for keeping alive of oil wrestling with national quality. It is aimed that examine to ceremony of kispet wearing that is disappearance and indispensable element of Kırkpınar oil wrestling. Live interview and literature tracking methods have used in this research. As a result, ceremony of kispet wearing is characterized as ritual in traditional Kırkpınar oil wrestling. These ceremonies have reflected socio-cultural and spiritual subjects of its own society.

Key Words: Kırkpınar, Wrestling, Kispet, Ritual, Ceremony

TOPKAPI PALACE MUSEUM ARCHIVES REGISTRY (TS.MD.d) FINANCIAL GRANTS TO WRESTLERS IN OTTOMANS

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[1]Ondokuz Mayıs University, Yaşar Doğu Gymnastics and Sports Academy

ABSTRACT

Ottoman Empire, which was known as elites of Turkish History, was definitely founded in accordance with the traditions of Turkish Step Community at the beginning. However, Ottomans achieved a revolution in all their social and economical institutional traditions and this revolution also included wrestling and wrestlers. Ottomans paid a lot of importance to written documents which were not seen so much in the ancient Turkish Communities and deemed as a great lack. Also there were not found any monographic studies concerning this subject so far. This paper aims to be able to see place of wrestling in Turkish Culture together with financial awards given to wrestlers in Ottomans. In this study, the awards given were viewed in a general perspective and limited with searching Topkapı Palace Museum Archive Registry (TS.MD.d)**.** Beginning with concepts of "Grants to the oil-wrestlers practised/performed/kept oil-wrestling", "Grants to the oil-wrestlers oil-wrestling", "Grants to the oil-wrestler/oil-wrestlers" and "Grants to the wrestler/wrestlers", we reached to the total records of 443 TS.MD.d. We came to the result that in Ottomans amounts of grants given to wrestlers were more than the other sports and grants value decreased-increased according to strong-weak periods of the Empire and honorary terms were used for wrestlers in the documents.

Key Words: Grants in Ottomans, Oil-Wrestler, Wrestling

BALKANS AND COMPARATIVE TRADITIONAL SPORTS EDUCATION AND KIRKPINAR INNOVATIVE DEVELOPMENTS AND ORGANIZATION: (Unesco Asia and The Pacifics, The European Union and The Mediterranean Countries Perspectives)

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ABSTRACT

Objective: Comparative Kırkpınar Balkans and Innovative Developments in the education of traditional sports and Organization, UNESCO Asia and Pacific, Europe and the Mediterranean Countries Union Perspective express's work programs. Materials and Methods: Material: Related documents; libraries, internet resources, and the related countries were obtained from field studies. 2.1 Method: Different ways have been obtained from various sources were evaluated with a contemporary perspectives . The UNESCO Asia and Pacific, The European Union, and the Mediterranean Countries Perspectives of the the Balkans, and Traditional Sport Branches of Comparati-ve Education Kirkpinar Innovative Developments and Organiza-tion fields, and schools or Faculties of physical education and Sports about the related universities aims to establish a new Departments or one of the Internatıonal Balkan Sports Unıversıty. Findings : General Findings: In the World ;the European Union,; Mediterranean Countries, the Balkans and Traditional Sports in Comparative Kırkpınar Educatiing Innovative Develop-ments and Organization; UNESCO Asia and Pacific; perspective on the systematic tives shall be conducted under the leadership of Civil Society and University Relations. Special Findings : The Balkans, Turkey and Montenegro Kirkpinar and Traditional Sports in Comparative Education Innovative Developments and Organization; UNESCO Asia and Pacifics countries , European Union; the Mediterranean countries and higher education institutions in the Perspectives, as well as working relationships are cared for Transnational Civil Society Leadership. Even, Unesco guaranteed in terms of higher educa-tion, and non-governmental societies are systematically planned to open their courses certificated from 1-to 8 or from Associate Diplomas to the Posta Doctorate Programs. Conclusion: General conclusion:In The world; Kırkpınar and Traditional Sports in Comparative Education Innovative De-velopments in the Balkans, and the Organization of UNESCO Asia and Pacific, Europe and the Mediterranean Countries Union Perspective looks at ways of planning from working programs. 4.2- Special conclusion: As a result, different continents, regions and countries, discusses the elements of Healthy, Disabled and Elderly people make the work done both sports. With the leader-ship of roads as well as those who want to make special sports educational master and Doctorte levels a particular sport sports therapies, such as a private fitness training courses and lectures inspired Programs, Higher Education and Civil Society programs are designed to develop the activities of different courses and they has to establish new sports departments or INTERNATIONAL BALKAN SPORTS UNIVERSITY.

Key Words: Kırkpınar, Traditional, UNESCO, Sports Training

THE EFFECT OF HIGH INTENSITY ACUTE WRESTLING EXERCISE AND SAUNA ON TOTAL BODY FLUID AND ALDOSTERONE LEVEL

İzzet Uçan[1], Fatih Kıyıcı[2], Eser Ağgön[3], Öztürk Ağırbaş[3], Mergül Çolak[3]

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ABSTRACT

This study aims to determine the effect of high intensity acute wrestling exercise and sauna on total body fluid (TBF) and aldosterone hormone. After health ethics committee had granted approval, this study was practiced on 14 voluntary male wrestlers who have no health problems and are average 23.43 ± 4.146 years old and are average 172.86± 4.818 meters tall Blood measurement was taken from the wrestlers when they were rested, after wrestling exercise and after sauna which was later than two days rest. TBF measurement was made via TBF 300 device and hormone analysis was done via IMMULITE 2000 autoanalyzer. Because of the fact that data acquired in the study did not have a normal distribution, nonparametric Two Related Samples – Wilcoxon test in SPSS 15 for Windows statistical packaged program was applied. It was determined that, after acute wrestling exercise, there was not any significant differences in TBF levels while there was a significant increase ($P<.01$) in aldosterone levels. After sauna practice, a significant growth ($P<.01$) was determined both in TBF and in aldosterone. When TBF values were compared after wrestling exercise and sauna, it was observed that TBF values after sauna were significantly high ($P<.01$) and aldosterone values did not have a significant difference. It is concluded that practiced wrestling exercise and sauna program increased aldosterone secretion in order to regulate the total fluid levels by taking parallel effects, however, only sauna program has significant growth in TBF levels and also it is concluded that there are differences among the groups.

Key Words: Wrestling, Sauna, TBF, Aldosterone

EVALUATION ON CONVENANCES OF GAZİANTEP AŞIRTMALI ABA WRESTLING

Tarkan Tuzcuoğulları[1], Uğur Abakay[1], Mehmet Özdemir[1], Zinnur Gerek[2], Ahmet Koyunlu[1]

[1]Gaziantep Üniversitesi
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ABSTRACT

Even if physical acts that been cause birth and developing of sport culture occurred in ancient time as maintain to life, these acts formed up social life Dynamics in ancient Turks. Natural difficulty of Central Asia steppe and relation with other nation was cause physical culture developing and got involved in military instruction. Turk's sport culture created ethically values with custom, tradition and religious motifs from Central Asia life to nowadays. In this connection, Aşırtmalı Aba Wrestling that is considered it has a history with 5000 years is come true to behaviors as social values, ethic, religious, cooperation, respect, affection, convenience in preparation to wrestling, in fight and in final. All of these behaviors actually show on philosophy of Aba Wrestling.

Behaviors started with invite to wrestlers in nearby villages are carry special rules and features as do honors, preparation to wrestling, wearing, go down to pitch, accept to competitor, fight, respect to umpires, reverence, award. Ethic behaviors in Gaziantep Aşırtmalı Aba Wrestling build to base of social cultural structure.

Key Words: Aba Wrestling, Gaziantep, Wrestling

EVALUATION ON MUSIC COMPONENT AND RITUAL STRUCTURE OF ANCIENT TURK SPORTS

Tarkan Tuzcuoğulları[1], Zinnur Gerek[2], Fahri Çepik[1], Adil Çete[1], Hüseyin Öztürk[1]

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ABSTRACT

Music component was used as instrument of bewitch in ritual origin. In point of ensure national synergy, cooperation and development of national identity, ritual music was form integrity between sacred and belonging, shape and spirituality. It provided be alive to social sensations without limit time and space. Ancient human that imitated animal sounds and showed his power to nature with his sounds sought apologize to sacred powers with rhythmic beats and movement cycles. These rituals given impression like musical theater that had make up, decor and costumes that symbolizing taboo assets. It have understood that music component was born need to fear or respect of outstanding assets and to spiritual protection. Music component of ancient Turk sports was maintained with protecting its own music and dance components until today, however ritual motions of shaman was still change its own shape some traditional game.

Key Words: Turk sports, ritual, music, game.

THE EFECT OF WRESTLING TRAINING AND SAUNA PROCATISE ON CORTISOL AND INSULINE HORMONES

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ABSTRACT

This study aims to determine the effect of high intensity acute wrestling exercise and sauna on cortisol and insulin hormones. After health ethics committee had granted approval, the study was practiced on 14 voluntary male wrestlers who have no health problems and are average 23.43 ± 4.146 years old and are average 172.86± 4.818 meters tall.

Blood measurement was taken from the wrestlers when they were rested, after wrestling exercise and after sauna which was later than two days rest. Hormone analyses were made via IMMULITE 2000 autoanalyzer. Because of the fact that data acquired in the study did not have a normal distribution, nonparametric Two Related Samples – Wilcoxon test in SPSS 15 for Windows statistical packaged program was applied.

It was determined that, after acute wrestling exercise, there was not any significant differences in the levels of cortisol and insulin. It was also concluded that after sauna practice, while there was a significant decrease ($P<.01$) in cortisol levels, there was no significant difference in insulin levels. When cortisol values were compared after wrestling exercise and sauna, it was determined that values of exercise group were significantly high ($P<.01$) and insulin values did not have a significant difference.

It was deduced that the practiced wrestling exercise did not make change in cortisol and insulin levels, sauna program did not have an effect on insulin in a short time as in wrestling exercise but caused a significant decrease in cortisol levels and there were diffences between groups.

Key Words: Wrestling, Sauna, Cortisol, Insulin

THE RELATIONS BETWEEN THE INDIVIDUAL SLEEP QUALITY AND THE ACCOMPLISHMENT LEVEL OF THE TURKISH NATIONAL TEAM ATTENDING TO THE WRESTLING WORTLD CUP

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ABSTRACT

It ıs thought that the attention which linearly decreses because of the sleeplessness affair during night and the performance of the atlethe. Our aim in this reseach is to investigate the relation between the accomplishment level and the sleep qualitiy in the competition atmosphere all the most selected athlets of the wrestling sport. The research team involves the All-in-Wrestling Turkish National Man Team which attented to the aall-in wrestling world cup in Tehran,Iran. Pittsburg Sleep Quality Index has been to gain the target of >the research. In analysing and reading the data-By using The Kolmogorov-Smirnov test, kruskal wallis test and pearson correlation analysis-signifance is taken P<0,005. To appraise and find the calculated data, the SPSS (Statical Pcakage for Social Scişence) program has been used.
At the and of reasearh, a very strong possitive relation is stated (r=,768) between the rank that ,s gained by the athlets and the Pittsburg Sleep Quality Index. The signifance level of teh relation coefficient (P=,044<0,05) is found expressive. The result of diagnosises having gained, we think that when the sleep quality increases, linearly the accomplishment level of the atlethes increases.

Key Words: Sleep Quality, wrestling, Accomplishment Level

PHYSICAL EDUCATION AND SPORT

ORAL PRESENTATION

REORGANIZING OF SPORTS COACHING DEPARTMENTS IN TURKISH HIGHER EDUCATION SYSTEM

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ABSTRACT

The education and qualification of sports coaches constitutes the most important part of effective national sports systems. Within the European Union (EU), the European Network of Sports Science Education and Employment (ENSSEE) has developed a new framework for the qualification of coaches. This structure has provided a reference point not only for the member states of the European Union but also world sport federations in relation to coach education qualifications. Turkey as country expecting membership in the European Union should align its own coaching education and qualification system to European standards both in higher education system and national sport federations with cooperation of national sports authority.

Key Words: Coaching Education and Qualification, Turkey.

THE RELATIONSHIP BETWEEN THE COORDINATOR AND FORMATEUR PHYSCAL EDUCATION TEACHERS' DEDICATION STATUS AND THEIR PERCEPTION OF TRANSFORMATIONAL LEADERSHIP TYPES PROVIDED BY SCHOOL DIRECTORS.

Fethi Arslan[1], Günay Mehmet[2]

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ABSTRACT

The aim of this study is to examine the view of the formator and coordinator physical education teachers and the transformational leadership styles of the managers, to determine how much support is given by the managers for the formator and coordinator physical education teachers to prepare an efficient workplace in the future, and to enable the ministry to guide the concerned during the reorganizational process. In this study, descriptive and survey methods have been used in order to determine the existing situation. Firstly, the literature related to the field has thoroughly been reviewed and the findings of the previous studies have been examined. With the information gained, a theoretical framework for the thesis has been built in terms of various variables. Later, data has been collected by means of valid and reliable scales and questionnaires. This study has been conducted with the formator (N= 109) and coordinator (N= 56) physical education teachers participating in the in-service training seminar organized by the Ministry of National Education. In this study, data has been collected using "Transformational Leadership Scale" and "Organizational Commitment Questionnaire" developed by experts. In order to get the demographic information about the teachers and the transformational leadership styles of the managers, Bass and Avolio's (1990) Multi-factor Leadership Scale and the Multifactor Leadership Questionnaire 5 - x short (MLQ) developed by Podsakoffun (1990), translated and modified by İşcan (2002), were used. There was no significant difference in the commitment levels of the formator physical education teachers in terms of variables such as gender, work experience, and educational background. When the two groups were analyzed in terms of the commitment to educational affairs sub-dimension, female teachers were found to commit themselves more than the males. There were no significant differences in the commitment levels among the coordinator teachers in terms of the variables such as gender, work experience and educational background. In terms of commitment to educational affairs, there was a significant difference

between groups favoring the ones having a BA.The scores obtained by formator and coordinator physical education teachers from “The commitment scale sub-dimensions” were found to be identical. There was no relationship between the commitment levels of the formator physical education teachers and the transformational leadership styles of the managers. There was no statistical significant difference between the scores of the managers of the formator and the managers of the coordinator physical education teachers obtained from the transformational leadership style scale. In conclusion, we determined that there was no significant difference between the commitment levels of the formator and coordinator physical education teachers; the level of the transformational leadership styles of the managers were found to be close to each other.

Key Words: Formator Physical Education Teacher, Coordinator Physical Education Teacher, Transformational Leadership, Organizational Commitment.

COMPARISON OF THE PERCEPTION LEVELS OF PROFESSIONALISM OF THE FOOTBALL PLAYERS PLAYING IN TURKISH PROFESSIONAL LEAGUES BASED ON VARIOUS VARIABLES

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ABSTRACT

In our country, the term professionalism is mostly used for football and employees working for companies. Although there are many definitions of professionalism as a concept, it can be briefly summed up as a way of thinking and behaviour. Professionalism in football, as a licensed player, is to undertake to fulfil one's share of responsibilities during the training sessions and matches, by signing a contract for a determined period of time with a club. The purpose of this study is to measure the perceptions and attitudes of professionalism of the professional football players playing in the 2012-2013 Turkish Professional Football Spor Toto Super League, PTT 1st, 2nd and 3rd leagues and to compare and evaluate these perception levels by grouping them based on their years of professionalism, their yellow/red card and penalty status and their native/foreign status. The study consists of a total of 20 clubs and 400 football players within the Turkish Professional Football Leagues. Prepared for this purpose, the "Perception of Professionalism" scale was used to determine the perceptions and attitudes of professionalism of the athletes who participated in this study. The scale was prepared in English for the foreign players. The players were divided into two groups based on the level of their perception of professionalism; and, by applying the t-test, whether there was a significant difference between these groups was examined. Within the scope of the scale, the data obtained were evaluated in terms of individual and corporate professionalism.

Key Words: Professionalism, perception, professional footballer

LEVELS OF EDUCATIONAL SUPERVISORS ON SUPERVISING PHYSICAL EDUCATION TEACHERS IN TURKEY

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ABSTRACT

In this study, supervision levels of provincial educational supervisors in supervising physical education teachers was evaluated in line with teachers' views.

The research group consists of physical education teachers working in educational institutions in Turkey. The sample group of the study consists of 220 physical education teachers. In order to determine views of the research group a questionnaire developed by researchers was used. Data obtained from the research was analyzed through SPSS 17.0 package program. The Cronbach Alpha coefficient of the scale's reliability was found 0.875. Frequency and percentage tests was used in the analysis of the data, Mann Whitney U test was applied in comparison of two independent groups, and Kruskal Wallis H test was applied in multi-group comparisons. The statistical significance level was regarded as Alpha (α) level of significance, which was $p<0.05$.

Physical education teachers stated positive views for the expression of *"situation of investigating records of sport events during supervision and guidance by educational supervisors"* with average of 3.22. Physical education teachers stated negative views for the expression of *"situation of helping for usage of teaching tools and materials during supervision and guidance by educational supervisors"* with average of 1.80.

In conclusion, supervision and guidance should be done by branch supervisors in physical education lessons and some regulations should be done for this. And also educational supervisors should take some precautions to decrease physical education teachers' anxiety during supervision and motivate them.

Key Words: Physical Education Teachers, Provincial Education Supervisors, Guidance, Supervision

THE COMPARISON OF SCHOOL OF SPORT SCIENCES AND TECHNOLOGY STUDENTS' REASONS OF CHOOSING THEIR DEPARTMENTS, SPORT PARTICIPATION AND EXPECTATIONS FOR THE FUTURE

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ABSTRACT

The purpose of this study is to compare school of sport sciences and technology students' reasons of choosing their departments, sport participation and expectations for the future according to their department (physical education, coaching, and recreation). An 35-item questionnaire designed by Bavlı (2009) measured reasons of choosing their departments, sport participation and expectations for the future. Two hundred 1st,2nd, 3rd, and 4th grade students studying in physical education, coaching, and recreation departments (133 men and 67 women) participated in this study. A frequency/percentage and chi-square analyses were conducted to examine the survey. As a result of the study, students in the department of coaching had statistically lower scores of "develop the muscles" variables than students of other two departments for choosing their department. In addition, each students, naturally, marked the options that are related to their professions for "reasons of choosing their departments" and "student expectations for the future" items in the survey. For example, physical education department students marked the specific items (e.g., "to love the profession of teaching physical education" and "the desire to become a physical education teacher") higher than students in coaching and recreation departments. One of the interesting findings is that students in coaching department had higher scores in "not liking studying" survey item than other students in two departments. The other interesting finding is that students in the recreation and physical education department had higher scores in items "to be a faculty member in a university" and "to study abroad with related to their professions" than students in coaching. As a result, SBTYO students' have different opinions about "reasons of choosing their departments", "sport participation" and "expectations for the future" according to their departments . These results are in line with Bavlı's (2009) study.

Key words: Sport sciences, sport participation, choosing, expectations

THE OLYMPIC PERCEPTION OF THE STUDENTS IN THEIR SENIOR YEAR IN THE COMPUTER ENGINEERING DEPARTMENT IN IRAN THROUGH METAPHOR

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ABSTRACT

This study is conducted due to the need to determine the point of view of the senior students studying computer engineering in Iran Tebriz State University towards the concept of "Olympics". The main purpose of the study is to determine how the participants perceive this concept through metaphors. The participants are 63 students in their senior year in the computer engineering department in Tebriz State University in 2011. The participants' metaphors regarding the concept of Olympics are examined through content analysis method; the frequencies of the metaphors are found and their categories are formed. In this context, the process of the analysis and interpretation of the metaphors includes 4 steps - the detection of the metaphors, the classification of the metaphors, the categorization of the metaphors and validity and reliability assessment of the metaphors. In the study, the participants produce 32 metaphors regarding the concept of Olympics. With respect to their Olympic perceptions, Olympics as unity, Olympics as communication, Olympics as experience, Olympics as instructive and educatory, Olympics as competition, Olympics as reflective and Olympics as entertainment categories are formed.

Key Words: Olympics, metaphor, perception

EVALUATION OF ATHLETE SATISFACTION LEVELS OF CERTIFIED ATHLETES IN TERMS OF GENDER, SPORTIVE BRANCH AND SPORTS-AGE

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ABSTRACT

Aim, The study, with a survey model, aimed at evaluation of sports satisfaction levels of athletes in terms of some variables. The sample of the study was composed of 289 certified athletes (179 male athletes and 110 female athletes) of the clubs of Kayseri Province. Mean age was 14.05+3.04 and mean sports-age was 3.86+2.00. *Method,* Athlete Satisfaction Questionnaire developed by Chelladurai and Riemer (1998) with 56 statements was used in the study. These statements are five-point Likert type and are marked with "not at all satisfied"=1, "not satisfied"=2, "undecided"=3, "satisfied"=4 and "extremely satisfied"=5. Cronbach Alpha Value was .953 in the study. For the statistical analysis of the data, arithmetic mean and standard deviations were used. Kolmogorov-Simirnov test was employed in order to determine whether or not the data followed a normal distribution. For the parametric variables, t-test was used while for the non parametric variables, Kruskal Wallis and Pearson Correlation test were used. Level of significance was set at 0.05. *Finding,* in the study, there was no correlation between gender and Athlete Satisfaction level ($p>.05$) whereas there was statistically significant correlation between sports-age and sportive branch and Athlete Satisfaction level. *In light of the study results*; there was no significant difference in Athlete Satisfaction in terms of gender; which made us conclude that gender did not affect Athlete Satisfaction level. Also; Athlete Satisfaction levels of athletes of athletics were higher ($x=229.7$) than other branches but athlete satisfaction levels of athletes of boxing were lower than other branches ($x= 66.33$). It was seen that a correlation existed between sports-age and Athlete Satisfaction levels and as the sports-age increased, Athlete Satisfaction levels decreased ($x^2_{(3)}=20.33$; $p<.05$).

Key Words: Athlete Satisfaction, Certified Athlete, Sportive branch.

RUNNING HEAD: PSYCHOMETRIC PROPERTIES OF LEADERSHIP SCALE FOR SPORTS

INVESTIGATING THE PSYCHOMETRIC PROPERTIES OF LEADERSHIP SCALE FOR SPORTS -ATHLETE'S PERCEPTION OF COACH'S BEHAVIOR

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ABSTRACT

The purpose of the study was to investigate the psychometric properties of Leadership Scale for Sport -Athlete's Perception of Coach's Behavior version developed by Chelladurai and Saleh (1980) on professional athletes. The study was conducted with the athletes (n=783) of the teams which compete in basketball (Beko 1.League, TB2L, TKB2L), football (Bank Asya 1.League, Spor Toto 2.League, Spor Toto 3.League), handball (Super League, 1.League) and volleyball (Aroma 1.League, Aroma 2.League, Aroma 3.League) leagues. Leadership Scale for Sport which consists of 40 items under five sub-scales (training and instruction, democratic behavior, autocratic behavior, social support and rewarding behavior) was applied to the athletes. Confirmatory factor analysis and item analysis on the mean differences between 27% upper and lower groups were applied to the obtained data. Coefficients of internal consistency of the scale and its sub-scales were determined. Results of the confirmatory factor analysis revealed that the data fits well with the model ($\chi 2$= 2186.18 df=706, $\chi 2$/df=3.09, RMSEA=0.052, SRMR=0.052, NNFI=0.90, CFI=0.91, IFI=0.91, and GFI=0.88). Item analysis results showed that t-values of all items in the scale were statistically significant ($p<.01$, $p<.05$). Cronbach's alpha coefficients of the sub-scales were varied between 0.58 and 0.91 and general Cronbach's alpha coefficient of the scale was 0.94. It is determined that the Leadership Scale for Sport - Athlete's Perception of Coach's Behavior version is a reliable and valid measurement tool which can be used on professional athletes.

