

## CHANGES IN PHYSICAL CONDITIONING STATUS OF MALE STUDENTS OF THE FIRST YEAR OF FACULTY OF KINESIOLOGY INFLUENCED BY EDUCATIONAL PROCESS

### **Abstract**

*The goal of this study was to determine changes in some parameters of physical preparedness of population of students, in certain variables estimating agility and speed, influenced by previously programmed and defined training i.e. educational process in summer semester of academic year 2002/2003. Sample of entities was comprised of 182 male students of first year of Faculty of Kinesiology aged in the span of 18-26 years. Two testing procedures were conducted by the battery of six tests. Programmed training process was implemented in the period between two testing procedures, from 10.-14. 03. to 09.-13. 09. 2003. This period of 91 days contain 63 days of training and 28 days of rest. 113 hours of practical classes were held: Handball (39), Basic kinesiological transformations (35) and Athletics (39). Intensity of workload was approximately in the range between 50% and 90% of maximum. Conclusions taken from results reveal the highest quality level of training cycle plan, program, conduction and control.*

**Key words:** *agility, transformation processes, team handball*

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