EVALUATION OF TRANSFORMATION PROCEDURES AT THE AGES OF 13 -14, ESTIMATED BY THE FINAL STATUS OF TWO DIFERRENT SAMPLES

Summary

A special model of evaluation of two diferrent transformation procedures has been applied in this research on the basis of estimation of their final conditions. The pupils of grades seven and eight of primary schools have been chosen as testees in this study.The total effective sample of 154 pupils has been divided into two groups: 78 pupils who have the classes of PE as the only systematic model of physical exercise and 76 pupils who were included in systematic physical exercise in sport clubs where they played sport games (basketball 24, football 52). A problem in this work was to identify the processes being realized in previous phases and to evaluate the effects of two different processes of transformation on the basis of results found, by giving explanation on cumulative effects of previous activities. Except the basic statistic indexes,the methods of data processing included the process identification dominantly. Evaluation of cumulative effects of one treatment (instruction) and the other one (training) have been realized in this way. The concrete results of this work can be structured into four groups of conclusions: 1) The pupils covered with different treatments are really different in the scope of chosen variables, and the differences can be found as a result of a whole range of biomotoric manifestations dominated by all the movements which could be supported by intensive physical exercise for the advantage of young sports people, 2) After having all the data covered by a universal measuring scale, it has been realized that the entities being included in sport training showed better results but also that there were two subgroups of entities whose position is not kept in the entire sample due to their abilities and features, 3) Some clear processes have been identified in the total of this sample and they could be described as: a) initial natural needs, b) optimization of individual resources and c) intensive development. The conclusion was that only two processes (a and b) were immanent for the pupils who attended only P.E. lessons, whereas the process of an intensive development (c) was mostly immanent for young sports people, and 4) the cummulative effects have been examined by the model which allows the identification of effects on the bases of analysis of the internal process structure. The treatment of P.E.lessons at some parts have been found chaotic and with explicit variations which cannot be subsumed under the effects of system. In the sample of sportmen, the entities took locations pursuant to their real ecosensitivity for the stimuluses applied. Also, there is no decrease in functions with groups of best young sportsmen, that is in the highest levels of general biomotoric range of achievements. Due to the systematic sport training, the entities in the sample of sportsmen did not "close" their capacity, but their training in the field of general functions made for them possible to have, an "open door" for future progress, in general.

Key words: *process identification, boys, transformation*