Key Words: Team sports, leadership, reliability, validity

INSPECTION OF SOME PHYSICAL AND PHYSIOLOGICAL FEATURES OF STUDENTS ATTENDING PHYSICAL EDUCATION AND SPORTS TEACHING DEPARTMENT DURING THEIR FOUR YEARS EDUCATION

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ABSTRACT

In this study, some physical and physiological features of students, who study at Physical Education and Sports Teaching Department have been measured and evaluated during their four years of study. From the beginning of the first year, their body weights, body fat percentages, vertical jumps, flexibility values, anaerobic and aerobic powers have been measured at the end of the first term for four years.

70 male, 50 female and in total 120 School of Physical Education and Sports students who have read and signed the informed consent form accepted taking part in the study voluntarily. In the first year of the study, the students' age, height and body weight averages were; in order, for males 20,01 ± 1,26 age, 179,83 ± 6,25 cm and 68,61 ± 7,13 kg, for females 19,12 ± 1,06 age, 167,37 ± 6,05 cm and 51,66 ± 6,44 kg.

Measurements have been carried out by the same professionals during four years. Repeated measures analysis has been used for the evaluation of data gathered from the measurements. The results have been evaluated at 0,05 and 0,01 levels.

Key Words: Physical education and sports, teacher, performance, physical, physiological

VALIDITY AND RELIABILITY TESTS OF SELF-EFFICACY SCALE FOR PHYSICAL EDUCATION TEACHERS

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ABSTRACT

Aim: The aim of the study was to design a scale that could measure Self-efficacy of physical education teachers. Material And Method: The sample group of the study was consisted of 458 physical education teachers who taught at primary schools and high school of Ministry of National Education during 2011-2012 academic year. As the data collection tool; Self-efficacy scale composed of 36 items was used. For the analyses of the data obtained; SPSS 14.01 for Windows package program and LISREL software were used. Barlet test was employed whether or not the data were suitable for factor analysis. Keiser-Meyer-Olkin (KMO) test was used in order to find out sampling adequacy. Exploratory and Confirmatory Factor Analyses were used for the structure validity of the Self-efficacy scale for the physical education teachers of the study. Cronbach Alpha Coefficient was calculated for the internal consistency of the scales obtained after exploratory and confirmatory factor analysis. Findings: It was found out that as the result of the explanatory factor analysis, 32 of the items analyzed were grouped under eight factors with eigenvalue > 1 and factor loading of the items was above 0.65. It was calculated that explanation rate of total variance of Self-efficacy scale was 74,747. As the result of the confirmatory factor analysis -the second phase of structure validity after explanatory factor analysis-; X^2/sd value, RMSEA and SRMR values were within acceptable ranges while NFI, NFFI and CFI values were within satisfactory consistency. According to these values, it was concluded that the model established was a suitable model as far as the current data were concerned. As the result of Exploratory and Confirmatory Factor Analyses; when Cronbach Alpha Coefficients were investigated; we could say that Self-efficacy in Technology-Use (0.904), Self-efficacy in Classroom Management (0.873), Self-efficacy in Academic Proficiency (0.879), Self-efficacy in Accessibility to the Sources and Supports (0.868), Self-efficacy in Verbal and non-Verbal

Communication (0.851) , Self-efficacy in Planning (0.875), Self-efficacy in Special Education (0.920), Self-efficacy in Assessment and Evaluation (0.878) and General Self-efficacy (0.927) had high reliability. Result: It was concluded as the result of the factor analysis that Self-efficacy Scale for Physical Education Teachers –with 32 items and 8 subscales- was a reliable and valid scale in order to measure Self-efficacy of the physical education teachers.

Key Words: Physical Education Teacher, Self-efficacy, Validity, Reliability

EVALUATION OF SELF-EFFICACY AND ORGANIZATIONAL CITIZENSHIP BEHAVIOR OF PHYISICAL EDUCATION TEACHERS

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ABSTRACT

Aim**:** The aim of the study was to establish whether or not there was a correlation between Self-efficacy levels and organizational citizenship behavior of physical education teachers. Material And Method: The sample group of the study was consisted of 458 physical education teachers who taught at primary schools and high school of Ministry of National Education during 2011-2012 academic year. In accordance with the study objectives; descriptive and relational survey models were used and the data were gathered using questionnaire method. The questionnaire was composed of Personal Information Form, Self-efficacy Scale and Organizational Citizenship Behavior Scale. For the analyses of the data obtained; SPSS 14.01 for Windows package program and LISREL software were used. The correlation between Self-efficacy and organizational citizenship behavior of the physical teachers was analyzed using Structural equation modeling. Findings: As the result of Structural equation modeling used in order to investigate the Self-efficacy and organizational citizenship behavior of the physical teachers; it was concluded that X^2/sd values (2,84), RMSEA (0,064), SRMR (0,056) and NNFI (0,96) values were within acceptable consistency ranges while NFI (0,95) and CFI (0,97) values were within satisfactory consistency. In this sense; it was concluded that the model established was a suitable model as far as the current data were concerned. There was a positive correlation between Self-efficacy of physical education teachers and voluntariness (0,64), conscientiousness (0,73), organizational virtue (0,69), benevolence (0,69) and sportsmanship (0,52). An increase of 1 point in the Self-efficacy scale will result in an improvement of voluntariness by 0.64, of conscientiousness by 0.73, of organizational virtue by 0.69, of benevolence by 0.69 and of sportsmanship by 0.52. On the other hand; a decrease

of 1 point in the Self-efficacy scale will decrease voluntariness by 0,64, conscientiousness by 0,73, organizational virtue by 0,69, benevolence by 0,69 and sportsmanship by 0,52.
Result: It was found out organizational citizenship behaviors of the teachers decreased or increased depending on the increase or decrease in Self-efficacy of the teachers.

Key Words: Physical Education, Education Management, Teacher, organizational citizenship behavior, Self-efficacy.

STUDY REGARDING THE STUDENTS' LONELINESS LEVEL BETWEEN SPORT MAKERS AND NON-SPORT MAKERS IN SECONDARY SCHOOL

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ABSTRACT

The general purpose of the study is to search students' loneliness level between sport makers and non-sport makers in secondary education. Besides other effects such as, gender, age, education level of parents, place of living, type of sports, level of sports making, frequency of training, has been discussed that may influence loneliness level. The total of 206 students of study group has been chosen from 159 students who makes sports and 47 who does not. "UCLA loneliness measurement" that considered of 20 questions and personal information form that considered 9 questions have been used as a data collection method. The collected data was reviewed within Windows SPSS 15.0 package program. Evaluation had been made by using "t test" and one way variance analysis. The results of the study showed that sport has a positive effect on loneliness level, where sport maker students have less loneliness level compared to non-sort maker students. Male sport maker students have more loneliness level then female sport maker students. The age was also a factor on loneliness level. On the other hand sport maker students living in village/smaller towns have more loneliness compared to living in larger cities. The loneliness level has no significant difference between sport maker students fathers' education level and non-sport maker students mother education level. However the loneliness level of sport maker students, who have illiterate mothers, was more than non-sport maker students, who have university graduated fathers. It has been observed that loneliness level increase on sport maker students if they have training session of 5 days or more in a week.

Key Words: Loneliness, Sports, Secondary School Student

A COMPARASION OF MULTIPLE INTELLIGENCES OF UNIVERSITY STUDENTS WHO DO SPORTS REGULARLY AND THOSE WHO NOT DO

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ABSTRACT

The aim of this study is to present the similarities and differences between the multiple intelligences of university students who do sports regularly and those who do not. 1580 students studying at different departments at Ondokuz Mayıs University and Ondokuz Mayıs Vocational Police High School during the Academic Year 2010-2011 participated in the study. The students were asked to complete an information form and a "Multiple Intelligences Questionnaire". T test was used for the statistical analyses. The data were analyzed through SPSS. 15 package program. Verbal, interpersonal and bodily- kinesthetic intelligence scores of the students who do sports regularly were significantly higher than the scores of the students who do not ($p<.001$). Visual and musical intelligence scores of female students were higher at the level of $p<.001$ and their interpersonal scores were lower at the level of $p<.05$ than the male students'. Among the students who do not do sports regularly, there were significant differences in verbal, visual and musical intelligences at the level of $p<.001$ in favor of female students while there were significant differences in interpersonal intelligences at the level of $p<.05$ in favor of male students. In terms of gender; verbal and interpersonal intelligence scores were higher and significantly different in male students while visual and musical intelligence scores were higher and significantly different in female students ($p<.001$). Verbal and interpersonal intelligence scores of the students who do team sports were higher ($p<.001$), while mathematical, visual, interpersonal, intrapersonal and naturalistic intelligence scores of the students who do individual sports were higher ($p<.05$,$p<.001$). Among students who do sports regularly, differences between bodily-kinesthetic and interpersonal intelligence scores of male students and differences between bodily-kinesthetic, interpersonal and mathematical intelligence scores of female students were significant ($p<.001$ and $p<.05$). Visual and musical intelligence scores of female students who do both

individual and team sports were higher than male students' ($p<.001$). Result: It has been found that doing sports regularly has a positive effect on verbal, interpersonal and bodily-kinesthetic intelligence. Therefore, the students should be made to benefit more from sports activities and they should be encouraged to do sports more.

Key Words: Sports, multiple intelligences

A COMPARISION OF MATCH ANALYSIS AND PHYSIOLOGICAL DEMANDS OF SOCCER WITHIN THE CONTEXT OF OFFSIDE RULE REVISION

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ABSTRACT

A player is in an offside position if he/she is closer to the opponent's goal line than both the ball and the second-to-last defender, but only if the player is on his opponent's half of the pitch. Offside rule applies to half court. If the offside rule is revised and applied to one-third of the pitch, offside area will be narrowed. Such a modification of the rule will provide to active play area to expand. The purposes of this study are to measure and evaluate if whether there are alterations in terms of distance covered, and match analysis parameters between matches which played with offside rule and revised offside rule. A home-away league organized for the study. For every match, one competition played with offside rule and other played with revised offside rule. Total, slow, mediate and high speed distance covered increase significantly in competitions with revised offside rule. Short pass and dribbling increased significantly in competitions with revised offside rule while long pass and offside decreased significantly. Consequently, by the revising offside rule, active area enlarged and it makes the game more dynamic.

Key Words distance covered, offside, match analysis

EXAMINING TEACHER CANDIDATE'S CRITICAL THINKING SKILLS

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ABSTRACT

The objective of this study is examining the differences of critical thinking between Physical Education and Sports College students and teaching students from various faculties and concordantly to designate the tendency of Physical Education and Sports College students' critical thinking. Research sample is composed of students from Selçuk University ve Karamanoğlu Mehmetbey University Physical Education and Sports College, Necmettin Erbakan University, Education Faculty, Departments of Turkish, Mathematic, Religious Culture and Moral Knowledge Teaching. Total number of the sample is 200, while 102 is male and 98 is female ($\bar{x}_{age}$=22,22 $\pm$ 1,866). To reach the objective of research, To find out some of the teacher candidates' personal information, "Personal Information Form" and to measure the skills of critical thinking, "California Critical Thinking Disposition Inventory" is asked to the participants. To analyze and interpret the data, Kolmogorov-Smirnov test , t test and Anova test are used and while having the in-group differences by Tukey Test, significance level is accepted P<0,05. SPSS (Statistical package for social sciences) software program was used to evaluate data and to find out the calculated values. As a consequence of the study, there is statistically significant difference ($\overline{X}$ = 212,23 P=0,013<0.05) between gender of participants and mean of points from critical thinking disposition inventory. To reach an overall consequence, it might be said that gender differences has a significant effect on critical thinking tendency. There is no significant relation between department of students and their critical thinking tendency. According to findings, it can be said that qualities of departments is distinctive for each other considering their own cultural differences.

Key Words: Physical Education, Student, Critical Thinking

THE EFFECTS OF THE COMBINED EXERCISE IN WATER ON MOTOR CAPABILITIES OF GIRLS IN THE ELEMENTARY SCHOOL

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ABSTRACT

In the ontogenesis period, in which the most significant development of certain capabilities and characteristics of a person take place, it comes to increment of adaptive potential and creation of especially favourable prerequisites for formation of certain motor skills (Spamer, 2002). Unfortunately, the physical education classes in school are the only form of motor activities for the most of young people (Kovač, 2007). The aim of this study was to determine the effects of combined aquatic program (swimming and aqua aerobic) and transformation processes of motor capabilities of girls in the elementary school. Methods: The study included 60 children (female), of the age of 11 (±0,6) years. The examinees were divided into two subsamples, experimental group of the aquatic program (n=30) and a control group of girls not active in sports (n=30). In addition to regular school classes of physical education, the experimental group also attended swimming school and aqua aerobic program, while the control group attended only regular school physical education classes without additional sport activities. The combined exercise of aquatic program was carried out within the period of 1 school year, three times a week/60 minutes. Throughout the research, a series of 12 motor tests was applied (standing long jump, standing high jumping, 20 m running with high start, arm/hand plate tapping, foot tapping against the wall, aabdominal sit-ups, movement/mobility in air, side steps, forward/flexibility front bench bent, lateral leg flexibility, balance on one leg/foot open eyes and balance on two legs/foot). For analysis of quantitative values of variables and their relations, the discriminative analysis was used at invariant and multivariate level. For determination of quantitative differences a discriminative analysis in manifest space was used (Rađo, 2002). Results: Central and dispersive parameters demonstrated differences between the groups whereby the difference of covariance matrices was statistically significant (Sig.= ,000). Observing the results of discriminative analysis with indicators of significant variations between experimental and control group in motor capabilities, a statistically significant canonical discriminative function was obtained that had a statistically significant value (Can. Correlation = ,861). Results of multivariate analysis of the variance demonstrated that the applied aquatic program combined with regular physical education classes in the

school had led to statistically significant quantitative changes in multivariate space of analyzed variables. Conclusions:The research demonstrated that the attendants of an annual aquatic program exercise had significantly improved basic motor capabilities in comparison to their peer group not active in sports. In water environment the forces to extremities manifest differently that on a dry land thus the body spontaneously adjusts to those other movements and becomes more motor capable. Based on that, it can be concluded that the process of additional physical exercise in water, makes significantly better impact on transformation processes than the application of only physical education classes in the school.

Key Words: Motor capabilities, girls, water exercise

INVESTIGATION OF HAND GRIP STRENGHT PERFORMANCE ON AIR GUNS SHOOTERS

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ABSTRACT

Purpose of this study to effect of hand grip strength on shooting performance.17 young subjects 8 male (age=20,11±0,9 yr; height=176,8±6,6 m; mass=23,9±2,8 kg) 9 female (age=20,25±1,16 yr; height=161,25±1,75m; mass=22,37±1,9 kg)were participated in this study who they are university student. They are competing Turkish University League. Subjects were considered active, participating in your branch, had no prior history of illness and were without injuries. Performance was measured according to International Shooting Sport Federation Official Statutes (ISSF) rules. Events recognized by the ISSF are:

10m Air Pistol	Men	60 shots standing
10m Air Rifle		
10m Air Pistol	Women	40 shots standing
10m Air Rifle		

and hand grip strength was assessed using hand dynamometers. There test values were 2 times performed. Independent and paired t test were used as statistical method.
Higher hand grip strength shooters have better performance than others and there was found significant relationship hand grip strength and performance female air guns shooters($P<0,05$). Correlation analysis of significant regressions indicated that, positive correlations between hand grip strength and the result of performance variables on air guns shooters.

Key Words: Postural Static Balance. Performance. Investigation. Shooters

THE STRUCTURE AND THE CHANGES OF ANTHROPOMETRIC AND MOTOR DIMENSIONS BETWEEN HANDBALL PLAYERS AND FOOTBALL PLAYERS

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ABSTRACT

This study is done among collective sport athletes (Handball players and Football players). The subjects come from two Drenica region clubs. The total number is forty active team members: Twenty players from KH "Drenica" in Gllogovc, members of Kosovo's Handball first league and twenty players from KF "Drenica" in Skenderaj, first league players in Football. The purpose of this research was the confirmation of the differences between the two groups in anthropometric and motor fields, and also the verification of the relations of anthropometric and motor dimensions between these two teams. Of the four variables of anthropometric dimensions and six variables of motor dimensions, significant differences were shown in four of them: body height, high jump from the ground, the throw of the 500 gram ball and 100 meter running. It is also verified that among several variables of the two athlete groups appear interesting correlations. The results show significant anthropometric and motor specifications between Handball and Football players, which are certainly useful information for planning the training process for these two sports.

Key Words: anthropometric structure, motor structure, Handball players, Football players.

METHODOLY OF TRAINING ATHLETES IN MIDDLE AND LONG DISTANCE RUNNING

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ABSTRACT

With the aim of examining the issue of training methodology which is used by Kosovar athletics coaches for training athletes for long and middle distance running disciplines, 12 coaches from the athletic clubs of Kosova have been interviewed. A written questionnaire has been used to obtain the different opinions of all the coaches. The questionnaire contains 8 questions related to the investigated issue and it has been filled in voluntarily.

The analysis of the questionnaire through the inductive method has resulted in a real reflection of the work methodology of our coaches. While most of the questions have been answered in compliance with modern worldwide athletic trends, two questions are an exclusion, wherein the answers differ with the fore mentioned trends. The athletics coaches in Kosova apply training methods mostly in compliance with the methodology used in countries where athletics is well advanced. Regarding interval trainings, our coaches appoint resting in between sets by time units (seconds and minutes), as opposed to the athlete's pulse rate.

Key Words: methodology, coach, training, athlete, running.

COMPARISON ANALYSIS OF SHOT PUT TECHNIQUES IN HIGH SCHOOL STUDENTS

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ABSTRACT

Recently there have been done continuous efforts to identify the most effective technique of shot put in athletic discipline. With the aim of proving which one of the techniques of shot put is more effective in pupils, the research amongst sample of 100 pupils of secondary school (17 years old) was conducted. Through method of T–test there was proved that even systematic differences that complies with glide shot put technique, there are no significant statistical differences amongst glide and school techniques.

Even the school technique is used only in schools and with its own structure it presents one part of glide technique, the obtained results from students still keep it as a separate technique. Knowing the strengths of glide technique it was expected to prove the important differences related to glide techniques. From the results of the study it can be concluded that in schools, during working with pupils, there can be used both abovementioned techniques for shot put in athletics.

Key Words: technique, shot put, glide, school, spin, pupil.

DIFFERENCES IN MOTOR ABILITIES OF QUALITY KAYAKERS AFTER THREE MONTH TRAINING COURSE

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ABSTRACT

The aim of this study is to evaluate the effects of three months training on transformation of the motor abilities of quality kayakers. In a sample of 32 kayakers, from 9 clubs in B&H, aged 18 to 30 years, the system of a total of nine (9) tests for assessing the motor skills was applied.

On the basis of tests of statistical significance of mean differences between initial and final measurements (t-test) of motor abilities, it is determined that they are statistically significantly different at the level of .00 ($p = .00$).

Based on the results obtained in the second test of motor abilities it is determined that they have significantly improved compared to the first test, which indicates that the training process was well programmed.

Key Words: Motor abilities, runners, transformation, training, variables

ASSESSMENT OF AEROBIC ABILITIES OF 5 GROUPS OF SPORTSMEN AND DIFFERENCES BETWEEN THEM

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ABSTRACT

Sport is characterized with high level of training for competition in international and national competitions. The purpose of this survey is to ascertain the differences in some aerobic abilities in five groups of sportsmen of Kosovo's first category. The 150 sportsman of five sports branches of Kosovo's superior category: football, basketball, athletics, boxing and tennis.

The results tell that explosive force abilities is more developed in basketball players who perform many jumps during the game, as well as speed running in short distances up to 20 m. While athletes of middle and long running distances where aerobe ability dominates, respectively the endurance, have achieved low rate in explosive force. Meanwhile the tennis players, in general are characterized with low indicator of aerobe abilities as well as the motor abilities, is an indicator of bad preparation and inappropriate selection of the youth for this sport's discipline.

Key Words: Differences, aerobic abilities, sportsmen, discriminating

THE MOTIVES THAT ENCOURAGE YOUNG PEOPLE TO PLAY SPORTS

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ABSTRACT

This study was done in "Gj.K. Skenderbeu" High School in Gllogoc, during 2010-2011. The samples of subjects were taken from both sexes. The general number is 318 students. Students are divided in two equal groups, 159 female and 159 male. This research is done through a questionnaire that contains 9 questions: taking care of health, harmonious development of body, avoiding the stress, desire to find new friends, desire not to be separated from friends, ambition to establish themselves in society, the aim to improve the socio-economic status, promotion from sports teacher and other motives. The purpose is to know which are the main motives that are stimulating the students to play sports, and whether there are motive differences between the different sexes to play sports. The students were instructed to speak of one of the nine motives as their most important one, then the second most important one and the least important one, always taking care that the motive is not the same for the three levels of importance. The results show that the differences between the sexes on motives to engage in sports are big, which is certainly useful information for orientation of young people towards different sports.

Key Words: motivated, stimulation, questionnaire.

PRECISION AND THE RELATIONS BETWEEN DIFFERENT SHOOTING POSITIONS IN BASKETBALL GAME

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ABSTRACT

In order to assess the precision of throws in the basket, 67 players from four teams of the Super League of Kosovo were tested, aged 16-18 years old. Four groups of tests were used: the first group consists of five throws in the basket from the left towards the basket - MPBGJA; the second group consists of five variables of throwing the ball in the basket from the left corner of 45^0 toward the basket - MPBGJ45^0; the third group of variables consists of five throws in the basket at a distance of 6.25 m from different directions to the basket - MPBGJ6M; the fourth group consists of free throws in the basket from the free throw line - MPBGJL. According to the results of the throwing in the basket, it is concluded that the efficiency of throws in the basket for the four groups and different distances of the tests is almost proportional, and the distribution for all variables was within normal limits. From the matrix of correlation we notice that coefficients of statistical significance are almost all grouped according to the same way of execution. The highest connectivity is achieved among those variables that are executed from the distance of 6.25 meters (MPBGJ6M). The values of linking coefficients of these variables vary from the lower values of 0.26 up to the highest value of 0.57, so that these tests form a homogeneous group of this connection system. However, analyzing the correlation matrix we see that the statistically significant coefficients are related by the same way of throws. The highest connectivity is achieved between the variable, side throw (MPBGJA) with motor variable of specific precision, throws in basket from the angle of 45^0 (MPBGJ45^0), where the correlation coefficient value is 0.505. These two tests have also a similarity in the way of throws, and a connection at the level of 0.01 is expected.

