

UDC 796.012.21-057.875

Malsor Gjonbalaj,**Ilir Gllareva,****Bahri Gjinovci,****Florian Miftari***University of Prishtina, Faculty of Physical Education and Sport (Kosovo)*

THE STATUS OF STUDENTS OF THE FACULTY OF PHYSICAL EDUCATION AND SPORTS IN COMPARISON WITH STANDARD PARAMETERS OF THE ILLINOIS AGILITY TEST

Introduction

High-speed actions during soccer competition can be categorized into actions requiring acceleration, maximal speed, or agility. Acceleration is the rate of change in velocity that allows a player to reach maximum velocity in a minimum amount of time. Maximum speed is the maximal velocity at which a player can sprint. Agility does not have a global definition, but it is often recognized as the ability to change direction and start and stop quickly (Little & Williams, 2005). Preparation for agility and other performance training should involve both long- and short-term preparations. Longterm preparation may include a well-developed agility training program, while short-term preparation should include a warm-up (3,4,32). Often, stretching is performed as part of a warm-up prior to physical exertion. Stretching can be defined as the act of applying tensile force to lengthen muscles and connective tissues. Typically, stretching is used to enhance the range of motion (ROM) about a joint (flexibility). There are various techniques of stretching, such as static, ballistic, proprioceptive neuromuscular facilitation, and dynamic stretching (15,16) (Amiri-Khorasani, Sahebozamani, & Tabrizi, 2010). The aim of this study was to verify current gility status of the students of the Faculty of Education and Sports in the University of Prishtina. Alos, another aim of the study was to compare results of the students with the international notms of gility testing.

Methods

In this study were included 92 students of FPES. All tested studnets completed the second year of studies and pursued regular courses in the faculties and during the testing were informed about the nature of testing by obtaining prior consent. The tested students were in a good health situation. The measurements were taken during the regular courses in the sports hall of the physical education during the June 2014. The agility test was conducted through the "Illinois agility test", as a standard test. It was expected that the obtained results will present a homogenous group (based on their selection in the admission exam). Also, it was expected that the obtained results during the comparison with the standard results of the agility test to show a better result comparing to international norms. The methods applied for the analyses of the research data are also international methods, basic statistical parameters and comparative methods are from the SPSS package.

Results

Table 1. Descriptive statistics of the students te FPES

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
Illinois	87	15.15	20.16	16.5420	.92183
Valid N (listwise)	87				

Based on the basic statistical parameters, it was noticed that there was a homogenous distribution of results, where the distribution between the distribution between the minimal and maximal results is 15.15 – 20.16, with the average 16.54 and standard deviation 0.92. Based on the distribution parameters, it is noticeable that the values of skew parameters are 1.43, which proves about a very homogeneous group. Comparing to international norms of acility testing, it is noticeable that the students of the Faculty of Physical Eduation and Sports have a satisfactory level and they belong to the category of average results. 16.54 sec, while the international standard norms are 16.2 - 18.1 sec.

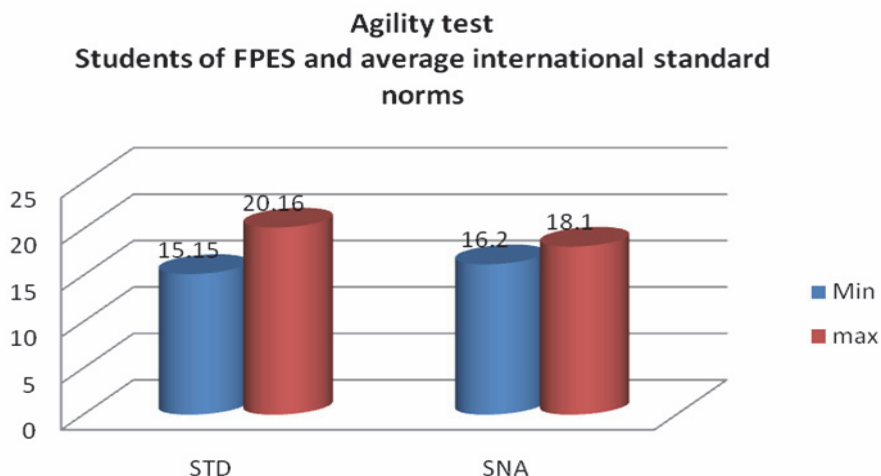


Figure 1. Comparison chart between students and international standards

From the graphic presentation it is noticeable that the defference between the minimal and maxial results of the group of students is bigger than the group of international group for Illionis Agility Test, because in this group of students are included all sample results. While, in the group of Illinoiis Agility Test are included only results of the norms on the level of average achievements. But, the average result of students belongs to the vategory of average achievemnts based on the international standards for this test.

Discussion

The findings show that the obtained result is the expected one, taking into account that we have a sample to select students of the FPES. The measurements took place in adequate conditions and after the students understood their task very well. Based on the results, it is noticeable that compared to international norms for the athletes, we obtained average results 16.54 sec. The international norms show that this result belongs to the group of average results (<http://www.brianmac.co.uk/illinois.htm>) Comparing to the other groups of students, our sample showed the best results. For example, the group of tested students from Mehmet Kutlu, Hakan Yapıcı, Oğuzhan Yoncalık, Serkan Çelik, 2012, where the result of their students is 16.54 ± 0.41 , but the testing took place in the synthetic carpet. This is a sample selected through the various physical tests and which is needed to them to qualify for admission to FPES.

