

Using commercial and paths-applied routes to increase efficiency in physical education lessons in highschoools

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Abstract

Background. Improving the capacity of students through the systematic repetition of exercises applied in physical education lessons, realizes the close connection between the formation of a larger number of motor skills combined with improved qualities.

Aims. The objective of this study was to assess the motor ability of tenth grade students working systematically through physical education lesson programmes, providing skills in the everyday life of the students regarding coordination of work, speed and endurance.

Methods. Research was conducted on two groups of students from different classes of the same age, 16 years. Results were determined by measuring indices of motor ability: ball dribbling 5x10 m, abdominal push ups from sitting on the bench, wallbar exercises (boys); ball dribbling 5x10 m (female), push-ups with weights, push-ups with your hands resting on the bench sides.

Results. The obtained results show that the experimental group, who used the program established for the study, indicated superior values to the control group according to an ability assessment scale.

Conclusions. Motor activity in the tenth grade students can be improved by using set exercise programmes throughout the school year, according to the needs and options.

Keywords: motility, pupils, map, route applicative value indices.