Key Words: basketball precision, position players

INFLUENCE OF PHYSICAL EDUCATION TEACHING PROGRAM DURING A SCHOOL YEAR ON SOME MOVING SKILLS AMONG BOYS OF 14-15 YEARS OF AGE

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ABSTRACT

35 boys aged 14-15 years were included in this study, all of them full-time high students in the Private College "Aga Xhite" Ferizaj-Kosovo. The purpose of the study was to determine the influence of the physical education program in improving the motor skills within a school year, which program is program approved by the Ministry of Education of Kosovo with a fund of two classes a week. In addition to physical education program of two classes a week, additional classes in athletics competitions in sprint and middle distance running were held, distance jumping, competitions in three sports games: Football, Basketball and Volleyball, water activities for seven days, and five days skiing within a regular school year. Two measurements were conducted in three motor variables: standing long jump, arms contraction and stretch and 60 m distance running. Initial measurements carried out at the beginning of the school year into three motor variables were compared with the final measurements at the end of the school year to the same variable. With Canonical Discriminant Analysis method was confirmed that there were positive changes of motor skills as a result of the program in question.

Key Words*:* impact, program, physical education, positive change

THE NEED FOR MODIFICATION AND ADAPTATION OF SYLLABUSES OF RHYTHMIC AND DANCE BASED ON THE REQUIREMENTS OF CONTEMPORARY EDUCATION

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ABSTRACT

The purpose of this research was to learn about the students attitude and their knowledge (obtained through primary and secondary education),for the content of the syllabuses, based on the criteria of the new (Bologna) educational system. The research was conducted at the Faculty of Physical Education in Tetovo, and Universi College in Prishtina, during the academic years 2010/2011 and 2011/2012, among N = 115 number of students. Students were tested by questionnaire. The questionnaire results proved that the largest percentage of primary schools (58%) and high schools (76%) own sports halls. Also, it was proven that 100% of students did not learn any element of rhythmic gymnastics, their sports halls have no rhythmic gymnastics requisites or if they had, they were not been used at all, as well as the fact that no one could not name rhythmic gymnastics requisites (apparatus). The questions regarding the dancing, 100% of students answered that in primary and secondary schools they have not learned any folk, modern or fun dance. Finally, the last question was their general culture knowledge about social or folk dances, 14% of students answered positively, 6.5% of them can dance the Shota and 7.5% Pajdushka. From the above results, it is seen that a significant percentage of schools own sports halls but unfortunately they do not have rhythmic gymnastics requisites, or if there are any, they do not use them, no lessons were learned about the rhythmic gymnastics and modern or folk dances, which would confirm the fact that these classes do formally exist in their syllabuses. This makes us rely only on basic rhythmic and dancing exercises during the preparation of syllabuses, which are used the most in our country. We recommend that Rhythmic and Folk dances to be separate subjects.

Key Words: rhythmic gymnastics, dancing, syllabus, questionnaire.

ASSESSMENT OF STUDENTS OF THE FACULTY OF PHYSICAL CULTURE WITH SOME SUGGESTED TESTS FOR GYMNASTS

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ABSTRACT

There are many important physical and technical components for successful performing of gymnastic exercises. Psychomotor skills, such as flexibility, strength, etc. as well as specific morphological characteristics are crucial for high scores in sports gymnastics. The purpose of this study was to evaluate the morphological indicators and functional motor skills of students in Faculty of Physical Education in Tetovo and Universi College in Prishtina. These results are compared with results published on Topendsports and Eurofit websites. The survey included 52 full-time male students. The following morphological characteristics were measured: body height, body mass, and body fat. From the motor skills are measured: sit and reach flexibility, 20m running, standing high jump, handgrip strength, push-ups, sit-ups for 30". For the functional abilities is used the 20m shuttle running test (Beep test). Also for morphological characteristics are calculated body mass index BMI and Body Types. The results show that the largest percentage of students belong to mesomorph category (55%), which justifies the fact that students from the Faculty of Physical Education usually have an average body height and are well built, 35% endomorph and 10% ectomorph. The analysis of body mass index shows that 70% of students are of normal weight, and this fact shows that they usually have normal body proportions, 30% are overweight, which percentage is too high for a student of Faculty of Physical Education, and there are no underweight student. Motor skills tests analysis show that in almost all tests, students belong to the average group, but worrying is the fact that nearly half of the number of students (49%) are below average and very weak on the test of functional capacity (VO2 max or maximal aerobic capacity). These results can be used for comparison with students from other centers.

Key Words: gymnastics, anthropometry, motor, VO2, BMI, body types.

THE NEED FOR MODIFICATION AND ADAPTATION OF GYMNASTICS SYLLABUS BASED ON REQUIREMENTS FOR CONTEMPORARY EDUCATION

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ABSTRACT

The purpose of this research was students knowledge (obtained through primary and secondary education), and their attitude to the syllabus content, based on the criteria of the new educational system (Bologna). The research was conducted at the Faculty of Physical Education in Tetovo, and Universi College in Prishtina, during the academic years 2010/2011 and 2011/2012, with the number of students N = 115. Students were tested by questionnaire and practical evaluation. The questionnaire results proved that the largest percentage of primary schools (58%) and high schools (76%) own sports halls, but they don't have all the necessary gymnastics tools, or they have 1-3 main or auxiliary tools. It was shown that 85% - 92% of students in primary and secondary schools do not have gymnastics exercises. Also, it was proven that 100% of students do not know which are the tools for men and which for women, as well as 75% do not know any gymnastics exercise, while others had halved exercise names. From practical assessment we also realised that no students had a fairly gymnastic exercise based on the technique of execution, even though someone was trying to make a gymnastic exercise, but they realized them with many errors. Which Gymnastics apparatus that they most prefer, students gave answers according to this sequence: 1. Floor (Acrobatics), 2. Parallel Bars 3. Horizontal bar, 4. Vault, and apparatus with less interest were: 5. Uneven bars, 6. Rings, 7. Balance beam and 8. Pommel horse. Based on the obtained results, we can conclude that the teaching one-semester gymnastics Syllabus (15 hours of lectures and 30 hours of exercises), is not enough for all these sets of exercises, and it would be sufficient only for basic exercises for each apparatus, or in some of them, which are mostly preferred by students. We recommend that Acrobatic and Gymnastics on apparatus to be separate subjects, with bigger fund of classes.

Key Words: gymnastics, syllabus, questionnaires, practical assessment, favorite apparatus.

RELATIONS OF SOME MORPHOLOGICAL FEATURES AND BASIC MOTOR AND SITUATIONAL SKILLS AMONG 17 YEAR OLD BASKETBALL PLAYERS

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ABSTRACT

The purpose of this paper is the authentication of the level of correlation between morphological characteristics and basic motor and specific skills among 17 year old basketball players. In this paper are treated 60 basketball players who train in basketball schools in the city of Prishtina and Gjilan. A total of 14 tests were used: for the assessment of morphological features are used 5 tests, for the assessment of motor skills are also used 5 tests, whereas for the assessment of situational motor skills are used 4 tests. From the results obtained it can be concluded that the respective values of morphological and motor indicators didn't deviate significantly from normal distribution. Significant correlations ($p = 0.05$) appear among all morphological variables, except the perimeter of the thigh, which does not have a significant correlation with any other morphological variable. In the area of basic motor skills important correlations among all variables are present. In the area of situational motor indicators, the test shooting the ball in the basket in the same direction and shooting of the ball into the basket in 45^0 angles, are not correlated with any of the tests from the area of basic motor skills. Significant correlations between morphological characteristics and motor skills which are indicators of explosive strength and flexibility are present. Meanwhile, the correlation coefficients between indicators of morphological area and indicators for assessing the situational precision do not have any statistical significance. The results obtained may be useful information for researchers and lecturers, on the interrelationship of morphological indicators and motor skills among basketball player of this age.

Key Words: Basketball, methods, variables, morphological characteristics, skiles the basic motor specific, correlations etc.

DIFFERENCES BETWEEN CHILDREN IN SOME MORPHOLOGICAL INDICATORS INFLUENCED BY PHYSICAL EDUCATION'S CURRICULUM

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ABSTRACT

The aim of the research is basically related to the differences between children in relation to some morphological indicators under Physical Education's learning program. In the research were included 400 students, aged 14 (±6 months), coming from four different cities (100 participants per each city): Prishtina, Tetova, Presheva and Struga, in particular those who attend PE classes. Throughout the research (experiment), there were used 10 different morphological parameters. According to these basic parameters it is clearly presented that all participants have demonstrated differences in rate, despite the participants coming from Tetova that have demonstrated higher rates in most morphological indicators. Using the univariate analyzing method (ANOVA) including the 4 groups, it is clearly seen that parameters such as: body height, body weight, leg length, foot size, arm perimeter, thigh perimeter, cartilage perimeter, knee diameter and ankle diameter present important statistical values of 0.000.The study reveals that physical education's learning program present an extremely important indicator in transforming morphological indicators.

Key Words: Children (participants), physical education, morphological indicators, differences.

DIFFERENCES OF SOME PARAMETERS IN THE MORPHOLOGICAL AND MOTOR SPACE ASSESSMENT WITH STUDENTS OF DIFFERENT CHRONOLOGICAL AGES

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ABSTRACT

The research has been conducted in order to determine possible differences in morphological characteristics and motor skills among male students of different chronological ages. The sample consisted of 150 examinees divided into 3 groups, that is 3 sub-groups each consisting of 50 students. The examinees were at the ages of 13, 14 and 15, who have not been involved in organized extracurricular activities out of their regular classes of physical education. The variable sample was made up of 7 (seven) variables for the morphological characteristics assessment and 8 (eight) variables for the motor skills assessment. The applied analysis of variance and multivariate analysis provided results which indicate the existence of statistically significant difference between the three sub-sample groups in both spaces (morphological and motor).

Key Words: morphological characteristics, motor skills, students, chronological ages

RELATIONS OF MAXIMAL STRENGTH OF ARMS, LEGS, AND BODY WITH EXPLOSIVE, REPETITIVE AND STATIC STRENGTH OF ARMS AND LEGS AMONG STUDENTS OF FACULTY OF SPORT SCIENCES IN PRISHTINA

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ABSTRACT

Maximal body strength defined as the ability to mobilize the largest number of motor units in order to meet the external resistance with only one attempt, presents important factor and at the same time has important impact in the level of manifestation of other dimensions of strength. To prove this, this research was conducted with the students Physical Culture. In the research were included samples of 91 students of the Faculty of Sport Science in Prishtina. This sample was treated with 3 motor variables that measure maximal strength (Bench Press, Dead lift and Squad) and 15 motor tests which measure explosive, repetitive and static strength of arms and legs. The main aim of the paper was to verify the possibility of predicting results in tests of explosive strength, repetitive and static arms and legs based on the results of the maximal strength of arms, legs and body, as measured by the test One Repetition Maximum (1RM).

The main methods used, were descriptive statistical methods and linear regression method. The data were processed by statistical package for social sciences SPSS version 18.0.

The obtained results have shown that the maximum strength tests are important predictors in predicting results in all cases and in this way it is proved that the maximal strength is significant factor in the manifestation of other factors as well such as explosive strength, repetitive strength and static strength.

Key Words: Maximal Strength, Relations, explosive strength, repetitive strength, static strength.

COMPARISON ANALYSIS OF SHOT PUT TECHNIQUES IN HIGH SCHOOL STUDENTS

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ABSTRACT

Recently there have been done continuous efforts to identify the most effective technique of shot put in athletic discipline. With the aim of proving which one of the techniques of shot put is more effective in pupils, the research amongst sample of 100 pupils of secondary school (17 years old) was conducted. Through method of T–test there was proved that even systematic differences that complies with glide shot put technique, there are no significant statistical differences amongst glide and school techniques.

Even the school technique is used only in schools and with its own structure it presents one part of glide technique, the obtained results from students still keep it as a separate technique. Knowing the strengths of glide technique it was expected to prove the important differences related to glide techniques. From the results of the study it can be concluded that in schools, during working with pupils, there can be used both abovementioned techniques for shot put in athletics.

Key Words: technique, shot put, glide, school, spin, pupil.

FACTOR VALIDITY OF SOME TESTS FOR ASSESSMENT OF EUROFIT BATERY

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ABSTRACT

In this work as a research object were anthropometrical, motorical and functional abilities among students of 11, 12, 13 and 14 years of age in both sexes. To fulfill the objectives of the research, it was applied a sample group of 400 respondents from male and female (200 respondents by sexual identity), pupils from primary schools in Republic of Macedonia, divided in 8 subsamples (50 respondents from each generation of both sexes). For the used sample of respondents, 64 variables were applied to evaluate the above abilities and characteristics. The research established the basic descriptive statistical parameters, inter co-relational matrix as well as factorization using Hoteling Method of first major component of certain tests that our literature is shown to be very correct in the methodological aspect for assessment of the above mentioned features and capabilities defined by *Eurofit fitness test battery for children*. There are received testing batteries for each age and sex separately 11, 12, 13 and 14 year of age, as well as battery of tests for children of both sexes separately from 11-14 years of age. Based on all mentioned above there are derived many findings, so the conclusions are presented in the form of attached batteries for each segment separately.

I may freely say that the results obtained show new scientific information, thus fully enrich theory of kinesiology, in order to obtain more subtle and more metric - valid tests for evaluation of anthropological status of youth. Thus the contribution is given not only national but also beyond. We hope these results will be interested in research and European public, as they largely have shown that a necessary correction of the already established Eurofit battery is needed in promoting new more valid factorial tests obtained in such or similar surveys, all that in order to obtain more valid data necessary for the proper monitoring of the developmental aspects of the physical fitness of European youth.

Key Words: Eurofit fitness, children, anthropometric, motor skills, functional abilities.

SYSTEMIC TEACHING CONTENT OF HANDBALL TACTICAL OFFENSIVE AND ITS IMPACT ON THE TACTICAL DISPOSITION AND SCIENTIFIC THINKING

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ABSTRACT

The study aimed to:1 - constructing tactical offensive content Handball according systemic teaching. 2 - detected after systemic teaching in tactical disposition of the handball game on third level students in the Faculty of Physical Education. 3 - detected after systemic teaching in scientific thinking among students in the third stage in the Faculty of Physical Education Method: The population sample of students of the school year third in the Faculty of Physical Education at the University of Mosul for the academic year 2011-2012 and totaling (153) students, at the time amounted members research sample (50) students, and researchers used the experimental design with the experimental group per relevant tests pre and post, relied on teaching systemic independent variable and where the promising researchers lesson plans, in addition to that has been drawing up of student guide to Article educational, in addition to preparing teacher's guide for teaching systemic, it took the experience (9) weeks received which students search experience (9) lectures and by lecture and one per week, as well as that, the researchers modified test disposition Alahtti offensive which became consists in its final form of (15) position, and adopted nonsmoker measure ready for scientific reasoning as the dependent variable Thani, also used a number of statistical methods to address attitudes test knowledge tactically, has researchers conducts parity variables (age, intelligence, scientific thinking, academic achievement) using statistical bag (SPSS), and in the light of statistical analysis appeared beyond the experimental group students taught in accordance with the teaching systemic Results: 1 - than the experimental group in the tactical disposition test and measure scientific thinking on the control group**,** 2 - systemic contribution to teaching in raising the level of achievement on the test tactical disposition of the experimental group**,** 3 - Arrows systemic teaching to raise the level of scientific thinking for the experimental

Key Words : Handball, Tactics, Systematic Teching

SOCIAL BENEFITS RESULTING FROM PHYSICAL ACTIVITY FROM THE POINT OF VIEW OF STUDENTS

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ABSTRACT

Aims of this research is to identify the following: 1 - social benefits resulting from physical activity from the point of view of students. 2 - Differences in social benefits resulting from physical activity from the point of view of students of Department of Physical Education at the College of Education for Girls at the University of Mosul, according to the school year. Was used descriptive approach, and used researchers questionnaire social benefits resulting from physical activity and prepared by the (Shamrock and Khasawneh, 2011), and a sample of (71) members of the college of education for girls / Mosul University was processing data statistically using percentage and mean and deviation Standard alpha coefficient and average hypothesis and analyze variation in one direction and LSD.

The researchers found the following: 1 - owning students Department of Physical Education at the College of Education for Girls positive trends for social benefits resulting from physical activity. 2 - The presence significant differences of the social benefits resulting from physical activity from the point of view of students of Department of Physical Education at the College of Education for Girls at the University of Mosul, according to the school year as follows:

A - a significant difference in social benefits between the first and second phases, and the first and fourth and in favor of the first. B - a significant difference in social benefits between the third and fourth phases and in favor of the third. C - a significant difference in social benefits between the second and fourth stages and in favor of the fourth.

Key Words : Social benefits ,physical activity ,Girls

SELF-ADMINISTRATION AND ITS RELATIONSHIP WITH THE SOCIAL SKILLS FOR THE TEACHERS OF PHYSICAL EDUCATION IN MOSUL CITY CENTER

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ABSTRACT

The research aims at**:** 1.Constructing a scale of self-administration for the physical education teachers in Mosul city center. 2. Constructing a scale of social skills for the physical education teachers in Mosul city center. 3. Recognizing the relationship among self-administration and the social skills for the physical education teachers in Mosul city center. Method: The research community has included (194) physical education teachers (of both sexes). Designing and constructing the scale have been performed on a random sample as (100) teachers (of both sexes) . In construction process, a number of scientific procedures like statistical analysis for the items via the internal harmony and the exaggerating categories has been adopted.

Construction procedures have included the scientific specifications which have included experts' validity, a number of survey experiments and reliability. The scale of self-administration, in its final form, has included (24) items involving five dimensions (lesson planning items, time administration items, self-confidence items, psychological harmony items, and social reaction items) .The scale of social skills has included (54) items involving (6) dimensions (emotional expression, emotional sensitivity, emotional control, social expression, social sensitivity and social control).

To promote the scientific development of the research, the researcher has applied the three scales on a random sample as (50) teachers (of both sexes) in Mosul center.

Results: 1.Self-administration and social skills are two scientific phenomena and they can be inferred and measured if the appropriate tool is available to support the assumption stating that the self-administration and social skills are two multi-dimensional phenomena. Thus, the construction procedures validity, the possibility of making use of those procedures and applying them at Iraqi environment will be confirmed for both scales.

2. There are not moral significant differences among age-categories, service years and certificate in variables (self-administration and social skills)for the teachers of physical education in Mosul center. Conclusions; 1. Adopting the scales prepared by the researcher in measuring self-administration and social skills for the teachers of physical education.

2. Promoting positive aspects of self-administration and social skills for the teachers of physical education via presenting every possible assistance to the teachers of physical education who are suffered from weakness in self-administration and shortage in social skills via preparing training courses , enhancing self-confidence .

Key Words: Self-Administration . Social Skills, Physical Education

RECREATIONAL EVENT CREATIVE DRAMA WITH EDUCABLE MENTALLY RETARDED CHILDREN ON THE DEVELOPMENT OF LANGUAGE

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ABSTRACT

Impact of creative drama on language improvement in trainable mentally disabled children. The aim of this research is analysing how effective creative drama activities on language improvement in trainable mentally disabled children are. 11 low-level and mid-level mentally disabled children (7 male and 4 female) who are given special education in Izmit Nuh Çimento Work School participate in the study. A total 4-week creative drama activities are applied to the participants, three days per week for the first three weeks, and 40 minutes everyday for the last week. Before and after the activities "evaluating scale for social skills" is filled out by the class teacher for collecting the data. t-test is used for evaluating the scale which is applied before and after the activities. The discrepancy between the pre-test and pro-test values of language improvement of trainable mentally disabled children are not statistically significant for $p < .05$

Key Words: Trainable Mentally Disabled, Creative Drama, Language Improvement.

THE EFFECT OF PSYCHOLOGICAL COUNSELING PROGRAMME ON COGNITIVE STRESS MANAGEMENT FOR SOCCER PLAYERS

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ABSTRACT

The research aims at constructing psychological counseling programme on cognitive stress management for soccer players and knowing the effect of reducing the cognitive stress of the players. The sample of this research (21) players from Al-Huriea team which is one of the popular teams participated at friendship champion (2007) which organized by the youth and sport organization authority in Mosul. The sample was divided in two groups , experimental group included (11) players and the control group included (10) players , equivalence has been done in the variables (age , training age , academic achievement , anxiety state) as pretest . The state anxiety inventory (CSAI_2) has been used as a tool to measure the anxiety state which is typical scale has been construct by (Martinez & et al , 1990) the scale itself included three components which are (Cognitive anxiety , Somatic anxiety , Self confidence). The self confidence considered important instrument for controlling stress . The programme was designed according to the specific principal for construction the psychological programmes taking in the consideration its suitability for the specificity of stress management as psychological skill . The research concluded the following results ; there are significant differences in Cognitive anxiety and Somatic anxiety between the two groups for the cognitive anxiety for the benefit of the experimental group , meanwhile there were no significant difference in all demands of the scale .

Key Words: Cognitive, stress maangement, soccer players

THE IMPACT OF TEACHING USING STYLE GUIDED DISCOVERY IN COGNITIVE ACHIEVEMENT AND LEARN BASIC TENNIS SKILLS AND KEEP IT

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ABSTRACT

Research aims to detect**:** the impact of teaching using two methods of discovery and learning-oriented approach in learning basic tennis skills. dimensional differences in the tests between my style guided discovery and learning approach to knowledge acquisition and learning basic tennis skills. Best way to keep learning from between the two groups (experimental - control). Method: The researchers was adopted experimental approach to suitability and nature of the research, the research community of students of the school year the second Faculty of Physical Education at the University of Salahaddin - Erbil for the academic year 2010-2011 and totaling (124) students, the research sample consisted of students divisions randomly selected Among the people the second year and of the (4) people, at a rate (17) students per division, and this amounted to sample (34) students after rule out a number of respondents, has a parity between the two groups (experimental - and control) of the sample. The researchers found the following conclusions: 1 - teaching using two methods (guided discovery) was more effective in learning basic tennis skills compared to the neo-learning approach. 2 - The results showed that the method of guided discovery as a method of teaching a positive impact on learning basic tennis skills compared to a learning style approach.

Key Words: Tennis skills, neo-learning methods, learning style

PHILOSOPHY OF TEACHING SPORT FOR ALL IN SCHOOL THROUGH LEARNING SITUATIONS
(A DEVELOPMENTAL STUDY IN SPORT FOR ALL)

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ABSTRACT

The role and value of sport for all is becoming increasingly significant in determining the success of educational programs in the school. Today, sport for all is becoming a science and social phenomena. If we are to have an outstanding program in our school, we, as physical educators should be familiar with the structure of physical education philosophy and its administrative theory which includes the structure of curriculum development in the school.
Statement of the problem :In teaching sport for all curriculum, one should understand that there is much more to teach than merely knowing the subject. A perfect demonstration by instructor does not always result in a perfect imitation by the student. Aim of the study :
To provide the instructors and coaches in school with some alternative counseling techniques to promote his efforts at what he or she ultimately wishes the good physical education instructor. Procedures and methodology A descriptive study was used in this study.
Data for this study was collected during the study through personal observation and reviewing some literatures, books, and researches evidences. Conclusions and recommendations
The knowledge of understanding of the philosophy of teaching sport for all in Iraqi school is needed by instructors. There were a lack of equipments and instruments in teaching sport for all in school. More emphasis on teaching and providing equipments and instruments should be taken into consideration.