References

1. Amiri-Khorasani, M., Sahebozamani, M., & Tabrizi, K. (2010). Acute effect of different stretching method on illinois agility test in soccer player. *J Strength Cond Res (PubMed)* , 24(10):2698-704. doi: 10.1519/JSC.0b013e3181bf049c.
2. <http://www.brianmac.co.uk/illinois.htm>. (n.d.).
3. Little, T., & Williams, A. G. (2005). Specificity of acceleration, maximum speed, and agility in professional soccer players. *Journal of strength and conditioning research* , 76-78.
4. Mehmet Kutlu, Hakan Yapıcı, Oğuzhan Yoncalık, Serkan Çelik. (2012). Comparison of a New Test For Agility and Skill in Soccer With Other Agility Tests. *Journal of Human Kinetics*, volume 33/2012 , 143-150.

THE STATUS OF STUDENTS OF THE FACULTY OF PHYSICAL EDUCATION AND SPORTS IN COMPARISON WITH STANDARD PARAMETERS OF THE ILLINOIS AGILITY TEST

The aim of this study is to verify the current agility status of students of the Faculty of Physical Education and Sports of the University of Prishtina. Also, another aim was to compare results of the students with the international norms of the standard agility test. In this study were included 92 students of FPES. The agility tests were done based on the Illinois Agility Test as a standard test. The methods used to analyse the data obtained from the research, are standard methods, basic statistical parameters and comparative methods. From the basic statistical parameters, it was noticed a homogenous distribution of results. The distribution between the minimal and maximal result is from 15.15 – 20.16, with the average 16.54 and standard deviation 0.92. Based on the parameters on distribution, it is noticeable that the value of skew parameters is 1.43. Comparing to international norms of standard agility test, it is noticeable that the students of the Faculty of Physical Education and Sports have a satisfactory

level and belong to the category of average results 16.54 sec, the international standard norms are 16.2 - 18.1 sec, which implies average achievement of results.

Comparing to other groups of students, our sample showed almost the same results with the group of students tested by Mehmet Kutlu, Hakan Yapııcı, Oğuzhan Yoncalık, Serkan Çelik, 2012, where the results of their students are 16.54 ± 0.41 , but the testing took place in synthetic carpet.

Key words: agility, student, status. comparison, performance.

„Dan“, 11. mart 2015.

МЕЂУНАРОДНА КОНФЕРЕНЦИЈА „СПОРТСКА ДОСТИГНУЋА“ ОКУПИЋЕ У ПОДГОРИЦИ СПОРТСКЕ НАУЧНИКЕ ИЗ ЦИЈЕЛОГ СВИЈЕТА

Ђукановић на челу Почасног одбора

Црногорска спортска академија и Факултет за спорт и физичко васпитање, под покровитељством Универзитета Црне Горе, организују 12. Међународну научну конференцију о трансформационим процесима у спорту „Спортска достигнућа“, која ће се одржати од 2. до 5. априла у Подгорици. Конференција ће окупити преко 250 учесника из 27 земаља, а своје радове представиће водећи свјетски аутори и истраживачи у области спортских, друштвених и хуманистичких наука и медицине. У сусрет конференцији, најзначајнијем регионалном научном скупу у области спорта, формиран је и Почасни одбор, којим ће предједавати предједник Владе Црне Горе **Мило Ђукановић**. Чланови Почасног одбора су угледни спортски радници и истакнуте јавне личности: ректорка Универзитета Црне Горе **проф. Радмила Војводић**, министарка науке **Сања Влаховић**, градоначелник Подгорице **Славољуб Стијеповић**, предједник Црногорског олимпијског комитета **мр Душан Симоновић**, директор Управе за младе и спорт **Игор Вушуровић**, предједник Рукометног савеза **Предраг Бошковић**, предједник Атлетског савеза **Милорад Вулетић**, предједница Скијашког савеза **Весна Меденица**, предједник Ватерполо и пливачког савеза **Срђан Ковачевић**, рукометни тренер **Драган Ашић**, ватерполо тренер **Петар Поробић**, фудбалски тренер **Миодраг Божовић**, рукометашица **Катарина Булатовић**, ватерполиста **Никола Јановић**, џудиста **Срђан Мрваљевић**, спортски директор ЖРК Будућност **Бојана Поповић**, професор новосадског Факултета спорта и физичког васпитања **Зоран Милошевић** и професор Факултета спорта и тјелесног одгоја из Сарајева и потпредједник Олимпијског комитета Босне и Херцеговине **Изет Рађо**.

Окупљањем истакнутих личности друштвене и спортске заједнице, Почасни одбор допринијеће још већем међународном угледу који је конференција стекла за више од деценије преданог рада на афирмацији спортске науке. Прва сједница Одбора требало би да буде ускоро заказана, о чему ћемо обавијестити јавност. Учеснике овогодишње конференције очекује богат програм, уз предавања и радионице специјалних гостију са партнерских универзитета. Т.Б.