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FACULTY OF PHYSICAL CULTURE AND SPORTS

SUBJECT:

**DIFFERENCES BETWEEN THE STUDENTS OF THE FACULTY OF
PHYSICAL CULTURE AND REGULAR PRACTITIONERS OF
CULTURALISM IN THE DIMENSION OF THE ACTION FACTORS
OF FORCE**

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CONTENT

Introduction.....	
Current researches.....	
Purpose of the research	
Hypothesis.....	
Methods of the research	
Samples of surveyed	
Samples of variables	
Tests of the maximum force	
Conditions and measure of organizations	
Methods of processing the results.....	
Basic statistical parameters, students	
Basic statistical parameters, culturalist	
Comparison of the maximum force results	
Interpretation of Correlations, students.....	
Interpretation of Correlations, culturalist.....	
Regression analysis for two groups	
Regression variables-KGJV.....	
Regression variables-KVL.....	
Regression variables-HMU.....	
Regression variables-HMBSH.....	
Regression variables-QSKSH10KG	
Regression variables-QSFK25KG	
Regression variables-NGH	
Regression variables-NGP.....	
Regression variables-QSH.....	
Regression variables-QSP.....	
Differences between the students and culturalist.....	
Hypotheses authentication	
Theoretical and Practical value of the paper	
Conclusion	
Literature	

INTRODUCTION

Although the issues that relate with the problems of the force there have been treated in so many previous researches, because force as a dimension of personality represents the main dimension locomotive. Dimension of which are dependent directly or indirectly also the manifestation of other skills, this depending on the type of activity with which we are dealing. Except the great importance that this component has in fulfilling the human needs, it plays an important role in various sports activities. Today in the world is very present the concept of the division of sports depending on the role that strength has in those sports.

Depending on this sports are divided on:

- Sport where success is limited by the strength,
- Sport where success is dependent on the strength and
- Sport where success is less dependent on strength

This shows that in each category strength dimension is present, and we never should avoid its contribution to sports success. Also according to the literature that has been treated it shows that there are made thousands of researches which determine the role of the maximum force in determining the level of manifestation of other motor skills. Sometimes these relationships have been oriented only between two variables. In the context of the many efforts that are made, it's shown that there are researches which as the basis of their problems have the regular impact of practicing of cultural in their force development but also the confirmation and the impact of this activity in manifestation of other motor skills.

It is well known that the regular practice and exercises in the gym is increasingly growing in Kosovo. Despite the fact that a large number of people are visiting these centers, it's a total absence of information and data which indicates transformative aspects that this activity causes to persons of different categories. This is the reason of my determination for this research, to see how relations stand within dimension of force and within this category, and the same to compare with students of the Faculty of Physical Culture as a category of persons who continuously undergo the process of transformation through the contents of the study program which they follow this faculty.

The work on this project has been focused on the research of the maximum (absolute) level of power, with other action factors to the students of the faculty of physical culture and regular practitioners of sports culturalism. This just because we know the fact that students as a category should have general preparation where it's required the harmonic development in the morphological and motor aspect. Comparison between these

categories will provide valid data that simultaneously empower sport culturalism. The main problem in this paper has been the fact that students as a sample, they have represented more homogenous group in terms of average age, while in samples of culturalists we have higher heterogeneity which has greatly influenced the manifestation of results. Despite all the difficulties in collecting data again the results can be considered very important since they

managed to prove the fact that even culturalists as special category of athletes don't stay away from the category of students as regarding the dimension of force. And knowing that the stable condition of this dimension affects the the quality of human life then it proves the importance that should be given to this activity, but normally it should always be practiced relying on scientific basis of profession.

CONCLUSION

This research which includes 60 persons from two different categories where 30 of them are regular students in the Faculty of Physical Culture and 30 of them are regular practitioner of the sport cultururation with a minimum experience of one year training, it had the aim to compare similarities and differences that exist between these categories. The focus has been on comparing the dimension of force where are included maximum, explosive, repetitive and static strength.

By means of appropriate methods it is proved that there are differences which are important but these differences doesn't benefit to only one category. The main differences have been presented to the maximum level of power it benefits the students when it comes to the maximum strength of the legs and trunk and it benefits the culturalists when it comes to the maximum strength of the chest and arms. There are bigger similarities between groups where exists the repetitive and static force factor of arms, while to the explosive strength we have a more mixed reflection because in the strength of legs students are significantly better, while culturalist show a higher level of explosive force but also the maximum force of arms.

Also the factor of the maximum force which is represented as a system of predicators has shown quite variegated results in determining the level of manifestation of other components of force. What is important and relevant to the objectives of the topic is that in many cases the system of predictor variables it has shown same connectivity in both groups involved in research.

Of course this research with a small number of samples and with limited tests, and with a not advanced methodology of data collection can't lead us to general conclusions, but according to the fact the results are similar with other authors researches then we can consider that the paper can serve as a base to show a similar reflection to the actual situation.

From the whole reflection of the results we can draw the following conclusions:

It is necessary that such a research to be included in a greater number of tests which largely will determine the maximum strength of different regions of the whole body.

The comparison of more sportive disciplines to be included in the research in order to be more clear the position of culturalists.

To show importance to the component of the maximum force in the transformative process of work with different categories (students, athletes).

To make efforts to obtain information of conditional relations with sophisticated testing and evaluation (providing modern equipment and laboratory tools).

To design a team project which will determine the importance of the components of the maximal force and its conditional reports with other motor skills, and other anthropological characteristics, in all categories and in all sports disciplines in the country.

Within the practice of the culturalists work it should continuously have measurements that will convey the effect of the training process, in order to create conditions for a harmonic development and not only in morphological terms but also in terms of maintaining a balanced level of development of all motor skills to eliminate the possibility of negative impact.