Key Words: Curicullum, Sport, Physical Education,

SPORT AND HEALTH

ORAL PRESENTATION

RELATIONSHIPS BETWEEN BODY COMPOSITION, PLASMA GROWTH HORMONE LEVELS AND ENDURANCE TRAINING OF UNIVERSITY STUDENTS

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ABSTRACT

This study was applied to 18 women (10 for training, 8 for control) and 17 men (9 for training, 8 for control), totally 35 voluntary students, who are studying at Selcuk University, School of Physical Education and Sports, aged between 18-24, not smoking and not doing sports regularly. Body compositions were determined at the beginning and end of the study, and growth hormone (GH) was determined in the blood samples taken at 8^{00}-11^{00} and 14^{00}. No special nutrition program was applied to the subjects, and the training groups were exposed to cycling exercise for 60 minutes 4 days a week, at the intensity of 50-70% of their pre-determined target heart rates for 8 weeks. The control groups were prevented to do any specific sportive activity except for their applied classes. Plasma GH levels were measured by Enzyme Immuno Assay (EIA) method. At the beginning of the training and at the end of 8^{th} week, it was detected that gender had a significant effect on body weight, body fat percentages (BFP) and maximal aerobic capacity (VO_{2max}) of female and male students in the control and training groups (P<0,001). The exercise increased VO_{2max} level significantly in female and male training groups (P<0,001). At the beginning of the study, plasma GH levels of female and male control groups were found higher than training groups (P<0,001), and it was detected that exercise had no significant effect on GH levels. The negative relationship observed between GH and BFP in female control groups before the training (P<0,05) was not observed at the end of the training, and a relationship was detected between GH and body weight in female training group (P<0,05). It was observed that the significant relationship between GH level and body weight in male control groups (P<0,05) was not significant anymore after the training. In conclusion, it was determined that the endurance training applied to women and men had no effect on body weight, BFP and BMI in all groups of the study; however, VO_{2max} levels of all subjects in the training group showed a significant increase with the exercise, and gender had significant effect on body weight, BFP and VO_{2max}. It was concluded that GH, leptin and ghrelin levels were not affected from the exercise applied but gender had very significant effect on leptin and ghrelin levels.

Key Words: Growth Hormone; Endurance Training; Body Composition

AN INVESTIGATION INTO THE QUALITY OF DISABLED SERVICES PROVIDED IN 25TH WINTER UNIVERSIADE IN ERZURUM

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ABSTRACT

This study aimed to investigate the quality of Disabled Services provided in 25th Winter Universiade which was held in Erzurum in 2011. A scale comprised of questions related to accessibility facilities at venues of competitions for the disabled who participated in the organization as audience, and the assisted services about aid, guidance and furbishing was used to determine the quality of disabled services with which the disabled were provided. The scale, developed by the researcher, consists of two sub-scales which revealed the quality of both service and infrastructure. Based on this, ticketing, guidance and furbushing were analyzed through service quality sub-scale whereas infrastructure sub-scale focused on venues separately. The participants were chosen through Random selection and consisted of 152 disabled audience who took part in this study volunteerly. Results indicated that participants had positive evaluation of both the service quality provided by the personnel and the infrastructure in terms of venue accessibility and supported the above-average quality of disabled services provided in 25th Winter Universiade, Erzurum in terms of all aspects.

Key Words: Disabled Services, Erzurum 2011, Winter Universiade

PHYSICAL ACTIVITY CONDITION OF ADMINISTRATIVE STAFF WORKING AT UNIVERSITY

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ABSTRACT

Physical activity betters physiological, metabolic, psychological parameters; reduces many chronic diseases and early mortality risk; helps maintaining the health of bones, muscles and joints. This study has been done to determine the physical activity conditions of administrative staff working at university. The universe of the study constitutes 192 administrative employees working at university. The study has been completed with 155 administrative employees. The data has been collected by questionnaire forms and International Physical Activity Questionnaire (IPAQ). Extreme and moderate physical activity on a weekly basis and walking duration and sitting duration on a daily basis have been determined by IPAQ. The total physical activity duration of the participants has been calculated and categorized as "inactive and low-sufficient". In evaluation of the data number, percentage and chi-square tests have been used. 32.3% of the individuals participating in the survey are women and 42.6% are high school graduates; the average of age is 32.3 ± 7.28 and the average of Body Mass Index(BMI) is 25.77 ± 6.48. The total physical activity point of the individuals participating in the survey has been found as 1095.31 MET-min/week in average. The relation between gender, marital status, cigarette, alcohol usage of the individuals and physical activity has not been found significant statistically ($p>0.05$). It has been determined that the individuals' total physical activity point in average is low, their average of age is young and they are a bit fat according to BMI. It can be suggested to provide awareness of the importance of activity because of the probable health problems among young individuals as their physical activity is low and it can be suggested to attempt to increase their physical activities.

Key Words: Adminstation, activity, health

SIX WEEK PREPARATORY TRAINING PROCESS FOR THE BALKAN KICK BOX VICE -CHAMPION

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ABSTRACT

Introduction: The kick box is characterized with sports parameters which are result from numerous adaptive process of the physiological systems of the body. One of the most important is reduction of the process of creating and accumulating lactates as a one of the reasons that cause fatigue. It is necessary to conduct a proper formed training, in order to achieve high results.
Material and methods: The six week preparatory training of the vice-champion includes increasing the physical parameters gradually and progressively. The training part was structured from combination of lactate , intermediary and aerobic training procedure.
Results: The lactate training program was conducted 16 times with the exact number of repetitions of 1 to 3 minutes duration, followed by 1-3 minutes rest. The ten intermediary training programs are exercises with 3-9 minutes duration and rest periods from 3-9 minutes given with a schedule and repeated 6 times. The ten aerobic training programs are performed after 8-12 hours of rest with gradually increased timings of 30-120 physical activity (running). There was a total of 36 combined and lined trainings performed.
The validity for the efficiency of the performed training program is the invariant lactate curve (2-6 mol/l) during increasing the intensity and the time duration of the physical activity.
Conclusion:The training program that increased the physical capacities of the vice –champion and caused physiological and biochemical adaptation of his lactate systemis the only combination of the three types of training: lactate, intermediary and aerobic.

Key words: training process /lactic, intermediere and aerobic drill/ physiological and biochemical adaptation.

EFFECT OF EDUCATIONAL GAMES ON PHYSICAL AND PHYSICOLOGICAL FEATURES ON CHILDREN

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ABSTRACT

Purpose: Aim of this study was to investigation of effect of educational games on physical and physiological features of children that were 12-14 years old. Method: Subjects that were male primary school students between 12-14 ages were divided two groups as experimental (n:89) and control (n:90). Educational game programme was applied to experimental group on two months and 3 days per week. In order to evaluate to physical and physiological features of children, height, weight, body fat percentage, hand grip strength, back strength, leg strength, FVC, FEV1 features measured and additionally, vertical jump and 20 meter sprint test were applied. Results: When compared the pre and post test values of the experimental group, although significance wasn't found in weights value ($p>0,05$); significance was found in values of height, hand grip strenght, leg strength, back strength, 20 meter sprint, body fat percentage, vertical jump test, FVC and FEV1 ($p<0.01$). Conclusions: As result of the study, it can be said that eight weeks educational games programme had positive effects on physical and physicological features of 12-14 aged children.

Key Words: Educational Game, Child, Physical, Physiological

INVESTIGATION OF RELATIONSHIP ON HEALTHY LIFE STYLE BEHAVIORS OF ADMINISTRATIVE STAFF AT UNIVERSITY

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ABSTRACT

Aim of this research was determination of relationship on healthy life style behaviors of administrative staff at university. The research was applied on administrative staff of Gaziantep University in 2012. Sample group of the research was contributed 95 female and 99 male staffs that participated as volunteer. "Scale of Healthy Life Style II" that was developed by Walker et al. (1987) and translated in Turkish by Bahar et al. (2008) was used. SPSS 16.0 was used for statistical analysis. Spearman's Correlation Test was used for determination to relation between two variation. As a result, it was determined that a healthy behaviour was positively increase, while another healthy behaviour was also increase in this research that was separately evaluate male and female group.

Key Words: Behaviors, Administrative Staff, Health, Life

THE EFFECT OF WRESTLING TRAINING AND SAUNA PRACTICE ON TSH AND FT4 HORMONES

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ABSTRACT

This study aims to determine the effect of high intensity acute wrestling exercise and sauna on TSH (Thyroid Stimulating Hormone) and FT4 (Free Thyroxin) hormones. After health ethics committee had granted approval, the study was practiced on 14 voluntary male wrestlers who have no health problems and are average 23.43 ± 4.146 years old and average 172.86± 4.818 meters tall and weigh average 74.95 ± 14.56 kg. Blood measurement was taken out of wrestlers' antecubital vein totally three times – 10 ml for each- when they were rested before exercise, after wrestling exercise and after the sauna program, later than two days rest, consisting of 3 sessions each of which is 20 minutes. Hormone analyses were made via IMMULITE 2000 auto analyzer. Because of the fact that the data acquired in the study did not have a normal distribution, nonparametric Two Related Samples – Wilcoxon test in SPSS 15 for Windows statistical packaged program was applied. When some comparisons were made within the group, it was determined that there was a significant increase ($P<.05$) in TSH and FT4 levels after the acute wrestling exercise. It was observed that TSH levels have no important differences after sauna practice and FT4 levels have important increase ($P<.05$). When TSH values were compared after the wrestling exercise and sauna, it was determined that the values of exercise group were significantly high ($P<.05$) and FT4 values did not have a significant difference. In this study, it is concluded that the acute wrestling training applied to the wrestlers caused significant increase in TSH and TF4 values, however, sauna application just enhanced FT4 values significantly. Consequently; it can be deduced that in wrestling in which anaerobic energy metabolism is dominant, acute wrestling training is more effective in increasing TSH and FT4 values than sauna application.

Key Words: Thyroid Hormone, Thyroid Stimulating Hormone, Thyroxin, Wrestling, Sauna

CONTRIBUTION OF CLIMBING UP TO HIGH ALTIITUDES SUBSEQUENT TO CO-ENZYME Q10 COMPLETING ON MALLON-DIALDEHYDE VARIATIONS IN THE SERUM OF MALE MOUNTAINEERS

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ABSTRACT

Introduction: The aim of this research was to study the climbing effect into high altitude contribution as subsequent to supplement of Q10 coenzyme on Mallon-di-aldehyde rate in male mountaineers' serum. Method: 14 experienced and skilled male mountaineers were selected randomly and divided into 2 Experimental and Control groups. Before climbing, groups consumed Q10 supplement and placebo for 14 days. Their blood samples were analyzed in 4 different altitudes. Results: The results were considered by special kits of laboratory and auto-analyzer machine. Data were analyzed by F Test (as variance test with repeating in related factor). Discussion: The relation among Q10 supplement hasn't a meaningful relation with Mallon-di-aldehyde rate but altitude variations are in meaningful relationship for both of the groups.

Key Words: Climbing, Male Mountaineers, Co-enzime.

EXAMINE THE EFFECTS OF ACTIVE SPORTS IN NUTRITION HEALTH IN TRAKYA UNIVERSITY PHYSICAL EDUCATION AND SPORT SCIENCES STUDENTS

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ABSTRACT

Aim; In our survey, we were aimed to search the eating habits and health conditions of students who attend to Physical Education Faculty and do sports actively or inactively. 185 Students (71 female 114 male) voluntered to our study. The average age of the male students is 24,5±1,94 year, their average height is 1,79± 7.97 m and their average body weight is 74.8±10,26 kg. The average age of the female students is 24,3±1,66 year, their average height is 1,67± 5,72 m and their average body weight is 58,6 ±8,10 kg.Public survey method was used in our survey. In the public survey basically; questions about their health conditions, eating habits were asked. The data obtained from the survey was prepared with SPSS 16,0 programme statistically. According to the data obtained; a strong relationship ($P<0.05$) was found out, between the students' sportive activities, do not skipping meals and regular eating , sportive activities and regular eating sportive activities and alcohol consumption. Besides this, a strong relationship($P<0.05$) was found out, between the students' sportive activities and healthy life care, pay attention to hygien and physical activity to gain healthy life, sportive activities and making physical activity. As a result,it can be said that, students of PES who doing active sports make a positive effect on health and nutrition. The students reported eating an adequate and balanced diet can not be done by them.They stated that it originated in the lack of time.

Key Words: Nutrition, Health, activity

GLUTAMIN SUPPLEMENTATION WHICH ITS CAUSE IS ACUTE EFFECT ON BLOOD AMMONIA LEVELS ON ELITE SOCCER PLAYERS

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ABSTRACT

The aim of this study, to examine glutamine supplementation which is implemented to athletes before football' s spesific endurance training, brings about an acute effect on blood-ammonia levels which is caused central nervous system and peripheral fatigue and to examine the effect of ammonia removal process after training. Twelve football players participated in the study voluntarily. Training protocol which its amount is 90 minutes was completed by each athlete in twice a week. In one of the training athletes used glutamin then in other traning athletes used plasebo. The training protocol was realized on Hoff track which is footballers's spesific training track and is completed in 45 minutes with a 15-minute rest. .In each workout, blood-ammonia samples were taken from athletes when in rest, at the end of the first 45 minutes; in rest at 5th,10th,15th minutes; at the end of the second 45 minutes; in recovery 5th,10th,15th,30th,60th minutes and also samples were analyzed. As a result of comparasion of the use of glutamine and placebo which their cause is acute effect on blood ammonia levels is that resting blood amonia levels was founded statistically level of $p< 0.05$ which is very significant difference and all other blood ammonia levels were found level of $p< 0.01$ which are very significant difference. All values of the blood-ammonia which is applied after the use of placebo was found statistically significant difference from rest value. At measurement of the blood-ammonia which is applied after the use of glutamine, values of 15th minute of the end of the after the first 45 minute rest and 30th, 60th minute of recovery were found no statistically difference ($p< 0.05$). Between all other values of blood amnonia levels with values of recovery levels was found statistically significant difference.

Key Words: Ammonia, Glutamine, Soccer, Endurance Training

PHYSIOLOGIC MODIFICATION CAUSED BY VO2 MAX IMPROVEMENT IN ELDERLY

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ABSTRACT

The aims of this study were to give a real example of VO2 max. improvement in Albanian elderly and how it influenced positively physiologic modifications. This study has presented training tips, walking, running and other training programs, aerobic alternatives. The regular training helps to change the rhythm and speed of movement during the distance running. 9 Albanian elderly (aged 68 ± 2.54) were not physical active before participated in this longitudinal study within the period 2000 – 2012. Determination how many minutes (up to 10 -30 min) you can walk or run with interrupt, (max heart rate 150-160), on a level surface, without undue difficulty. We have found that after 11 years all physiologic parameters were improved. Thus, Body mass from 90 to 65, VO2 max from 35 to 64. The coefficient of the correlation varies from 0.45–0.80. As conclusions: every one of elderly can benefit from VO2 max. improvement, where jogging is the main activity, based in our experience our recommendations for this group age are to increase cardiovascular load step by step. As suggestions: any case, you can perform the 10 minutes walk-jog test without difficulty, start a more advanced aerobic program, the second week will increase the amount of time spent walking at brisk pace, the third and fourth weeks will incorporate jogging short distances. As well as we suggest that each activity is better to apply at less three - four times a week.

Kyewords: walking, running, VO_2max, BMI

THE EFFECT OF USING $NaHC0_3$ ON PERFORMANCE OF 50M. FREE STYLE SWIMMERS

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ABSTRACT

The aim of this study is;examining the effect of using $NaHCO_3$ orally(300mg.kg-1st day-1) on 50 meter free-style swimming.For this study 10 healthy male volunteers who are still training at Kocaeli University have been chosen aged 22,70±1,33,height 178,10±5,42,weigh 71,20± 6,77 and body index 24,20 ± 2,599 kg/m2 and training ages 10,40± 3,27 To determine the swimmers' basic blood $NaHCO_3$ and pH amount,their radial artery blood samples have been taken and afterwards their 50 meter free-style score have been determined. Later the very next day the swimmers are given a mixture of fruit juice and $NaHCO_3$(mg.kg-1st-1).They have been made to drink this mixture in 90 minutes and again their blood has been taken,which is followed by 50 meter free-style swimming. Statistical analyses have been evaluated in SPSS 15.00 packet programme. For the in-group comparison,Wilcoxon Signed Rank Test has been used. A significant distinction has been found between the blood $NaHCO_3$ and 50m of the test subjects whose pre and last free style swimming results differ between ($p<0,05$) and ($p<0,01$), which is a significant difference. No significant difference has been come across between pre and last free style swimming test results ranking from $p<0,05$ and $p<0,01$. The results mainly show that the use of sodium bicarbonate increases the strenght of exercise performance in short term. There are studies showing that the loading of sodium bicarbonate causes a development in performance but there are also studies showing the opposite.

Key Words: $NaHCO_3$, Ph, Free Style Swimming, Performance.

THE EFFECTS OF SPECIFIC TRAINING APPLIED TO THE TENNIS PLAYERS ON THE TECHNIQUE PERFORMANCE AND MaxVO$_2$ LEVELS

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ABSTRACT

The purposes of this study are, of the top qualified tennis players of this country's; to fulfill the specific trainings as in two groups, with-ball and without-ball and under the laboratory circumstances and also to make the breathing gas analysis during the convenient field tests; the MaxVO$_2$, the cardiac arrhythmia, and other breathing parameters and with technical analysis to recognize the responses of which the sportsmen are reflecting. To be known of these details; may provide some recent findings on the training program's research and also on its designing and to clear the tennis' specific requirements and having some back-ups in such programs to lean on more basical and scientific data and certainly include them into the literature. The measurements had been done on the laboratory circumstances and under the field conditions of the top qualified 16 male tennis players in Turkey. In consequence, the breathing gas analysis, the cardiac arrhythmia and during the convenient field tests their technical achievement performance level had been identified of these sportsmen. The searching had been organized as 2 parts: the maximal treadmill test and field test. These tests were also been repeated, again, after 8 weeks of training periods as it was. All of these players were on the treadmill for a maximal test in order to print their aerobic (MaxVO$_2$) capacity and also to be able to form the training groups homogeneously. The field test had been divided into 2 parts which had included the tennis beats. Their technical performance and success levels had been examined too, during these tests. The strokes which were hung up on the nets and shoots were gone out of the field and balls dropped on the incorrect field were all determined as negative results and other shoots were registered as affirmative results. In consequence of all of these studies; by the MaxVO$_2$ values, some considerable improvements had been recognized on the ones who were training without-balls. By the KAH values of

these 2 groups', the KAH values had been dropped during the latest tests were being reported. The average VO_2 values of the group whom were doing the trainings without-balls been considerably decreased by % values. On the technical performance values some important accomplishment increase had been reported, for both of the groups by %. To implement the technical trainings by balls; instead of to be focused on the points which were needed to be corrected, simultaneously, might be focused on the possibly to be improved points too. The training design and its application for the tennis are very important for optimal performance and to understand many physiological, technical and tactical multiciplity will require to understand the necessities. Under of all these knowledge lights, the both, the court's conditional trainings and the court's technical training programs might be restructuring and materialized.

Key Words: Tennis, MaxVO_2, aerobic capacity, performance.

COMPARISON OF BALANCE PARAMETERS OF FOOTBALL PLAYERS

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ABSTRACT

The aim of this study was to compare balance parameters of football players who play in different positions. Thirty-nine football players (X_{height}=176±0.05 cm, X_{mass}= 66.10±5.60 kg, X_{age}=16.97±0.81 years) participated in the study voluntarily. Participants sectioned in four groups (goalkeepers, defensive players, midfield players and forward players) according to the playing positions before the test. All subjects were required to stand on a force plate (FP4060-10, BERTEC, A.B.D) on both feet and on dominant foot for 30 seconds fixedly and look at the signed point on the wall. Captured data computerized via analog amplifier (AM6504, A.B.D.) and analog digital converter (AP, Adventech, A.B.D.). Antero-posterior (Δx (mm)) and medio-lateral (Δy (mm)) sway of subjects were calculated. When we analyzed the medio-lateral sway, a significant difference was found between forwards and goalkeepers and also there was a significant difference between defensive players and midfield players (F= 8.973, p=0.00) but there was no significant difference of neither dominant foot and nor both feet balance parameters in both groups (p>0,05).

Key Words: Football, Balance, Force plate, Playing position.

EXAMINING THE RELATIONSHIP BETWEEN THE HEALTHY-LIFE STYLE BEHAVIORS SELF-ESTEEM AND THE PERCEIVED SOCIAL SUPPORT OF INDIVIDUALS EXERCISING

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ABSTRACT

It is commonly accepted that regular physical exercise is one of the most important components of a healthy life-style. There is growing evidence showing that exercise can be effective in improving the mental well-being of the general public, largely through improved mood and self-perceptions. In this study, it is aimed to examine the relationship between the healthy-life style behaviors, self-esteem and the perceived social support of individuals exercising. The study sample included 400 people (189 women-211 men) exercising at least twice a week in different healthy life-style centers in İzmir. "Multidimensional Scale of Perceived Social Support (MSPSS)", "Scale of Self-Esteem" and "Healthy Life Style Behavior Scale II" have been used to collect the data. The data were examined by using description statistics, independent samples t test, ANOVA and Pearson correlation analysis. In analyzing the data, SPSS 15.0 Package Program was used. When the results are examined according to gender, the average point of women was found statistically significant when compared to the average scores of men in only subscales of Perceived Social Support as "Friends" and "Significant Others". When examining the correlation, a statistically significant relation was found between the subscales of self-esteem, the healthy-life style behaviors and Perceived Social Support. Also, when examining the subscales of the healthy-life style behaviors and Perceived Social Support according to years was found that there are statistically significant differences in some subscales as health responsibility, physical activity, nutrition, stress management and friends.

Key Words: Healthy-Life Style Behaviors, Self-Esteem, Perceived Social Support, Physical Activity.

SPECIAL EXERCISES FOR DEVELOPING THE MUSCLES WHICH TAKE PART IN THE JUMPING SERVICE IN THE SPORT OF VOLLEYBALL

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ABSTRACT

Even the title of this type of service indicates that it is a service with a greater involvement of the jump and the muscles of the hand that hits (executes the service) the ball. The muscles that are more engaged in this service are the same as in the other services, but their engagement in this type of service technique is larger. The main movement happens in the joint of the arm, in the sagittal plane and around the transverse axis. The functional movement analysis of the arm joint in the preparatory phase is termed as stretch (retroflexio seu extensio), while the muscles which allow this motor action are: deltoid muscle, the back (m. deltoideus, pars spinalis); the largest muscle of the back (m. latissimus dorsi); the under-back muscle (m. infraspinatus); the large circular muscle (m. teres major); the small circular muscle (m. teres minor). The movement is predominantly developed in the sagittal plane around the transverse axis of the three-dimensional system (anteflexio) where certain muscle groups of the upper limb are engaged (hand). The muscles that enable movement in the sagittal plane in the arm joint towards the ball are: the deltoid muscle, the front (m. deltoideus, pars clavicularis); the major chest muscle, the upper part (m. pectoralis major, pars clavicularis); the smallest of the three muscles that attach to the coracoid process of the scapula (m. coracobrachialis); the two-headed arm muscle (m. biceps brachii). Adequate and exact exercise dosage and training programs are applied for the aforementioned muscle development. In modern volleyball, exercises to develop strength with the help of tools and other means of fitness are necessary for competitions of a higher level.

