ATHLETIC DISCIPLINES AS A FUNCTION OF STRENGHT DEVELOPMENT IN STUDENTS

Abstract

Individual sports, including athletics, as a part of physical education, presents activity of agonistic character, where certain motor potentials manifest in different ways and different intensity. This demonstration of motor skills depends on the discipline implementation and realization of specific tasks. Also, success in certain athletic disciplines depends on certain motor skills which are primary and fundamental for success in a certain activity, with including other structures (morphological, functional, conative and cognitive). Since success in athletic disciplines mostly depends on the strength, the emphasis of this study is on strength transformation in students who participated in implementation of programs in athletics.

Key words: athletic, transformations, strength, students