

INITIAL STATE OF MOTOR SKILLS IN SPORTS GYMNASTICS AMONG STUDENTS AT FACULTY OF KINESIOLOGY

Abstract

The main aim of this study was to test the prior knowledge of basic gymnastic elements among the second-year students, as the basic guidelines for the (conduction of) Gymnastics course at the Faculty of Kinesiology in Zagreb. An additional goal was to determine the differences among the three tested generations. The research was conducted on a sample of 153 students from (of) three different studying generations at the (of) Faculty of Kinesiology, the University of Zagreb. The technique of eight gymnastic elements that is (are) an integral part of the (curriculum of) physical education curriculum for primary school children was estimated: a forward roll, a backward roll, the right cartwheel, the left cartwheel, a handstand (beside) against vertical surface (handstand), pullover, a forward walk on the balance beam (forward walk) and a safety walk on the balance beam (safety walk). We have found significant differences among the (between) groups in some variables. Group(s) 1 and Group 2 differ significantly (differ) in three basic (elements of) gymnastic(s) elements: a handstand, the right cartwheel and the left cartwheel ($p < 0.01$), while significant differences in the remaining elements (significant difference) (has) have not been established. There have been (Groups 1 and 3 have) statistically significant differences between Group 1 and Group 2 in five rated elements: a forward roll, a handstand, the right cartwheel, the left cartwheel ($p < 0.01$) and a pullover ($p < 0.05$), while statistically significant differences between Group 2 and Group 3 (significantly statistical differences are) have been minimal and have been manifested (only) in only one element: a handstand ($p < 0.01$). It can be concluded that the second-year students of (the second year in) the Faculty of Kinesiology, during their primary school, did not gain practical information about gymnastics (acquire a sufficient number of information) (fundamental movement skills) (from the sports of gymnastics), and that their knowledge about (of) the artistic gymnastics is at the insufficient level, based on the eight fundamental gymnastic movement structures.

Key words: artistic gymnastics, gymnastic elements, student population