Key Words: volleyball, jumping service, retroflexio, anteflexio, special exercises

THE TRAJECTORY OF THE GRAVITY CENTER OF THE THROWER'S BODY IN THE JUDO THROWING TECHNIQUES OSOTO GARI AND SASAE TSURIKOMI ASHI

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ABSTRACT

The throwing techniques are the most spectacular part in the sport of judo. The throwings using the legs are characterized as the most complex due to the position of the thrower (*tori*) on one leg (the supporting foot), while with the other foot he sweeps, blocks or performs any other action on the opponent's body (the action leg). The purpose of this study was to determine the displacement of the gravity center of the attacker's body (thrower) during the execution of the techniques: *osoto gari* and *sasae tsurikomi ashi*. The values for the gravity center displacement of the thrower's body (GCB) in the three planes of three-dimensional system are set with the help of the Kinematic Analysis System (APAS - Ariel Performance Analysis System). In the three planes and relevant directions, the gravity center displacement of the body during the technique *osoto gari* is larger compared with the technique *sasae tsurikomi ashi* and the difference is significant (Significant) at level p = 0.01. The displacement difference in the anterioro-posterior direction between the two techniques in question is 30.37 cm in favor of the *osoto gari* technique. The displacement difference of the gravity center of the thrower's body in the medio-lateral direction between the two techniques is 8.76 cm, in favor of the *osoto gari* technique, whereas in the vertical direction is 1.71 cm which is also a significant difference. The displacement values in all directions, among others, are directly dependent on the quality of the execution of the technique and of the body constitution (body size) of the thrower (*tori*) and the thrown (*uke*). Understandably, the athlete (judoist) with longer limbs, in any role (*tori* or *uke*), has greater values in the displacement of the active and supporting leg, and consequently greater values in the displacement of the gravity center of the body.

Key Words: throwings in judo, kinematic analysis, displacement, trajectory of GCB

MONITORING OF PHYSICAL DEVELOPMENT OF PUPILS (BOYS) IN PRIMARY SCHOOLS

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ABSTRACT

The growth and development of children depends on many factors. Physical activity is one of the factors that influence the health of children and their normal growth. The children's growth rate of the body at different stages varies both in the aspect of the intensity, as well as dimensionally. This study includes 82 elementary school boys, whose growth was monitored from the first up to the seventh grade. Measurements were carried out every second year, at the beginning of the school year. Two key indicators of body size: weight and height are constantly evolving, but their rate changes at certain stages. Significant intensity of increased body height and body weight appears during the puberty. Body size differences between ages of pre-puberty, 12 years old (fifth grade) and the age of puberty, 14 years old (seventh grade) are more noticeable. Whereas the body size differences between smaller groups: the first grade and the third grade, the third grade and the fifth grade, are smaller. The analysis of variances (ANOVA) for all ages shows that the differences are significant at the level $p = 0.01$. Also, the correlations between body mass and body height for all age groups are high and significant at $p = 0.01$. Monitoring the growth and development of body size is a necessity, in order to plan the appropriate programs and engagements of pupils during physical education classes and in extracurricular activities. This examination should be conducted at the beginning and at the end of the school year for all education cycles.

Key Words: physical growth, pupils, assessment, planning

RELATION AND THE INFLUENCE OF ANTHROPOMETRIC CHARACTERISTICS IN SUCCESSFUL IN SPRINT RUNNING AT 400 METERS

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ABSTRACT

This research has to do with relation and the influence of anthropometric characteristics of a successful sprint running at 400 meters. The purpose of this paper is to verify the connectivity and the influence between anthropometric characteristics as a predictor system and situational-motor as a criteria system. The research has been carried out on a sample of 100 male entities aged 15 ± 6 months, high school students at gymnasium "Sami Frasheri" in Kumanovo. The research has used a total of 14 variables, of which 13 variables have been used to assess the anthropometric space and 1 variable to assess the situational-motor space. The space anhtropometric variables are as follow: 1. ALT (body height), 2 ALUT (sitting height of the body), 3. AGJK (leg length), 4. AGJS (shoulder width), 5. AGJKO (width of pelvis), 6. AGJKË (hip width) 7. AMT (body mass), 8. APMGJK (the mid perimeter of the chest), 9. APKR (arm perimeter), 10. APLL (forearm perimeter), 11. ATLK (subcutaneous adipose tissue of the arm), 12. ATLSH (subcutaneous adipose tissue of the back), 13. ATLS (subcutaneous adipose tissue of the stomach), and the space variables of the situational – motor: 14. VR400m (running at 400 meters). Based on the results obtained by the correlative analysis it can be concluded that, from a total of 13 anthropometric variables only ATLK (subcutaneous adipose tissue of the arm) and ATLSH (long-shaft skin of the back) have low level correlation with motor-situational variable VR400m (run of 400 meters). Based on the results obtained by the regressive analysis where as predictor we have a total of 13 space anthropometric variables, whereas, as criteria there is only 1 variable of the space situational-motor, it can be concluded that between the precitor system and the criteria variable there is a connection of statistical importance with a confidence level of 0.44. From all the predictor system, the individual impact on the situational-motor skills in running at 400 meters have the variables: ATLSH (subcutaneous adipose tissue of the back), with a value of 0.522 and the level confidence of 0.002, ALUT variables (sitting height of the body), with a value of -0327 and 0.034 leve of confidence, and ALT variables (body height) with a value of 0443 with a level confidence of 0.049. From this research, it can be given a further recommendation for all teachers and coaches who deal with short runs, especially with 400 meters run, while selecting the young athletes it should be given a special importance to the construction morphology or better say anthropometric prerequisites.

Key Words: anthropometric characteristics, influence, corellations, running at 100 meters

RELATION AND THE INFLUENCE OF ANTHROPOMETRIC CHARACTERISTICS IN SUCCESSFUL IN SPRINT RUNNING AT 100 METERS

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ABSTRACT

The research has been carried out with a sample of 100 male entities gender 16 years old ± 6 months, students of high school "Sami Frasheri" – Kumanovo. The purpose of research was to confirm the connectivity between characteristics of anthropometric like a predictor system, in efficiency result of running discipline in 100 meters like variable situational-motor of criteria system. In the research are used 14 variables which of them: 13 variables for characteristic anthropometric evaluating and 1 variable for evaluating of situational-motor. From confirming of individual anthropometric characteristics in successful 100 meters running, the interpretation results bring up in conclusion that: from 4 anthropometrics dimensionality measured in this work, only 2 dimensionality have influence of statistic significance in 100 meters running, and so: volume and body provision and tissue under skin fat. Bigger affinity have shown variables like the perimeter of the forearm (APLL) the perimeter of the chest (APMKGJ), which in negative way influence on 100 meters running, which means that the bigger is the perimeter of forearms and the chest The weakest will be the results of 100 meters running, the other variable which has big connectivity in 100 meters running it's the subcutaneous adipose tissue of the back, the value of this tells for positive influence of subcutaneous adipose tissue of the back over the value of realization of the test in words, which means that if students are more fat, they realize the test more slowly.

From here, we can get in conclusion that for selecting of runners in short way-sprint athletes should have clear muscular mass and well defined, to have better results and also these anthropometrics variables to practice at least 2 times in a year: in beginning and in the end of school year.

Key Words: anthropometric characteristics, influence, corellations, running at 100 meters.

ATTITUDE OF MALE STUDENTS TOWARDS THE HEALTH AND RECREATION OF KFUPM SCHOOL, SAUDI ARABIA

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ABSTRACT

Health and recreation is one of the important aspects for one and all. Attitude refers to a state of mind or feelings about particular social or physical objects such as significant people, social institutions, or physical activity,(Nunnally, 1978). Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity, (WHO definition of Health). Recreation focuses on refreshment of one's mind or body after work through activity that amuses or stimulates; play. This study investigated the attitude towards health and recreation of 301 male students selected randomly from the King Fahd University of Petroleum & Minerals, schools, Saudi Arabia. The ages of the participants were between 14 to 18 years. Survey data were gathered and measured using the self made questionnaire. The Questionnaire was standardized before employing on the subjects. A questionnaire with two Axes each having 10 questions were employed on the participants. The following areas were included under the study; .i.e. health and recreational aspects. The questionnaire was employed on 301 high school students of various sections of grade 10, 11 and 12th at KFUPM, Each question will have positive and negative answers like strongly agree, undecided, disagree, and strongly disagree. The data was collected and analyzed with the help of statistical tools i.e., percentages and chi square test. The statistical data was analyzed by the help of SPSS package and significance level was adjusted at 0.05 level. The data reveals an interesting and positive attitude of high school students towards health and recreation.

Key words: Attitude, Health, Recreation, Fitness

IMPACT OF SPORTS TRAINING ON SELECTED FITNESS VARIABLES AMONG MALE STUDENTS

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ABSTRACT

Introduction: Now a day every individual is concern about his health. Balanced diet and physical activity plays an important role in enhancing health of an individual. Body composition can be measured in several ways. The simple method widely used is Body mass index (BMI) .Flexibility is one of the important fitness variable. Sport training is a pedagogical process based on scientific principles aiming for preparing sportsmen for greater performance in sports competitions (Singh, 1991). Flexibility is the range of motion around a joint. Good flexibility in the joints can help prevent injuries through all stages of life (Johnson & Nelson, 1988). Muscular endurance is the ability of the muscles to continue to perform with out fatigue (Mathews, 1981).

Purpose: The purpose of this present study was to find out the impact of sports training on the body composition, flexibility, and muscular endurance among males.

Method: For this study a group of thirty males (N=30) of orientation course ranging age between 18 to 20 years were selected randomly from different sections studying at KFUPM, Saudi Arabia. The sports training were employed on the subjects for 10 weeks, 40 minutes of a session, twice a week. For analyzing the data mean, Standard deviation and t-test were computed using Statistica Software.

Results and Discussion: Body composition (body mass index), Flexibility (hip & trunk flexibility), and muscular endurance (sit-ups test) were found to be statistically significant. The mean and S.D from pre to post test for body composition were (25.96, 6.20) and (24.93, 6.13). With regard to flexibility the Mean and S.D from pre to post test were (17.4, 3.1) and (21.2, 3.6). Mean and S.D observed from pre to post test with regard to muscular endurance were (17.23, 2.7) and (24.4, 7.4).

Conclusions: It is concluded that the impact of sports training had shows a significant difference with regard to body mass index (BMI), flexibility and muscular endurance among the participants from pre to post test.

Key words: Flexibility, Muscular endurance, Body composition, sports training

CORRELATION BETWEEN COMPONENTS OF THE SOMATOTYPES AND MOTOR SKILLS OF YOUNG SOCCER PLAYERS IN THE FIRST LEAGUE IN THE REPUBLIC OF MACEDONIA

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ABSTRACT

Aim: Since football is the most popular game in our country, we have chosen to present this research to describe the anthropometric characteristics, classification and correlation of somatotype components and motor skills among young soccer players of age 17-18 who are in the final stages of puberty. *Methods*: In this research are involved 50 subjects, young soccer players, between ages of 17-18 years old (± 6 months), belonging to three football teams "FC. Shkendija", "FC. Renova", and "FC. Drita", participants in the first league of the Republic of Macedonia. Classification of Somatotype is implemented by the methodology of Heath-Carter's with 10 anthropometric parameters, which are defined by the International Association for the Advancement Kinantropometry (ISAK) for evaluation of motor and functional skills, determined by standardized tests of the Eurofit battery. Statistical processing is performed by the Statistical Program for Social Sciences SPSS 15 and classification of Somatotype by software Somatotype 1.2. *Conclusions*: According to the results obtained from this study, we come up to the conclusion that the classification of somatotype components among young soccer players have average values of 2.48-4.78-3.08, which belong to the "balanced mesomorph" components, while from 13 components of the subjects, 6 somatotype components were found, endomorph mesomorph 22%, balanced mesomorph 20%, ectomorph mesomorph 28%, mesomorph-ectomorph 14%, mesomorph ectomorph 12 % and central component 2%. Bivariant correlations between somatotype components and motor skills were found in endomorph components has significant negative correlations with variable MNHKM ($p \leq .013$) and MFBT20m ($p \leq .003$), mesomorph components has significant positive correlations with variable MDD ($p \leq .044$) and negative correlations with variable MNHKM ($p \leq .024$). In ectomorph component between motor skills wasn't found statistically significant correlation.

Key Words: Somatotype, young soccer, correlation, motor skills.

THE ROLE OF CORRECTIVE GYMNASTICS IN THE APPEARANCE OF PAIN AT THE LUMBAL AND LUMBOSACRAL SYNDROME

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ABSTRACT

This paper describes the influence of some factors in the appearance of degenerative diseases, in particular lumbal syndrome and some guidelines for treatment with motor exercises mainly with a character of improvement and mobility of lumbal stripe. On the basis of knowledge and issues encountered with the lumbosacral and lumbal syndrome, the main goal of this research is to analyze the genesis of the lumbal syndrome and the impact of curative gymnastic exercises. This study will investigate the influence of several factors which encounter in the appearance of pain and barely endogenous factors such as egzogen, their etiology and their development. It will also analyze the procedures and techniques for rehabilitation and improvement of lumboichialdic syndrome, as well as preventions in elimination of the repetitive syndrome. For recovery of the lumbar, ichias puncture, discopathy , there are preferred therapeutic exercises for muscle relaxation of the pelvic strap, lengthening the muscles and ligaments as well as muscle strengthening. These procedures reduce the possibility of repetition of pain. Therapeutic motion activity will improve the movement and in this way it will aid in relaxation of the spinal nerve system. We will present a list of corrective gymnastics exercises that will affect the complete prevention, treatment and rehabilitation.

Key Words: therapy, rehabilitation, treatment, prevention, exercises

DETERMINATION OF LATENT STRUCTURE OF THE BIOMOTORIC SPACE OF MALE PUPILS OF AGE 10 IN R. MACEDONIA

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ABSTRACT

With determination of the motor space of pupils, teachers are enabled to do small or big transformations in the content of the curriculum considering the class of physical education in order to reach the optimal implementation of exercises including selection of movements, intensity, amplitude and the level of loads in class

For determination of the structure of biomotoric abilities of pupils of 10 years old, we realized 8 biomotoric tests on a sample of 204 pupils from 8 primary schools situated in largest cities in R. of Macedonia.

At first we processed the gained results with the descriptive statistical methods, the connection between the variables was determined with Pirson's coefficient and at the end the results were processed with factor analysis. The factorization of the matrix for the main components was done with Hoteling's method. The number of important componants that have the Lambda value 1.00 or more, was determined with the Keiser-Gutman criteria and the transformation in orthogonal factors was determined with Keiser's normal – varimax method

As a prerequisite of the justification for implementing the factor analysis, we used the test of Kaiser-Meyer-Olkin and Bartlett's T-test

KeyWords; Biomotoric space, Latent Structure, Hoteling

THE IMPACT OF ELEVATION ON BLOOD HEMATOLOGICAL PARAMETERS

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ABSTRACT

The approach and the objective of this experiment are consistent with the determination of changes of blood parameters after the stay of the students at an altitude of 1800-2300 meters, for a ten-day long ski course. In this paper are included a total of 64 students of the Faculty of Sport Sciences in Prishtina, of the age group of 19-25 (the average age is 21). All students previously have undergone a medical check for TA, arterial pulse and respiratory rate.

In particular, the health situation is of subjects was examined, then, all students, at the same time, gave blood for analysis. In this experiment, three main hematologic parameters were taken in consideration: such as hemoglobin, hematocrit and red blood cells.

The same analyses were carried out after the 10-day stay at a high altitude. The results of the experiment have shown significant changes after the ten-day stay at high altitude, despite the previous results that show changes only after the twenty-day stay in such elevations.

Key Words: elevation, blood parameters, sports science students

DIFFERENCES OF ANTHROPOMETRIC CHARACTERISTICS BETWEEN WRESTLERS OF THE FIRST THREE TEAMS

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ABSTRACT

The research was conducted in order to verify the differences in anthropometric variables between the wrestlers of the three best wrestling clubs holding the first three places in Kosovo's Championship in 2011, aged 19-25 years.

A sample of 105 examinees has been divided into three groups: The first group (G1) consisted of 35 wrestlers of the club that won the first place, the second group (G2) consisted of 35 wrestlers of the club that won the second place, and the third group (G3) consisted of 35 wrestlers of the club that won the third place in Kosovo's Championship in 2011.

Results of ANOVA analysis variance indicate that the wrestlers of the three best clubs in Kosovo, from 12 anthropometric variables showed statistically significant differences between them in 7 anthropometric variables, while at 5 anthropometric variables, the groups do not differ.

Key Words: Anthropometric characteristics, discriminative analyses, variables, wrestlers

FACTORIAL ANALYSIS OF ANTHROPOMETRIC CHARACTERISTICS OF YOUNG FOOTBALLERS AGED 13-14, OF DIFFERENT CLUBS OF THE CITY OF SKOPJE

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ABSTRACT

In this study are included 126 footballers between the ages of 13-14 years. Anthropometric variables are taken from the international biological program and hypothetically cover the anthropometric area. For all variables, statistical basic descriptive parameters are considered as anthropometric manifestations, normality of distributions, connection among used variables, and the factorization of the same we have done with the Hoteling method. The valuable number of main components we have determined through the Kaiser-Guttman criteria and the same ones have been transformed into orthogonal factor with the help of Kaiser's normal-varimax method. In a latent anthropometric space, two factors are isolated among of the footballers of the age of 13-14 years old with the help of statistical methods. This means that we talk about a relatively stable morphological structure where are existing two dimensions important for increasing the general morphological development and caused by regulative obligations towards the variables for evaluating the fat tissue and the second factor contains projections with high values towards the four anthropometric variables for evaluating the fat tissue, and this factor can be freely defined as a subcutaneous fat tissue factor.

The results obtained from the conducted analysis, show the future need for research of this chronological age, and refilling it with new variables in order to come to a more precise conclusions.

Key Words: football, factorial analysis, anthropometric characteristics

THE IMPACT OF ANTHROPOMETRIC CHARACTERISTICS AND BASIC MOTOR SKILLS TOWARDS SOME SPECIFIC-MOTOR SKILLS OF PUPILS INCLUDED IN PROGRAMED SCHOOL TRAININGS IN FOOTBALL

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ABSTRACT

In this research are included 66 ethnicities of masculine gender, of age 14 (±6 months) old (footballers) which were selected and trained in the school team for two to three years. In this research are used 17 variables in total, which are: 14 variables (predictive) for evaluating the morphological status in pupils included in the football sport sections and 3 variables (criteria) for evaluating the specific-motor skills in the sport of football. During the preparation of statistical results, for all the variables included in the research, the calculation of basic statistical parameters is made: arithmetic average (X), standard deviation (SD), minimum and maximum (min.-max.). For the impact of some anthropometric characteristics on some specific-motor tests, the regressive analysis is used. The area treated through the regressive analysis, where as a predictor are used the anthropometric variables and basic-motor system, while the specific-motor variables are taken as a criteria. The regressive analysis has claimed that there are important links of the morphological variables system with all the criteria of specific-motor variables, respectively through the predictor system you can foresee the result of each variable (in footballers). Based on the realized regressive intercommunications the anthropometric status is certified and has an important impact on specific-motor achievements of footballers.

Key Words: students, anthropometric characteristics, motor skills, exercise

DIFFERENCES BETWEEN ANTHROPOMETRIC CHARACTERISTICS AND MOTOR SKILLS AMONG REPUBLIC OF MACEDONIA'S NATIONAL KARATE TEAM MEMBERS

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ABSTRACT

Aim: The great spread of karate as a sport requires modern approaches, concepts, forms, activities, and procedures in training technologies especially among young karateists, especially among young sportsmen, in relation to the structure of anthropological characteristics and performance sports, hence the aim of our study was to make differences between anthropometric characteristics and motor skills among karateists, representatives of the national team of the Republic of Macedonia, divided into three categories Cadets, Juniors and U21. Methods: The study includes a total of 41 study subjects belonging to three different categories which are cadets: girls = 6, boys = 9, juniors: girls = 6, boys = 8, and U21: girls = 6, boys = 6. Anthropometric measurements which were carried out by International Biological Program (IBP), for evaluation of motor skills, are determined by the series of standardized Eurofit tests. Statistical processing is performed by the Statistical Program for Social Sciences SPSS15. Conclusion: according to the results obtained from this study we come up to the conclusion that among the karateists of the cadet category between girls and boys, in anthropometric characteristics, measurements of height and body weight, boys come with higher values in comparison with girls, boys body fat measurements indicate lower values, the diameter and circumference measurements of boys present higher values while the boys motor tests results are better. The junior category of measurements of height and body weight among boys, results in higher values also in body fat measurements, perimeter and diameter compared with girls, as well as tests of motor skills. At the U21 category in measurements of height and body weight, boys show higher values, the body fat measurements also, perimeter and diameter compared with girls, as well as in motor skills tests.

Key Words: karate, anthropometric characteristics, motor skills, boys, girls.

THE RELATIONS BETWEEN ANTHROPOMETRIC DIMENSIONS AND MOTOR TESTS IN MANIFEST DIMENSIONS THE PREDICTION OF MOTOR VARIABLES WITH THE SYSTEM OF ANTHROPOMETRIC VARIABLES (MEN)

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ABSTRACT

The main objective of this study is to prove the relation between two extremely important dimensions in sports of karate: anthropometric dimension (longitudinal dimension) and motor dimension. It has been also verified that the achievements of karate depends from the realization of the tasks where speed is required, explosive force and co ordination from the dimensions of body height and length of extremities. Male karate has been tested (seniors) while treating five anthropometric variables and thirteen motor variables. With the help of regressive analysis has been valued the impact of anthropometric dimensions in realization of motor tasks. Longitudinal dimension has a high importance in realization of motor tasks in karate. Regarding the studies of the previous authors (with the support of tests for speed, explosive force and motor co-ordination), it is verified their impact over the success in realization of the techniques in this sport. These results serve as valuable information over the relations between different anthropologic dimensions of karate. The same could also be used by the trainers of coaching process with all categories and all groups of ages. It remains an important task for future scholars to deepen the studies related to the issue discussed above.

Key Words: relation, dimensions, anthropometric, motor, depends.

