

ANALYSIS OF SOME ATHLETIC EVENTS RESULTS AND THEIR CORRELATIONS

Abstract

Athletics is a very demanding and complex sport which, together with its branches, makes a diverse and dynamic unity. Beside other motor abilities that need to be developed and improved in a long-term training process, this paper analyses power, speed and endurance. Tests used for evaluation of these motor abilities are: 100m running, 800m/1500m running, long jump and shot put. Testing was done on a sample of 383 students. Research that was done had a goal to define correlations and internal influence of results accomplished through these tests. Based on the analysis and processing of obtained data, correlations and mutual influence of these results were confirmed.

Key words: *trening, snaga, brzina, izdržljivost*
