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SUMMARY

Morphological determinants and physical fitness of young people aged 13-15 (based on the Eurofit test)

The goal of this study is to define the changes occurring to junior high pupils, aged 13-15, differing in morphological factors and age, during the whole process of education. The analysis made is based on the results from the tests of balance, speed, flexibility, jumping ability, trunk strength, agility and cardiorespiratory endurance.

The study was performed in the school year of 2010/2011 on a group of pupils from the Hieronim Dekutowski a.k.a. "Zapora" Junior High School on Lipowa Street in Lublin. Eurofit Test trials were executed in a gym room and at an athletic stadium.

Six class years, both boys and girls, were participating in the study. Altogether there were 180 participants, 90 girls and 90 boys.

The study allowed us to draw the following conclusions:

1. Fitness level increases in the subsequent annals of junior high school students.
2. Body weight respondents have a negative impact on the level of physical fitness girls Class I, II, III tests II, IV, VII, IX, and the boys of Class I, II, III, VII test. The correlation coefficient girls in an attempt II $r_1 = r_2 = -0.02 -0.21 -0.23$ $r_3 =$, in an attempt to IV $r_1 = 0.06$ $r_2 = r_3 = -0.09 -0.31$, in an attempt VII $r_1 = 0.08$ $r_2 = r_3 = -0.29, -0.22$, in an attempt to IX $r_1 = 0.05$ $r_2 = r_3 = -0.19 -0.20$. The correlation coefficient of the boys in the sample, the sample VII $r_1 = r_2 = -0.10 -0.28 -0.47$ $r_3 =$ values are averaged.
3. Changes in physical fitness in girls focused on the results of the following tests:
 - An attempt equivalent (decrease with age),
 - Jump out of place (the best results in girls from second grade, then decrease),
 - Gear Centre (best results in class II, class III significant decrease),
 - Endurance running service (results in the weakest class, increasing in subsequent classes).