THE IMPACT OF FEET DEFORMATION DURING THE EXECUTION OF MOTOR DUTIES

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ABSTRACT

The influence level of feet deformities in executing many motor tasks among students of different ages is high. In order to determine the level of occurrence of knee deformities as well as their impact on the realization of motor tasks, six groups of 35 students were tested in three equal groups of both sexes, 210 students in total. All entities are full-time students of twelve and thirteen grade of secondary education, aged 18. ((± 6 months).Based on the results obtained, for both sexes groups which were divided according to their feet deformities: the Group without knee deformities(normal),and the other group with knee deformities of "O" type and knee deformities of "X" type, we can see significant differences (p = .05). The male students, whichever group of knee deformation they belong to, their results decrease when it comes to motor skills, respectively limited accomplishment of certain motor tasks. In the other hand, the difference between the two categories with knee deformities and the group with normal form of knees are less present among females. The differences are not significant for some of the motor tasks. According to this we can conclude that the assessment of the feet deformities degree is very useful information for physical teachers. Since the knee deformities represent serious limitation of motor skills, the detection of knee deformities on time, could help the sports coaches to make a qualitative selection of athletes, depending on the type of sport.

Key Words: knee deformities, motor skills, selection

SPORTS MANAGEMENT

ORAL PRESENTATION

THE COMMUNAL EFFECTS OF BET MACH FIXING

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ABSTRACT

The bet mach fixing scandals that started to affect European football in 2009 comprised Europe and Asia countries. The bet mach fixing scandal, started in the bottom of the league in 2010, arose in 2011 in Spor Toto Super League and turned the market upside down. In the investigation of bet chicanery in which unethical behaviors were to be determined; club leaders, managers, technical directors, journalists, football players, national players and many fans were investigated and some were even arrested. This study, investigating how bet chicanery scandal effects social morality, included a questionnarie of 33 questions,7 of which considering independent variables and 26 considering bet players' betting status and their point of view. In this study in which the titles "Football from Past to Present in Turkey", "Bet from Past to Present in Turkey" and "Mach Fixing Past to Present in Turkey" were considered, we can see Turkish People's betting statistics, their perspective of football clubs, attitudes towards these clubs and social effects about bet mach fixing.

Key Words: Sport, Football, Bet, Match Fixing, Ethics

MUNICIPALITIES' SPORT SERVICE PRODUCTION QUALITY AND PARTICIPANTS' SATISFACTION

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ABSTRACT

The research, in 2010-2012, has been done to determine the municipalities' sport service production quality and participants' satisfaction with the participation of 214 voluntary woman members who attended to "Life Long Practise" organised by The Municipality of Ankara Yenimahalle Sport Club. In addition to the questions oriented to know the researching group, a 5 point likert scale survey, composed by 24 questions, was implemented to determine participants' satisfaction and organisation's quality. In the survey, "I completely agree" was 5 points and "I never agree" was 1 point. Also, the question's number distribution of survey's questions was: implementation policy (4), economic dimension (3), educator's quality (3), institution (6), work environment (3), participants' satisfaction (5). The reliability and validity study of the survey was experimented on a group of 30 voluntary people. As a result of the pretest- posttest implementation, cronbach alpha was found as 78. As a result of the research, it's come to fruition that 75.2% of the voluntary participants support that the municipalities have to provide sport services to the public and also 82.7 % of them support that sport services have to be generalized. It is determined that 84.1% of the research group had a substantial decrease of their health problems and 84.5% of the same group had a pleasure to be in a new social environment. With these results, it's determined that the voluntary group of the research has a satisfaction to take part in the implementations of "Life Long Practise" and also it has an opinion of improving the work environment conditions.

Key Words: Municipality, Sport Service and Participants' Satisfaction

REALIZING SPORT EMPLOYEES' POTENTIAL THROUGH AUTOCRATIC, DEMOCRATIC, AND DELEGATIVE LEADERSHIP STYLES

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ABSTRACT

The achievement of sport employee's maximum potential can be reached through varying approaches to leadership. Three common approaches to leadership include autocratic, democratic and delegative. As a sport leader determines the best approach to leadership, a sense of the broader governance structure from the state/government that influences the ability of citizens and organizational members to be receptive to leadership styles of which they are familiar should be considered. The autocratic (authoritarian) leader sets clear expectations about what needs to be done with explicit timelines and directions. There is a sharp division between leader and followers and employees take all directives and decisions by the sport leader with minimal input from others. Democratic (participative) leadership seeks out and values input from members of the sport organization. Motivation and loyalty were cited by Rustin and Armstrong (2012) as advantages to using democratic styles over autocratic styles. From a democratic style approach, members of a work-group are more likely to commit themselves to its purposes where they feel valued. In cases where the employees' level of education is equivalent or above that of management it can be argued that democratic leadership or even a leadership approach that features not only the delegation of responsibility but also moderate levels of authority can be effectively implemented in a sport organization. A sport leader who delegates (laissez-faire) turns decision making and responsibility over to group members and assumes a hands off approach in the organization's pursuit of goals (Schoel, Bluemke, Mueller, & Stahlberg, 2011). Whereas, autocratic and delegative styles of leadership are on extreme ends of the leadership continuum, the democratic leader is placed somewhere in the middle of the continuum when assessing member participation. The truly democratic leader offers guidance to group members, but also participates in the group, encouraging active member involvement, in most all facets of the organization, including decision making. Vroom and Yetton (1973) supported situational leadership and argued for a stable leadership position until a situation calls for change, at which time an objective approach to situational leadership should be applied. Although myriad approaches to leadership are available for implementation by the sport leader, the autocratic, democratic, delegative or a combination of parts of each offer an appropriate mix of viable options necessary to allow for the differences in employees to be exploited in a way that allows for maximization of employee potential in the interest of the highest organizational productivity.

Key Words : Democratic, employee, motivaiton

THE SOCIAL PHYSICS ANXIETY STATES AND JOB SATISFACTIONS OF THE PHYSICAL EDUCATION TEACHERS

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ABSTRACT

The aim of this research is analysing the relation between social physics anxiety states and job satisfaction of the physical education teachers. The studying group of this research consists of 168 physical education teachers who work in the provinces of Kırşehir and Konya. To determine the social physics anxiety states of the physical education teachers "Social Physics Anxiety Scale" which was developed by Leary and Rejeski (1989), and to determine the job satisfaction states "Minesota Job Satisfaction Scale" which was developed by Weiss , Davis England and Lofquist (1967) have been applied. In the analysis of the data, t-test and basic correlation techniques were used in SPSS 16.0 statistics programme. As a result, the social physics anxiety states of the physical education teachers is found low X=29,3 and the job satisfaction states are above the middle X=74,9. According to the social physics anxiety total points and sex variance in the sub-dimension there is not any significant difference, the job satisfaction points of the females are significantly higher than the males. Any correlation has been determined between negative evaluation sub-size and job satisfaction, but there is a negative direction low relation ($r=-170$, $p\leq.05$; $r=-189$, $p\leq.05$) between physical appearance content sub-size and social physical anxiety total points.

Key Words: Physical Education, Teacher, Social physics anxiety, Job satisfaction

INVESTIGATING BROADCASTING RIGHT INCOMES OF OLYMPICS AND IT'S EFFECT ON GAME DEVELOPMENT

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ABSTRACT

The aim of this study is to examine broadcast right incomes of all Olympic Games committed since 1936 Berlin Olympics and to investigate broadcast right incomes' importance of helding Olympics. Taken an example by Ancient Olympic Games, Modern Olympic Games; adaptated to modern circumstances and revitalized as one of first decisions of International Olymic Committee (IOC) founded with a taken act of International Athletics Congress held at Sorbonne city of France in 1894 and first games organized in Athens city of Greece. Three of organising games four each yearly period couldn't execute because of World War I and II, thirtieth of it held in London in 2012. However games run into problems in some periods and it's future enters in danger. On of the most important problem is financially support of the games. For years, games tried to be supported by orginising country and it's small source of incomes but more sources required with the number of increasing participant countries and sportman with sport branches. Over time, countries having difficulty in cost covering, avoided undertaking the games organization.

Key Words: Olympics, television, broadcast right incomes.

DEFINITION OF SPORTS MANAGEMENT

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ABSTRACT

In general, management in sport can be defined as a process of organizing and managing sport or sport organization in order to achieve sport and other goals with rational use of limited resources. So, sport management represents (supports) the organization of general sports activities and its management. Hence, the professional management is needed in sport organizations, and the ultimate goal of such organizations is to achieve the highest results and make it useful for investments in economy. Thus we can talk about different types of organizing of sport management: sport events management, sport facilities buildings management, human activity management, sport finance management.

Key Words: sport, sport management, sport organization.

THE MOTIVES THAT ENCOURAGE YOUNG PEOPLE TO PLAY SPORTS

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ABSTRACT

This study was done in "Gj.K. Skenderbeu" High School in Gllogoc, during 2010-2011. The samples of subjects were taken from both sexes. The general number is 318 students. Students are divided in two equal groups, 159 female and 159 male. This research is done through a questionnaire that contains 9 questions: taking care of health, harmonious development of body, avoiding the stress, desire to find new friends, desire not to be separated from friends, ambition to establish themselves in society, the aim to improve the socio-economic status, promotion from sports teacher and other motives. The purpose is to know which are the main motives that are stimulating the students to play sports, and whether there are motive differences between the different sexes to play sports. The students were instructed to speak of one of the nine motives as their most important one, then the second most important one and the least important one, always taking care that the motive is not the same for the three levels of importance. The results show that the differences between the sexes on motives to engage in sports are big, which is certainly useful information for orientation of young people towards different sports.

Key Words: motivated, stimulation, questionnaire.

SPORTS MARKETING

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ABSTRACT

Under marketing in theory we consider scientific subject and activity in practical sense, which aims to achieve competition of work organizations in the market and enviable level of product recognition available in the market, and on the other side we can define marketing as a certain process, which should create and solve relations of exchange between manufacturers on one side, and consumers on the other. Sport marketing belongs to the newer type of marketing and under it we consider business function of sport organization that represents primarily an economical process of production connection (sport organizations with sportsmen and coaches) and consumption (sport and other public).

Key Words: sport, sport marketing, sport organization.

RECREATION AND MANAGEMENT

ORAL PRESENTATION

RUNNING HEAD: ACTIVE SPORT TOURISTS

AN INVESTIGATION ON MOTIVATIONAL ORIENTATIONS OF ACTIVE SPORT TOURISTS

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ABSTRACT

The aim of this study was to examine the motivational orientations of active sport tourists according to their gender, age, marital status, the branch of sports they participate in, their period of stay in the city they do sports and the number of journeys they take with the aim or joining in a sports event a year. A total of 383 active sports tourists, 148 female (38.6%) and 235 male (61.4%), who stayed at least one night at the sports tourism centers in Antalya, Muğla, Bursa and İzmir and whose initial interest was tennis, paragliding, skiing and wind surfing participated in the study. Leisure Motivation Scale (LMS) was used in the study consisting of 48 items grouped under 4 sub dimensions (intellectual, social, competence-mastery, stimulus avoidance). The data were analyzed using t test and one way ANOVA. It was found out that the motivational orientations of active sport tourists do not differ by gender, period of stay, age groups and the sports branch they take part in. Stimulus avoidance sub-dimension of the motivational tendency varies by marital status and the number of journeys taken a year.

Key Words: Leisure, motivation, active sport tourists

INVESTIGATING EFECT OF CURIOSITY LEVELS ON SECONDARY SCHOOL STUDENTS PARTICIPATING SPOTIVE RECREATIONAL ACTIVITIES (SAMPLE OF KÜTAHYA PROVINCE)

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ABSTRACT

Curiosity is a desire to understand and learn something. Especially this stimulation intended for exploring new or interesting things, investigation and data collection. Aim of this study is to examine relations between different variables and curiosity levels of the students who are studying at the Urban Secondary Schools in Kütahya Province in 2011-2012 academic year. As data collection tool, "Curiosity Scale" which is developed by Erwin (1998) and adapted to Turkish by Demirel and Coşkun (2009) was used. The scale consists of two sub-dimensions. These are called the width (27 articles) and depth (20 articles). Questions in the width sub-dimension examines person approaches to informations in wide extend and variety. Fort he depth sub-dimension, individual curiosity about certain matter, idea or person and personal effort to learn about these informations continually. An information form of 11 questions was also prepared in order to specify the demographic features of the students. The questionnaire used in this study was applied to 440 boys and 440 girls, totally 880 students, who study at the urban secondary schools in Kütahya Province in 2011-2012 academic year. To sort out the data, MS Excel spreadsheet program and SPSS For Windows IBM Version 20.0 statistical package software were used for statistical analyses. Percentage (%) and frequency (f) analyses were made in order to identify the demographic distribution of the participants and Independent-samples T-test was conducted on the significance level of α=0.05 in order to ascertain whether there is an important difference at curiosity level of the students according to their gender and way of participation in the activities or not. Additionally OneWay ANOVA test was performed to understand the effect of the class, monthly income, activities made during leisure times and reasons which adversely affect their participation in the activities on the curiosity level. In conclusion and according to the findings, when curiosity level of the participants was examined, it turned out not to differ based on the gender ($t_{.05}$; 5.592; $p>0.05$), class ($F_{3,876}$; 1.066; $p>0.05$), average monthly income ($F_{5,874}$; 1.141; $p>0.05$).

As for the variable of participation feature in the activities, a significant difference was detected in the width sub-dimension ($t_{.05}$; 7.818; $p<0.05$) and depth sub-dimension ($t_{.05}$; 4.262; $p<0.05$). For the activity type they participate in their leisure times, a difference was also detected in the width sub-dimension ($F_{6,873}$; 3.502; $p<0.05$) and depth sub-dimension ($F_{6,873}$; 3.849; $p<0.05$). Concerning the reasons which adversely affect their participation in the activities during leisure times, no significant difference was found out between the curiosity level of the participants according to the width sub-dimension ($F_{5,874}$; .496; $p>0.05$) however a significant difference was identified between the curiosity level of the participants according to the depth sub-dimension ($F_{5,874}$; 2.305; $p<0.05$).

Key Words: Curiosity, Sport, Recreation, Educational Sciences

KIRKPINAR AND TRADITIONAL SPORTS

POSTER PRESENTATION

EDİRNE PEOPLE'S TENDENCIES OF SPORTS

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ABSTRACT

The purpose of our work is to investigate the tendency of sports grade of Edirne people. The population of our work is the people who are living in Edirne City, and the quantity of them is 300, has choosen random. The people, has participated to questinnaire, from different professions.We applied to these people, a 20 questions questinnaire for collecting information. The subjects of these questions are; their level of interests, the branches of sports that they interested in, reasons for lack of interest, their puposes of interesting sports, their level of following up sport activities, the reasons for lack of applying sports, qualification status of sports facilities, sports facilities required to be done as a priority in city, which sport organizations required to organizate in city. We used the SPSS 17.0 software chi-square test for analyzing the informations. A large number of this population interests in sports and a lot of them doing sports for an healthy life. A large number of people, that they interested in sports, are generally interested in football, and generally they follow up the sport activities from sports press and media. A large number of these people says the sport facilities are not enough for Edirne, and they told Edirne City needs to multi-purpose sports facilities.

Key Words : Sport, Edirne, poeple

PHYSICAL EDUCATION AND SPORT

POSTER PRESENTATION

THE PHSYICAL EDUCATION AND SPORTS DEPARTMENT STUDENTS' THOUGHTS ABOUT THE BOLOGNA EDUCATION PROCESS AND THE PARTICIPATION OF EUROPE COMMUNITY (SAMPLE OF AGRI CITY)

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ABSTRACT

The purpose of this study is to identify The Physical Education And Sports Department Students' Thoughts About The Bologna Education Process And The Participation Of Europe Community. Data acquired from the 165 students (80 girls, 85 boys) who attend the departments of Physical Education Teaching Department of the university of Atatürk Ağrı Education Faculty in the provincial centre of Ağrı in 2006-2007 educational Spring term. Data were collected using a questionnaire developed by researchers for the study and administered at university. Frequencies, were calculated. The Statistical analysis were done with t- test, One way Anova and LSD test. The findings indicate that the thoughts of students are different and their frequencies' the lowest point is 19, the highest point is 95. totally point was found % 59,3152

Key Words: Europe Education System, Bologna Education Process, The Physical Education, Sports Education Teaching

COMPARISON OF THE NUTRITIONAL HABITS OF PRIMARY AND SECONDARY EDUCATION STUDENTS AT THE FIRST AND FOURTH CLASS IN THE TRAINING EDUCATION DEPARTMENT OF AKSARAY UNIVERSITY

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ABSTRACT

The aim of this study was to compare the nutritional habits of primary (PE) and secondary education (SE) students at the first and fourth classes in the Training Education Department of Aksaray University. The students at the first and fourth classes in the Training Education Department (both of PE and SE students) of Aksaray University constitute the sampling of this research. Contrary to first-year students, fourth class students have taken nutrition course. Data were collected by performing a questionnaire including 33 items to 155 students and analyzed by using SPSS 15.0 software. For statistical analysis, frequency and percentage (%) distributions and Chi-Square test were used. 42.2% (n=19) of the students at the first class (SE), 26.7% (n=12) of the students at the fourth class (PE), 20.0% (n=9) of the students at the first class (PE) and 11.1% (n=5) of the students at the fourth class (SE) have two meals in a day. 40.9% (n=9) of the students at the fourth class (PE), 36.4% (n=8) of the students at the first class (PE), 13.6% (n=3) of the students at the first class (SE) and 9.1% (n=2) of the students at the fourth class (SE) never have snack food. Students taking nutrition course generally replied the question their thought about the health hazards of fast-foods as harmfull. The other frequency data also gave important results. There were significant differences found between first and fourth class students (PE and SE) such as the number of main meal and snack they having, the amount of daily water and bread consumption, and the reason behind the consumption of vitamin-mineral supplements ($p<0.05$). Taking nutrition course gave rise to significant differences. Students had an unhealthy nutritional pattern in general.

Key Words: Nutritional habits, university students' nutrition

THE STUDY OF LEARNING AND PERFORMANCE ORIENTATION SCALE IN PHYSICAL EDUCATION FOR THE VALIDITY AND RELIABILITY OF SECONDARY SCHOOL STUDENTS

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ABSTRACT

The aim of this study is to determine the validity and the reliability for the secondary school students at "Learning and Performance Orientation Scale in Physical Education". The research is conducted totally of 695 students- girls (n=338) and boys (n=357)-coming from four different secondary schools in three different districts of Izmir. Learning and Performance Orientation Scale in Physical Education was developed by Papaioannou in 1994 and assumes that the motivation condition will theoretically reflect either learning or performance perception the scale consisting of 27 items and 5 factor structure is answered over five level likert. In the scope of scale's form validity, Confirmatory Factor Analysis (CFA) is applied in order to confirm the valid factor structures for original form. In the model prepared for CFA analysis, as in the scale original form, a five-factor structural model is established. When the DFA results are analyzed chi-square=672,41, sd=314, P=0,00, GFI=0,93, AGFI=0,92, CFI=0,96, S-RMR=0,047 and RMSEA=0,042 are achieved. This provides that harmony of model-data which is tested for model by goodness of fit index.. The goodness of fit index which belongs to secondary level factor analysis model is analyzed χ^2= 701,90 sd=318 p<0,00 and GFI=0,93, AGFI=0,91, CFI=0,96, S-RMR=0,051 and RMSEA=0,043 are achieved. This provides that harmony of model-data which is tested for model by goodness of fit index. In other words, some proofs are obtained about the five sub-dimension, whose structural validity is provided for perception scale, are the components of secondary level super structures named as performance and learning. The mathematical difference of CFI indices of the comparative conformity beneficence of two models which are established for scale is observed as zero. This means, the analysis results of the second level confirmatory factor model, maintains the validity proof about scale's measuring two dimensional psychological structure which is named as performance and learning. The correlation between two dimensions is found as r=0.54 The Scale's, Cronbach's Alpha values which used identification of validity for items that show of Performance Tendency Perception of Climate are between 59,3 and 66,1; Spearman-Brown Coefficient values are between 64,3 and 65,3 and Guttman Split-Half Coefficient values are between 61,9 and 65,2 are achieved. For Learning Tendency Perception of Climate's items validity Cronbach's Alpha values are between 71,7-81,6, Spearman-Brown Coefficient values are between 76,5-78,6, Guttman Split-Half Coefficient values between 75,7-76,4 are found. When the validity coefficients are analyzed; scale is reliable by all factors. To identify the consistency between the applications done in different times, repeat test correlation coefficients are changed between 68 and 77. All these findings show that scale can be used in secondary school physical education lessons to determine the learning and performance orientations.

Key Words: Physical Education lesson, Learning end Performance Orientation, validity, reliability.

THE UNIVERSITY OF DUMLUPINAR, AKDENIZ AND 18 MART, PHYSICAL EDUCATION AND SPORT FACULTY 1st AND 4th CLASS STUDENTS MEASURE OF STATE ANXIETY BEFORE EXAM

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ABSTRACT

It is known that high anxiety feeling afeects student's performance negatively. The a of study, the university of Dumlupınar, Akdeniz and 18 Mart, Physical Education and Sport Faculty 1st and 4th class students measure of state anxiety before exam. Spielberger state anxiety inventory (STAI-I) was used to determine anxiety levels of subjects. Obtained data of this study saved and analyzed with IBM SPSS 20 Statistic Package Program. At this stage, the research group of students forming variables and their distributions were determined. As a result, it's found that there wasn't significant differences according to gender (P>0,05), Level of sport (P>0,05) and variables of class distinction. Students with high levels of anxiety before exam but wasn't significant statistically.

Key Words: Exam, Anxiety, Student

THE RESEARCH OF NEGATIVE EVALUATION LEVELS OF FEAR FOR KICK-BOXERS

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ABSTRACT

Aim, The research is aimed at reviewing the anxiety levels of kick-boxers in Turkey, in respect of Potential Negative Evaluation and in terms of different variables, by employing a screening model. The research sample consists of 340 athletes, 111 females and 229 males, who have participated in the Kırşehir Kick Boxing Championship (2012), with average age of 20,33 ±4,20; and average athletic age of 6,90 ±4,35. *Methodology,* The "Fear of Negative Evaluation Scale" (the Scale); developed by Leary (1983) and adopted into Turkish by Çetin et al. (2010); has been used during the research. The arithmetic mean, standard deviation and the t test have been employed for the statistical data analysis, and the level of significance has been set to .05. *Findings***,** No significant correlation has been established between the gender and competition categories, and the Scale scores. The findings, on the other hand, do point out a significant correlation between the variable of being/or not being a national athlete and the Scale. *Conclusion,* The research has concluded that the fear of negative evaluation does not change with respect to gender or categorization (full contact or semi contact). The research has also concluded that the athletes without national jersey background have a higher fear of negative evaluation in proportion to those with such a background.

Key Words: Kick-Bokser, Negative Evaluation, Social Anxiety.

EXAMINING THE DECISION-MAKING PROCESS OF HIGH SCHOOL STUDENTS PARTICIPATING IN BADMINTON GAMES

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ABSTRACT

In our research it is aimed to examine self-respect in decision making and level of decision-making styles of athletes participating in Schools Badminton Competition in Elazig in terms of certain variables. With this aim, "*Melbourne Decision Making Scale*" developed by Mann et al. (1998) and Personal Information Form consisting of 7 questions were used. Data obtained is transferred to the electronic environment, and generalizations are made to achieve the purpose by means of statistical programs. Population of our research consists of 96 athletes from 7 female and 5 male teams attending to Schools Badminton Competition in Elazığ, Turkey on 14 March 2013. Contact is established with 78 volunteer athletes (81% of the population), 45 of which are female athletes and 33 of them are male athletes. As a conclusion, it is determined that males have a more suspensive decision-making level in terms of sub-dimensions of decision making styles in comparison to females from the point of gender variable, and a significant differentiation is observed. From the viewpoint of class, it is observed that there is a differentiation in the sub-dimension of ***self-respect in decision making and careful decision making style*** out of sub-dimensions of decision making styles.

Key Words: Decision Making, Self-Respect, Badminton, Athlete, High School

EFFECT OF TWO DIFFERENT STRENGTH TRAINING PROGRAMS ON SOME PHYSICAL AND PHYSIOLOGICAL PARAMETERS OF MALE UNIVERSITY STUDENTS

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ABSTRACT

Aim of this study was to investigate effect of 8 weeks two different strength training programs on physiologic and physical parameters of male university students. Physical Education and Sport High School male students (n:36) who were between 18 and 30 years old participated in this study as voluntary. Volunteers were seperated three groups as ÇKG (n:12), KDG (n:12), KG (n:12). ÇKG and KDG were applied strength training 8 weeks and 3 days per week. KG wasn't applied training during 8 weeks. Height, weight, back strength, leg strength, hand grip strength, flexibility, vertical jump, body fat percentage, 20m sprint, 30 m sprint and 20m shuttle run tests were appilied on volunteers. Obtained data were analyzed by SPSS 16.0 program. Paired Samples T-Test was used for analysis of among the groups their own. One Way ANOVA Test was used for analysis of between groups on data with normal distribution and Tukey HSD Test was used to determine differences in which group. Kruskal Wallis Test was used for analysis of between groups on data without normal distribution and Dunnet's T3 test was used to determine differences in which group. Significance was found in weight, body fat percentage, back, leg and hand grip relative and absolute strength, 20m and 30m sprint, vertical jump, flexbility and MaxVO_2 values of ÇKG and KDG their own ($p<0.05$). significance was found anaerobic power value of ÇKG and KG their own ($p<0.05$). Significance was found ($p<0.05$); weight, body fat percentage, back absolute and relative strength, relative right and left hand grip strength, 20m sprint and vertical jump values between ÇKG/KG and KDG/KG, and leg strength value between ÇKG/KG, and flexibility value between KDG/KG. Significance wasn't found between ÇKG/KDG in all of values. As a result, it can be said that to be positive effects of strength training on some physical and physiological parameters of male university students.

Key Words: Strength, Trainig, Physical, Physiological

COMPARISON OF 12-14 YEAR OLD INDIVIDUALS WHO DO SPORTS REGULARLY AND THOSE WHO DO NOT IN TERMS OF THEIR MULTIPLE INTELLIGENCE

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ABSTRACT

In this research, 12-14 year-old-individuals who do sports regularly have been compared with those who do not do any sports in terms of their individual intelligence areas. Our aim is to find out the correlation between intelligence and sports. The research has been done on children aged between 12 and 14 in the schools and sports clubs of Sarıyer, Bakırköy, Güngören, Zeytinburnu and Bayrampaşa districts in İstanbul. The results of both groups have been examined to see if there is any difference in terms of their ages, gender and in general. In addition, the results related to sportsmen have been examined to see if there is any difference in terms of individual sportsmen and team sportsmen. As a result of the research, it has been found out that there is no significant difference in most areas but there are some significant results in favour of those who do sports regularly in some areas and in favour of those who do not do sports in other areas.

Key Words: Intelligence, Success, Multiple Intelligences, Sport.

TECHNICAL ANALYSIS OF PLAYING PERFORMANCE 2012 WOMEN'S EUROPEAN CHAMPIONSHIPS AND OLYMPIC GAMES

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ABSTRACT

The development of women's handball was analyzed using data from the Olympic and European Championships held within the last year (2012) . The most obvious change, especially within these last decade, was that women's handball was played more dynamically and rapidly, both in attack and defense, because of the changing rules of the game. The first aim of this study was to conduct a technical analysis of current handball and to determine factors related to winning and losing game in handball. The second aim was to compare the data of European Championships with Olympic Game in London, considering the success of first four teams and the others in European Championships with Olympic Game in London. The technical variables used to compare the tournaments included: the average number of attacks, the efficiency of attacks, the efficiency of goal throws, fast break goals per game, the efficiency of fast breaks, the efficiency of the goalkeeper, saves by the goalkeeper per game, number of turnovers per game, number of 2 minutes punıshment per game and the efficiency of position throws (wing, pivot, back court, break-through, fast break, and 7-meter). This technical analysis used cumulative statistics from the European Handball Federation and International Handball Federation. This study is to find out whether the dominant variables that affect performance handball in winning and losing in match.

Key Words: Handball, Position Efficiency, Technical Parameter Analysis, Succ

CHAMPIONS LEAGUE LAID ANALYSIS OF GOALS

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ABSTRACT

Datas about attack organizations structure result in goal are determined in the UEFA Champions League and factors effect goal happening are compared in different seasons. 375 matches and 925 goals in 3 seasons (2004-2005, 2005-2006, 2006-2007) are recorded in the UEFA Champions League are evaluated. The evaluation criterias are attack time, attack period, attack model, attack begining model, attack begining area, attack area, number of pass, pass areas, number of player, areas of goal and goals' kick technique. The UEFA's official and original match dvd and "Mathballsupervisor" match analysis programme for the evaluations are used. Kappa (κ) test for the purpose of determinating reliability between observations and observers, Mann-Whitney U and Ki-kare test (X2) for the purpose of determinating differences which are resulted in goals among the seasons are used. P<0,05 rank is accepted meaningful as statistically. It is determined that the goals are between at 9-11 second, 2. half-time, the time of ball is in the match and wrong pass coming from rival. Đt is determined that the goals are having ball in attack area, 0-5 pass from centre after passes coming from rival area and 1- 5 players have ball. Đt is determined that the goal are in the penalty area and tecnique of foot shooting. There is a meaningul difference in the attacks are result in goal in terms of pass area, attack shape and attack begining shape among seasons (p<0,05). There is no a meaningful difference in terms of other criteria among seasons (p>0.05). It is believed that the datas which are gotten from our study is about determining of attack organizations structure in the goals and composing specific training models match centered is applied in the football supply determinig of football characteristic.

Key Words: Goal, analysis, soccer, UEFA

THE EFFECT OF PROPRIOCEPTIVE EXERCISES ON FOOTBALL PERFORMANCE EFFECTS OF INVERSION-EVERSION PROPRIOCEPTIVE EXERCİSES OF ANKLE PERFORMED IN ADDITION TO FOOTBALL TRAINING ON SHOOTING VELOCITY, SHOOTING PRECISION AND BODY BALANCE

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ABSTRACT

The aim of this dissertation was to invastigate the effects of inversion-eversion proprioceptive exercises of ankle performed in addition to football training on shooting velocity, shooting precision and body balance. 22 football players (11 experiment group, 11 control group), who were the students of Ege University Physical Education and Sports School, participated in this study and still participating in football training. None of them had surgical operation associated with ankle during the previous year. Proprioceptive perception (active joint position sense) was measured by isokinetic dynamometer (Cybex NORM™) with as pretest and post test. The shooting velocities of the football players were measured with as pretest and post test. During these tests shoots were performed with instep shooting technique and 7m. far away from a handball goal (3 m. x 2m.) and with no angle relative to approach run. Shooting precision was measured by the use of a target with the dimensions of 50 x 50 cm. set in the goal. No angular velocity setting was used in Speed-Tracx Radar machine during measurements. After the pretest, ankle inversion and eversion proprioceptive training was performed with a exercise setting developed by a gonyometer. These training was carried out by the experiment group for 7 weeks (3 days/week) 15x2 sets. Balance tests were performed as pretest and post test with the interactive balance system Tetrac Inc. machine. A Significant difference was found between post test and pretest values of proprioceptive perception levels and shooting precisions in experiment group in both the dominant and non-dominant foot at the significant level of $p<0.05$. No significant difference was found between shooting velocities of dominant and non-dominant leg in both the control and experiment group at the significant level of $p>0.05$. No significant difference was found between the pretest and post test values of balance measurement scores in both the control and the experiment group at the significant level of $p>0.05$. As the proproceptive training in addition to football training performed with the developed machine increased the

instep shooting precision rates, these trainings can be included in common football trainings.

Key Word: Football, proprioreception, shooting, precision, balanc

AGE-RELATED AGILITY, ACCELERATION, SPEED AND MAXIMUM SPEED RELATIONSHIP IN FOOTBALL PLAYERS

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ABSTRACT

The aim of study was to find out age-related agility, acceleration, speed and maximum speed relationships in football players. This study consisted of 125 young football players aged between 14 and 18 from Karabükspor youth setup and reserve team who were measured for 30m sprint,10m acceleration, 20m maximum speed, and T-Agility tests. The test values of players decreased with age as expected. All performance tests correlated significantly but coefficients of determination (r^2) between agility test and all other tests were lower. Acceleration and other tests except 30m sprint also were lower. There was no difference in age groups for correlation between tests. Because of low coefficients of determination it could be said that maximal speed, acceleration, agility were correlated by chance and were different components of physical performance so different training sessions should be planned for each physical features.

Key Words: Football players, speed, maximum speed, aceleration

THE COMPARISION OF SOME PHYSICAL EDUCATION AND SPORT TEACHING DEPARTMENT COURSES' LEARNING ENVIRONMENTS WITH CONSTRUCTIVIST APPROACH IN TWO DIFFERENT UNIVERSITYS

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ABSTRACT

The purpose of this research is to compare the learning environments with contructivist approach of some courses (track and field, basketball, volleyball, history of physical education and sport, foundations of physical education and sport) of physical education and sport teaching departments from Pamukkale University and Adnan Menderes University. Participants consists of forty-seven Pamukkale University (PAU) with forty-nine Adnan Menderes University (ADU) Physical Education Teaching department students. "The constructivist learning environment rating scale" which was developed by Arkun and Aksar (2010) are used with the required permissions. For statistical analyses, descriptive and t-test analyses were performed. As a result of the analyses, there are significant differences between PAU and ADU basketball course in suggesting [t (93) = 2.47, p= .015] and simultaneity of instruction and assessment [t (93) = 2.29, p = .024] variables in favor of PAU. In addition, statistics shows that there is a significant difference between PAU and ADU history of physical education and sport course in cooperative [t (93) = 2.37 p = .020] variable in favor of PAU. No significant differences were found between other variables. As the cause of these differences, it was considered that PAU faculty members provide the students to participate in class more by using the constructivist approach than ADU faculty members. However, this study must be interpreted carefully because of lack of participant numbers and lack of the evaluation of constructivist learning environments studies in the literature.

Key Words: Constructivist approach, learning, high school

DEVELOPMENT OF THE TOOL FOR MEASURING PROFESSIONAL SOCIALIZATION OF PHYSICAL EDUCATION TEACHERS

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ABSTRACT

The purpose of this study is to develop a scale which determines the professional socialization levels of physical education teachers. The research has a screening model. Working group of the research is composed of 211 physical education teachers. There are 49 items related to professional socialization in the scale form. Cronbach-Alpha reliability was tested in order to provide proof for reliability. Total correlation analysis was carried out for the items in order to provide proof for item validity. Cronbach-Alpha internal consistency coefficient was found to be ,84. Exploratory Factor Analysis and Confirmatory Factor Analysis were carried out in order to provide proof for structural validity. The scale was determined to be a 4-factor scale as a result of Exploratory Factor Analysis. Cohesion of the factor structure model which was set forth as a result of Exploratory Factor Analysis was tested through Confirmatory Factor Analysis. Cohesion of the model obtained was tested via cohesion criterion. According to the data obtained, it was seen that the model cohesion values was at acceptable levels. In physical education teachers' professional socialization scale, a there are total of 31 under four dimensions which are the work satisfaction dimension with 13 items, motivation dimension which 6 items, commitment dimension with 7 items and acquiescence dimension with 5 items. Findings regarding the validity and reliability of the scale show that it has the necessary qualities to be used for determining the professional socialization levels of physical education teachers.

Key Words: Professional socialization, Physical education teacher.

THE COMPARISON OF SHORT AND LONG DISTANCE SWIMMERS LOWER EXTREMETY ANTHROPOMETRİC MEASUREMENT AND KNEE ISOKİNETİC MUSCLE STRENGHT

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ABSTRACT

In swimming sport, altough the swimmers are thought to use upper extremety actively, lower extremety isn't used as actively and intensively as upper extremety,considering the rate of strenght used. Regarding this, we have aimed at measuring izokinetic muscle strenght of both long-distance and short distance swimmers whose muscles ended-up physical changes in the lower extremety depending on the long therm use. And we have also aimed at analysing the difference resulted this measurement.Seven long distance and short distance swimmers have attended to this study. Using Biodex 3 Dynamometer, ısokinetic knee flexion-extansion muscle stenght has been measured 60/60 dec/sec and 180/180 dec/sec test protocol has been used in this measurement. The data gathered has been a valvated using SPSS 12.0 packed programme. Isokinetic muscle strenght of both short and long distance swimmers has been evaluated in Man Whitney U test and a significant difference has been found ($p<0,05$). According to the results of this study, the reason why short distance swimmers have stronger izokinetic muscle strenght than long distance swimmers. May depend on the use of different training method or different density of land training. Even these kind of trainings affect long- distance swimmers training and competition performance, it may be beneficial to use short-distance swimmers training methods to minimize disability.

Key Words: Swim, Stenght, Anthropometry, İzokinetic

LOCAL GOVERNMENT OF THE PEOPLE ON THE PROSPECTS OF RECREATION AND SPORTING SERVICES (CITY PENDİK SAMPLE)

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ABSTRACT

This study is conducted in order to determine expectations of people from the local governments about recreatiıon and sport services. By doing so, both the importance of using recreation and its subject as a mean of public relations between local governments and the population would be presented, and local governments would be informed about what kind of services are expected by the people, which, in turn, would make local governments take necessary interest in recreation and sport

The aim of the study is analyzing the expectations of the people, who live in Pendik/Istanbul, from the municipality about recreation and sport. In order to present the views of the individuals about the sport services of municipalities, survey –scan model is used. For stating the distribution of these views in terms of age, gender and occupational groups to determine the dimensions of the scan model, the relational-scan model is used.The survey is applied to 300 participants in Pendik/Istanbul. "Expectations of the People From the Municipality About Sport Services" survey, which is developed by Çoban in 2002, is used as a mean of collecting data in the study.Analysis of the data used in the calculation of the frequency distribution and percentage. As a result, most of the participants' free time watching television (17,8 %), family care (14,4 %), book and magazine reading (11,3 %) spent in activities such as passive, active sport that 10,7 % of those of the people waiting for the municipality priority sports swimming pool facilities were found to be 19 %. In addition, 79% of those polled are not aware of the time the municipality has made sports and recreation activities, recreation and sports facilities in districts of people determined to benefit from an adequate level.

Key Words: Recreation, Sport, Local Government

VIOLENCE IN FOOTBALL TERRAINS IN KOSOVO

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ABSTRACT

Since the war in Kosovo are not made sufficient efforts to prevent violence in sports terrains. Ministry of Youth, Culture and Sports and the relevant federations have not taken adequate measures to prevent this negative phenomenon. The only measures that have been taken in this direction have been the emptying of sports tribunes by police during the game and the football federation's decision that the games of the specific team be played without spectators. These measures have not been sufficient to prevent violence at sports terrains. The purpose of this study was to identify groups of fans, and the discovery of causes that push fans to cause violence in sports terrains. Methods for collecting survey information is applied to the 10 questions asked, in a sample of 217 respondents, fans and regular viewers of Kosovo's Football Super League during 2010/11 season.
The research results show that groups of fans at sporting matches consist of: a) the leaders of the group (ardent supporters), b) small groups called "the core" and c) members of the group (sympathizers and regular fans).

When it comes to violence in sport, the results show that: 96% of respondents believe that there is verbal violence at sporting matches, 78% of respondents believe that there is physical violence at sporting matches and 100% of respondents believe that there are other forms of violence (offensive slogans, flaming torches, flags and symbols of various emblems). Also the results show that the causes of violence are: 61% ardent fans, 23% players, 10% the clubs leadership and media 6%.

To prevent violence in sports games it's necessary to have a commitment of individuals and institutions.

Key terms: Violence in sports, fans, survey.

COACH-ATHLETE RELATIONS AND COMPARISON OF LEADERSHIP STYLES OF COACHES

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ABSTRACT

The aim of this thesis "coach-athlete relations and comparison of leadership styles of coaches" is to investigate and study the relations between the coach and athlete and examine differences between individual sports and team sports coaches In the first step of this study, general descriptions of the coaches and athletes and characteristics of these athletes and coaches are given. In this section we have gathered information from literature examples of behaviors of coaches and tried to determine these coaches' approaches from the past to present. In the second step of this thesis general description of a leader and some characteristic of these leaders are given. After that, we have covered the leadership approaches and studies about these approaches. Moreover, in this section, functions about leadership are covered too. In the last chapter of this study, the survey results made in Edirne city to test the hypothesis in this investigation are given. From the results it's been found that the average age of coaches are 32,54. %13,2 of these coaches has got master's degree, %69,3 has got bachelor's degree and %17,5 has high-school graduate. %61,4 of them are single, %38,6 are married and %8,2 of them have actually done sport. To analyse the coaches' leadership styles, we have used the survey form that has been developed by David R.Frew in 1977. The survey questions are prepared based on five point likert scale. The results are analysed with SPSS 16,0 for Windows statistics packaged software.

Key Words: Coach, Athlete, Leader, Leadership

COMPARISON OF BODY COMPOSITION AND ANTHROPOMETRICAL VARIABLES OF YOUNG SEDENTARY AND SWIMMER GROUPS

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ABSTRACT

The purpose of this study was to compare the body composition and anthropometrical characteristics of young male and female swimmers. Twenty-one swimmers, who engaged in regularly training, 10 male (X_{height}= 153,4±13,3 cm, X_{mass}= 45,6±7,79 kg, X_{age}= 11,9±0,8 years) and 11 female (X_{height}= 150,2±6 cm, X_{mass}= 42,2±5,2 kg, X_{age}= 12,1±0,8 yıl) and twenty-one sedentary, 10 male (X_{height}= 154,2±8,5 cm, X_{mass}= 47,1±8 kg, X_{years}= 11,9±0,9 yıl) and 11 female (X_{height}= 155,7±7,1 cm, X_{mass}= 53,7±9,8 kg, X_{years}= 12,1±0,8 yıl) participated voluntarily in this study. Body composition, stroke length (SL), skinfold thickness and anthropometrical measurements of participations were assessed and calculated somatotype, body fat percentage (%) and body mass index (BMI). A significant difference was found among body fat percentage (F=3.9; p =0.016), endomorphy (F = 4.5; p =0.009) and BMI (F = 4.5; p =0.09) value of sedentary group ($p<0.05$).There was no significant difference among SL (F = 0.5; p =0.7), mesomorphy (F = 0.3; p =0.87) and ectomorphy (F = 2.3; p =0.1) value in young swimmer group ($p>0.05$). Comparison of swimmer and sedentary group resulted significant difference only in between sedentary and young female group. As for body composition and somatotype variables, somatotype component of male and female swimmer groups and sedentary male group was found central and sedentary female girls' was found balanced endomorph.

Key Words: Swimming, Antropometry, Somatotype, Body fat percentage, Body mass index.

ANALYSIS OF PROFESSIONAL ANXIETY LEVEL OF TEACHER CANDIDATES STUDYING AT ARTS AND CRAFTS DEPARTMENT OF THE PHYSICAL EDUCATION AND SPORTS COLLEGE

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ABSTRACT

In this study, it was aimed to investigate the anxiety levels of the students in the teaching profession, studying in the Arts and Craft Teachers' Education Program of at the Firat University, School of Physical Education and Sports and Fine Arts Education Department in city of Elazig. The research data were obtained by Saban, Korkmaz, Akbaş (2004) by applying "The Anxiety Scale of the Teacher Candidates", developed by Borich (1996) by adapting it. Our investigation is consisted of a total of 72 volunteers of 4th grade, 44 of them students of the School of Physical Education and Sports and 28 of them students studying in the Art and Crafts Education program. The data obtained were evaluated by computerized statistical programs and the level of significance was taken as ($p < 0.05$). As a result, when the effect of the demographic information of the Students upon the anxiety level of "age, gender and department" is being examined, statistically no any difference was observed in the variable; whereas it was observed that the level of Ego-Centered Anxiety of the Students of Art and Crafts, the Task-Centered Anxiety and Student-Centered Anxiety, has higher values compared to those of the Students of Physical Education and Sports College.

Key Words: Teacher Anxiety, Anxiety, Pre-service Teacher, Teacher of Physical Education and Sports, Arts and Crafts Teacher

PROSPECTIVE PHYSICAL EDUCATION TEACHERS' PROFESSIONEL PRIORITIES ABOUT TEACHING PROFESSION

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ABSTRACT

Teaching profession, extant developing down the ages, is an occupational group which has different and various profession fields. According to Article 43 of the National Education Basic Law no1739, teaching is defined as a special profession field undertaking all education and related management assignments of the government. In our day, one of the profession fields of teaching profession is physical education teaching. The physical education teachers are trained by the related colleges and the physical education teaching departments of universities' faculty of education within the scope of a standard quadrennial program defined by the High Education Board. The aim of this study is firstly to determine the opinions of final year undergraduate students of physical education teaching department about the necessary specialities of physical education teachers and secondly to determine which specialities come into prominence in every 3 branch (General Culture, Teaching Profession Knowledge and Knowledge of Profession Field). According to the results of the study, it's aimed to contribute the up-dating of the curriculums about training the physical education teachers. The study was done with the participation of 168 voluntary final year undergraduate students of Aksaray University's Physical Education Teaching Department for four years between 2009 and 2012. A 5 point likert scale survey was implemented as data collection tool. According to the results of the research, in the field of Professional General Culture; adoption, protection and developing the national, moral, humanistic, cultural and spiritual values of Turkish Nation (82,7%) and performing consistent behaviours at school and in environment (77,4%) are placed near the top among the priorities. In the field of the Knowledge of Profession Field; adoption, loving and appreciation the teaching (83,9%) and in the field of Teaching Profession Knowledge; having a grasp of the field (80,3%) are also placed near the top among the priorities.

Key Words: prospective physical education teachers, professional priorities, curriculum.

SPORT AND HEALTH

POSTER PRESENTATION

THE RELATIONSHIP BETWEEN HEALTH COLLEGE STUDENTS' PHYSICAL ACTIVITY STATUS AND LIFE SATISFACTION

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ABSTRACT

Life satisfaction is defined as the satisfaction of one's own life. Activity theorists state that happiness is a product of human activity. In this meaning, the activity indicates a positive effect on life satisfaction. The universe of the study constitutes 293 students of Nevşehir University Health College. The research has been completed with 225 students who accepted to participate the research and were not absent on research dates. In this study, to determine the physical activity levels of individuals, the short form of International Physical Activity Questionnaire (IPAQ) and to evaluate the life satisfactions, Life Satisfaction Scale (LSS)have been used. In data analysis number, percentage and Kruskal-Walls tests have been used. It has been determined that students' average of age is 20.84 ± 2.17, and 72.9% of them are female, 33.8% are attending first class, BMI of 56.4% is normal, and 56.9% do not do exercise. In this study, it has been found that students' weekly energy consumption is 2220 ± 2258.35 MET-min/week in average and 30.2% of them have a low level of activity. The average of the scores on students' life satisfaction scale is 21.29 ± 6.26. Their life satisfaction increases with the increasing levels of physical activity but the relationship between average of life satisfaction scale scores and physical activity has not been found significant statistically ($p > 0.05$). It has been found that BMI of more than half of the students is normal but the rate of students who do not do exercise is high, and their life satisfaction increases with increasing physical activity levels. In order to increase students' exercise-doing status, it can be suggested to plan and implement programs and activities that increase physical activity levels in universities.

Key Words : Students, Health, Physical activity

INVESTIGATION OF EFFECT OF POSTURAL STATIC BALANCE ON PERFORMANCE ON SHOOTERS

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Purpose of this study to measure and compare of postural static balance on shooting performance. 17 young subjects 8 male (age=20,11±0,9 yr; height=176,8±6,6 m; mass=23,9±2,8 kg) 9 female (age=20,25±1,16 yr; height=161,25±1,75m; mass=22,37±1,9 kg)were participated in this study who they are university student. They are competing Turkish University League. Subjects were considered active, participating in your branch, had no prior history of illness and were without injuries. Performance was measured according to International Shooting Sport Federation Official Statutes (ISSF) rules. Events recognized by the ISSF are:

10m Air Pistol	Men	60 shots standing
10m Air Rifle		
10m Air Pistol	Women	40 shots standing
10m Air Rifle		

Subjects were performed under own competition conditions and static postural control was assessed using the Biodex Balance System, with a 5 platform level in 30sec. There test values were 3 times performed. Independent and paired t test were used as statistical method. Postural static balance control was found to be no correlated with air guns shooters performance both groups. ($P>0,05$) Female air guns shooters balance index meaningful than male air guns shooters ($P<0,05$). Correlation analysis of significant regressions indicated that, poor correlations between postural static balance and the result of performance variables on air guns shooters.

Keywords: Postural Static Balance. Performance Investigation. Shooters

A RESEARCH ON NUTRITION HABITS OF STUDENTS OF TRAKYA UNIVERSITY KIRKPINAR SCHOOL OF PHYSICAL EDUCATION AND SPORTS

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ABSTRACT

This research has been carried out with the aim of determining the nutrition habits of students in Trakya University Kırkpınar School of Physical Education and Sports. Data from the questionnaires,which have been made to determine the nutrition habits of students and give suggestions on the subject, have been presented on the charts by percentages abd frequency analysis. The study group of this research consists of 113 students who are attending to Trakya University Kırkpınar School of Physical Education and Sports in 2012-2013 education year. 30.9 % of the students attend to Phsical Education and Sport Teaching, 23.9% of the students attend to Sports Management and 45.1% of the students to Coaching Education Department. 57.5%(65) of the students are male and 42.5%(48) of the students are female. On avarage , the participants are at the age of 22.31, 174.36 cm in height and 68.48 kg in weight.

While the first part of the survey includes the questions that evaluate the gender , department , age , height and weight of the participants, the second part includes a lot of questions about the participants' nutritional habits.

The survey has found out that 22.1 percent of the participants have balanced diet, 56.6 percent of them have breakfast , 65.5 percent of the participants don't have lunch and 89.4 percent of them have dinner regularly.

We should encourage the students at Trakya University to have lunch, especially in the refectory, without skipping the main meal.

Key Words : Nutrition, Habits, PE students

EVALUATION OF KNEE PROPRIOCEPTION AND ACTIVE BALANCE IN FEMALE VOLLEYBALL PLAYERS

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ABSTRACT

Proprioception should be of great importance asprevious studies reported that proprioception loss at knee joint negatively affects balance (Mackett and Doherty, 2005). The purpose of this study is to determine the balance and the knee proprioception's in elite female volleyball players and evaluate relationship between proprioception and balance. 19 young female volleyball team players voluntarily participated in the study. After the determination of the dominant leg, athlete single-leg balance test with eyes open and closed was applied. Proprioception is measured with 90-20-5 and 90-60-5 degree active and passive protocols. When balance parameters examined, results showed there were statistically significant differences ($p< 0.01$) in all balance indexes. However, there was no significant difference found in active or passive proprioception positions for both degrees. Significant correlations were observed between 90-20-5 degree active position and eyes open Medial-Lateral balance score [$r=.498$ ($p<0.05$)], 90-60-5 degree active position and eyes closed Medial-Lateral score [$r=.541$ ($p<0.05$)]. Although present studies indicated that increasing balance ability improve proprioception sense (Malliou et al., 2004), in the present study we could not find considerable relationship between balance ability and proprioception.

Key Words : Proprioreception, voleyball, exercise

POST-EXERCISE EXCELLENT CHOICE: MILK

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ABSTRACT

Milk, which contains a rich content of nutrients, has been proved to be beneficial for our health. Milk has similar amount of carbohydrates, which are the fuel of our muscles, as in commercial sport drinks. Also, it includes proteins, which play a role in muscle metabolism and protein synthesis. Natural electrolytes and water existing in its structure are helpful for the electrolyte and water loss replacement after sweating. The fact that milk has some nutrients similar with commercial sport drinks it and also includes some minerals and vitamins, which do not exist in commercial sport drinks, makes people, who are working in jobs related to the nutrition of sportsmen, get more interested in milk. Milk, is a more efficient solution than water and sport drinks, after endurance and resistance exercise recovery. Researches show that milk increases muscle resynthesis of muscle glycogen, rehydrates and optimizes performance after endurance exercise recovery. It is obvious that milk decreases exercise induced muscle damage and it increases the net muscle protein balance during recovery.

The components and timing of nutrients significantly affect recovery. The optimal time for consuming chocolate milk is immediately after the exercise and also 2 hours later once more in order to reduce the muscle damage and help muscle recovery.

500 ml low-fat milk to be consumed immediately after the exercise can minimize the isokinetic muscle performance and the amount of increase in the CK level as a result of the exercise-induced muscle damage. Milk is a nutritive, tasty, cheap, easily-accessible, safe and natural drink for athletes when compared to other drinks.

Key Words: Chocolat Milk, recovery, CK level

EVALUATION OF THE RELATIONSHIP BETWEEN POSTURAL STATIC BALANCE AND BODY MASS INDEX ON AIR GUNS SHOOTERS

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ABSTRACT

Purpose of this study, evaluation of the relationship between static balance and Body Mass Index on Air Guns Shooters. 17 healthy young adults shooters male (age=20,11±0,9 yr; height=176,8±6,6 m; mass=23,9±2,8 kg) female (age=20,25±1,16 yr; height=161,25±1,75m; mass=22,37±1,9 kg) participated in the study and the static postural control was assessed using the Biodex Balance System, with a 5 platform level in 30sec. There test values were 3 times performed. Body Mass Index measured by TANITA 3000 Analyzer. Postural static balance control was found to be no correlated with BMI in both groups. (P>0,05) Female air guns shooters balance index meaningful than male air guns shooters (P<0,05).

	MALE (N=9)		**FEMALE (N=8)**	
	BMI (kg/cm²)	**Balance Index**	**BMI (kg/cm²)**	**Balance Index**
Min	20,3	1,2	20,1	0,80
Max	30,5	2,1	24,6	1,7
X ±SS	23,9±2,8	1,53±0,34	22,37±1,9	1,22±0,28

This study revealed that BMI doesn't have an impact on postural control on air guns shooters. Female displayed a trend of having a greater postural statics balance than male shooters

Key Words: Postural Static Balance. Body mass index. Evaluation. Shooters

MOTIVATION DIFFERENCES DOING SPORTS ACTIVELY AT THE DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS TEACHER IN ACCORDANCE WITH THEIR GRADE LEVELS

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ABSTRACT

The aim of this study to analysis the motivation differences of students, doing sports actively in team sports and individual sports branches, at the department of Physical Education and Sports Teacher in accordance with their grade levels. In the research, there are totally 543 athletes-at the average ages of 21,25±2,66 women (n=199) and men (n=344)-participated who educate at the department of Physical Education and Sports Teacher at Ege and Uludağ Universities. Sports Motivation Scale, which was improved by Pelletier and col. (1995) and also about which a study was done about the reliability and validity by Kazak (2004) for Turkish athletes, is used as data collecting implement. In the analysis of data by using SPSS 17.0 program, Mann-Whitney U and Kruskal Wallis tests are applied in order to observe the motivation differences according to their grade levels. When the motivation levels of all the participants according to their classes are evaluated, the differentiation values of Internal Motivation (IM) ($p<.05$) and "Internal Motivation for stimulant living (IMSL)" (the lower dimension of IM), is found statistically significant ($p<.01$). When the class averages of IM are analyzed, the highest values are achieved in the fourth grades; the lowest values are achieved in the second grades. When it comes to "IMSL"; the highest values are achieved in the first grades, the lowest values are achieved in the second grades. When the grade level data are evaluated according to their genders; the differentiation in women is not found significant statistically. However, the differentiation in the values of men's "IMSL" and "amotivation" are seen statistically significant ($p<.05$). When the men's class averages are analyzed; the highest values of IMSL are achieved in the fourth grades, the lowest values are in the second grades. When it comes to "amotivation"; the highest values are achieved in the second grades, the lowest values are achieved in the third grades. When the grade level data are evaluated according to their branch groups, the differentiation in the individual sports is not found significant statistically. Whereas, the differentiation in the values of IMSL ($p<.01$) and amotivation ($p<.05$) are found statistically significant. When the grade averages are analyzed: In IMSL, the highest values are achieved in the first grades, the lowest values are achieved in the second grades. When it comes to "amotivation" the highest values are achieved in second grades, the lowest values are achieved in the third grades. It is determined that among all the classes, the IM levels of the second grades are low. In parallel the "amotivation" levels are high. In terms of IM values; the highest values are achieved in the fourth grades. When it is evaluated in terms of branch groups, only in team sports the IMSL values are the highest in the first grades.

Key Words: branch groups, intrinsic motivation, extrinsic motivation, a motivation

THE CORRELATION BETWEEN UNIVERSITY ACADEMIC STAFF'S PHYSICAL ACTIVITY LEVELS AND LIFE QUALITIES

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ABSTRACT

This study has been carried out to determine the correlation between university academic staff's physical activity levels and life qualities. The population of this research comprises the all academic staff in the central campus of Nevşehir University. 149 academic staff who accepted the research and were not on leave during the research date constituted the sample. In this study, the short form of International Physical Activity Survey was applied in order to determine the physical activity levels of individuals and also WHOQOL-TR scale was used so as to evaluate the life qualites of them. During the process of data analysis, Mann Whitney U test, Chi-Square and Kruskal Walls tests were used. According to the results, it has been established that the average weekly energy consumption of indiviuals is 626.02 ± 950.83 MET- min/week and %65.8 of them are physically inactive, %31.5 of them have low physical activity levels and %2.7 of them have physical activity levels that are enough to protect their healths. Also it has been found that ,among the life qualities fields, men and women have the highest point median in social relations and the lowest one in psychological range.The difference of subfield point medians between gender and life quality has not been found statistically meaningful ($p>0.05$). Also a meaningful difference between individuals' physical activity levels and life qualities could not be found ($p>0.05$). According to the results, it has been found that individuals have insufficient physical activity levels, but it has no relations with their life qualities. It can be suggested that pyhsical activity which is important to protect and improve the health should be increased and the factors that effect the life quality should be determined.

Key Words: Students, life quality, physical activity

COMPARISON OF EUROFIT TEST BATTERY RESULTS OF SWIMMER AND SEDENTARY BOYS

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ABSTRACT

The aim of this study was to compare the eurofit test battery variables of young sedentary and swimmer male groups. Twelve male swimmers, who engaged in regularly training, (X_{height}= 148.67±13.68 cm, X_{mass}= 45.56±8.62 kg, X_{age}= 11.75±0.87 years) and seventeen sedentary male (X_{height}= 151.79±11.78 cm, X_{mass}= 47.1±8 kg, X_{years}= 11.82±0.88 years) participated voluntarily in the study. Eurofit test battery was applied to both groups. A significant difference was found between sedentary and swimmer male groups in flexibility (t = 3.64; p = 0.001), standing long jump (t = -2.1; p = 0.05), sit-up (t = 2.99; p = 0.006) and running speed (t = 2.2; p = 0.04) ($p<0.05$).There was no significant difference in evaluated other variables between sedentary and swimmer groups ($p>0.05$).

Key Words: Eurofit test battery, Swimming, Children and Sport

THE EVALUATION OF TURKISH PHYSICAL EDUCATION TEACHERS' LEADERSHIP BEHAVIOURS

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ABSTRACT

The purpose of this study is to evaluate the leadership behaviours of the physical education teachers who work in both state and private schools in Edirne according to some demographic variables.In the collection of the study data, the questionaire adapted to the physical education teachers by Can (2002) based on 'Leader Behavior Description Questionnaire' that was developed by Halphin and Winer (1957) and translated into Turkish by Önal (1979) was used. The frequency, percentage, avarage, standard deviation, minimum and maximum range of the data which was collected during the study was calculated by using the SPSS 20.0 statistical programme. In the comparison of the data that was classified as 'according to the working period' and 'according to the type of the school' kruskal-wallis test, in the comparison of the data that was classified as "according to gender" mann-whitney u test and to determine "the reliability of the scale" cronbach alfa were used. As a result; in physical education teachers' exhibiting the leadership behaviours of initiating structure and showing consideration, no significant difference could be found in terms of teachers' working period and the school type variables. But a significant difference was found according to the gender variable in physical education teachers' exhibiting the leadership behaviours of initiating structure and showing consideration.

Key Words: Physical education and sports, Physical education teacher, Leadership, Leadership theories

TRAIT ANGER AND ANGER EXPRESSION STYLE IN TURKISH COMBAT PLAYERS
EVALUATION OF TRAIT ANGER AND ANGER EXPRESSION STYLE OF JUDO PLAYERS ACCORDING TO BODY MASS INDEX, SPORTS EXPERIENCE AND TOTAL HOURS OF TRAINING PER WEEK

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ABSTRACT

The aim of this study is; to determine the relationship between; body mass index, sport experience, total hours of training per week and trait anger-anger expression style of Turkish Judo Players. Including 83 women totally 177 players took part in the study. Data collection form, which is prepared by the researchers, is used to determine the height-weight specifications, and total hours of training per week, and *State-Trait Anger Scale (STAS)* is used to determine the trait anger-anger expression styles of players. Spearman Correlation Analysis marked a positively weak relation between sports experience, age and anger control. This correlation also marked positively weak relation between; total hours of training per week and trait anger, anger in and anger out. As a result; it can be said that sports experience has a great importance for anger control in judo sport.

Key Words: Trait anger, anger expression style, BMI, sports experience, judo player, total training time

SPORTS MANAGEMENT
POSTER PRESENTATION

THE FOOTBALL PERCEPTIONS OF THE FOOTBALLERS IN THE PROFESSIONAL FOOTBALL SPORTS CLUBS IN TRABZON

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ABSTRACT

The purpose of this study is to present the perceptions of the sportsmen in Trabzon Professional Football Club towards football through metaphors. 53 footballers from 1461 football club, Araklı sports club, Arsin sports club, and Yalıspor Sports club in Trabzon have participated in the study. The participants' metaphors regarding the concept of football are examined through content analysis method; the frequencies of the metaphors are found and their categories are formed. In this context, the process of the analysis and interpretation of the metaphors includes 4 steps - the detection of the metaphors, the classification of the metaphors, the categorization of the metaphors and validity and reliability assessment of the metaphors. In the study, the participants produce 46 metaphors regarding the concept of Football. With respect to their football perceptions, Football as an emotion, Football as an entertainment resource, Football as a world-view, Football as a financial resource, Football as a game categories are formed.

Key Words: Football, metaphor, perception

EXAMINATION OF THE ECONOMIC ASPECTS OF 2008 BEJİNG AND 2012 LONDON OLIMPIC GAMES

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ABSTRACT

The purpose of today's Olympic Games changes.These games host the gain and emerged made to change around of the city, Olympic Games, the high cost of sport organization with partification of the worldwide athletes, journalists, broadcasters,audience .Developed countries have this cost but this cost, which provides the increase in tourism activities and the acquisition of sports facilities in the modem the increase in tourism activities and recovery of modem sports facilities. The IOC (International Olympic Committee) was established by Pierre de Coubertin on 23 June 1894. The purpose of the establishment of the IOC in the study provides general information on the modern Olympic Games in the years between 2008 and 2012 from 1896 . After the Olympics, again nation States have become major events of interest and nation States have engaged each other into the race to host the Olympics in 1896. The Olympic Games is the most comprehensive organization between countries, began a fierce race for hosting such as the financial, political, tourism employment in those games to take advantage of the benefits of the Olympics. All world sports organizations at local, national, international and private sports organizations is being edited as millions of people closely. The date of issue in the shape of sports organizations with closely examined a lot of features. These days one of the most important features of prominent sports organizations is providing economic benefits. The Olympic Games of total revenue share is in broadcast rights 16%, 47%, all program games marketing organization 29% ,3% other 5% of the ticket sales between the years 2005 and 2008. The aim of this study; Beijing 2008 summer Olympic Games and the 2012 London summer Olympic Games organizing is to examine the economic dimensions.

Key Words: olimpic,economy,games of olimpic

RECREATION AND MANAGEMENT

POSTER PRESENTATION

INVESTIGATION OF FACTORS THAT MAY PRECLUDE PARTICIPATION OF NON-RECREATIONAL SPORTS AND SPORTS ACTIVITIES AMONG UNIVERSITY STUDENTS

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ABSTRACT

The purpose of this study is to analyze which recreational sportive activities or non-sportive activities university students prefer in their leisure time and the underlying reasons of not participating in these activities with variety of approaches. The sample of the research was composed of 339 students at The faculty of Arts and faculty of Sciences and Engineering at University of Dumlupınar . In this research as a data collection tool “Leisure Constraint Scale” was used. During the evaluation of the data in addition to descriptive statistical methods such as Percentage (%) and frequency (f) Independent Samples t-test and (ANOVA) were used. As a result 19.2% participants choose recreational sportive activities in their leisure time. In addition, significant differences have emerged between participants’ gender and barriers to leisure in "lack of information", "lack of friends" and "time" sub-dimensions, between age and barriers to leisure in "time" sub-dimension, and between average monthly income levels adn barriers to leiseure in "individual psychology" and "facilities / services" sub dimensions ($p < 0.05$). It is important to remember that the drawback of not participating to leasure time activites are varied on the basis of which activities they choose as a leasure time activity ($p > 0.05$).

Key Words: Leisure time constraints, universty students, sportive recreation,

THE BENEFITS AND DAMAGES OF USING THE EXERCISE FIELDS IN PARKS EXAMPLE OF BURDUR

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ABSTRACT

The aim of this study is to fix problems which occur from sport facilities, used by people and built by local governments in recent years. And to seek the answers of these questions, their causes and then make suggestions to the local governments about probable solutions: Do the people sport consciously in these facilities? Does their health become different after exercising? Do these facilities really work out in the sense of staying healthy and becoming healthier? 102 people attended as volunteers to the survey which is developed for collecting data. 30 questions were asked to these people and the answers were examined. Six of the questions were about age, profession, monthly income, level of education, marital status and gender. The last twenty four questions were about people's ideas and satisfaction levels about the facilities. According to the results of the study; there is neither health institution nor staff around the sport facilities. And this is what makes us worried about the possibilities of heart attack or something bad in these facilities. Also, the people who exercise in these facilities, don't undergo medical check-up before they exercise. And this shows how important is the existence of health institution or staff around these facilities.

Key Words: Exercise, Health, Sport, Local Governments

EVALUATION OF ATHLETE SATISFACTION LEVELS OF CERTIFIED ATHLETES IN TERMS OF GENDER, SPORTIVE BRANCH AND SPORTS-AGE

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ABSTRACT

The study, with a survey model, aimed at evaluation of sports satisfaction levels of athletes in terms of some variables. The sample of the study was composed of 289 certified athletes (179 male athletes and 110 female athletes) of the clubs of Kayseri Province. Mean age was 14.05+3.04 and mean sports-age was 3.86+2.00. Athlete Satisfaction Questionnaire developed by Chelladurai and Riemer (1998) with 56 statements was used in the study. These statements are five-point Likert type and are marked with "not at all satisfied"=1, "not satisfied"=2, "undecided"=3, "satisfied"=4 and "extremely satisfied"=5. Cronbach Alpha Value was .953 in the study. For the statistical analysis of the data, arithmetic mean and standard deviations were used. Kolmogorov-Simirnov test was employed in order to determine whether or not the data followed a normal distribution. For the parametric variables, t-test was used while for the non parametric variables, Kruskal Wallis and Pearson Correlation test were used. Level of significance was set at 0.05. In the study, there was no correlation between gender and Athlete Satisfaction level ($p>.05$) whereas there was statistically significant correlation between sports-age and sportive branch and Athlete Satisfaction level. In light of the study results; there was no significant difference in Athlete Satisfaction in terms of gender; which made us conclude that gender did not affect Athlete Satisfaction level. Also; Athlete Satisfaction levels of athletes of athletics were higher ($x=229.7$) than other branches but athlete satisfaction levels of athletes of boxing were lower than other branches ($x= 66.33$). It was seen that a correlation existed between sports-age and Athlete Satisfaction levels and as the sports-age increased, Athlete Satisfaction levels decreased ($x^2_{(3)}=20.33$; $p<.05$).

Key Words: Athlete Satisfaction, Certified Athlete, Sportive branch.

RESEARCH OF THE PROPERTIES OF THE LEADERSHIP OF SPORTMEN IN TEAM SPORTS AND OUTDOOR SPORTS

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ABSTRACT

With this study, it is aimed to examine the relationship between the characteristics of leadership of sportmen in team sports and outdoors sports by means of a variety of tools. The research have been carried out among 119 sportmen engaging in the team sports and outdoor sports in the province of Elazig, Malatya and Konya of Turkey. The scale of Outdoor Adventure Leadership, Team Leadership Characteristics scale and Leading Communications scale was applied to who attended active team sports and outdoors sports in this search. 47-questioned scale leading communication with the first factor analysis 21 substances were selected on the basis of the value 0.45 and above. Result of the analysis showed 0.74 KMO and Bartlett test was positive (P = 0.00). In 40- Team Leadership Characteristics scale with the first factor analysis 16 substances were selected to analize the values of team leadership characteristics on the basis of load value of 50 and over. Result of the analysis showed 0.88 KMO and Bartlett test was positive P = 0.00). Lisrel structural equation program and SPSS software package 17:00 were used for statistical analysis of research data. As a result of the research it seems that there were considerable differences between sportmen who are performing for team sports and outdoor sports in terms of the leadership qualities.

Key Words: Team sports, Outdoors sports, Leadership, types of leadership.