

Satellite Symposium for Euro Global Summit & Medicare Expo on

Weight Loss



The impact and connections of some motor abilities on body mass index at 18 years old students

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For purposes of this study were measured 13 motor tests on a sample of 75 male students of the fourth year of secondary vocational school „Jovan Teslichkov“, Veles, aged 18 ± 6 months. The aim was whether the predictor system of motor variables have an impact on criterion variable of Body Mass Index (BMI). Regression analysis showed that the tests: „deep forward bend on the bench“ (MDFBB), lifting the body from a lying position on the back – „abdominal muscle strength“ (MAMS), lifting the body with face lying down position – „back muscle strength“ (MBMS), „flexed-arm hang on the bar“ (FAHB) and „sprint 9-6-3-6-9 m. with 180° turns“ (MS96369), statistically have significant impact on BMI criteria variable. But because besides regular classes this sample of respondents had additional practical classes, which means more physical activity, was interesting this sample to be divided into two subsamples: 57 students who had normal values BMI and 18 students who had higher values BMI (classification is made according to ITOF - Cole at all, 2007). The results of applied univariate analysis of variance showed that there were statistically significant differences in favor of students who had normal BMI, in the following tests: „strength of abdominal muscles“ (MSAM), „strength of back muscles“ (MSBM), „flexed-arm hang on the bar“ (FAHB), „Illinois test“ (MTILI), „sprint 9-6-3-6-9 test by with 180° turns“ (MT96369), and test „jumps in 4 squares“ (Mj4Sk).

Biography

Magdalena Damjanovska (PhD) is an Associate Professor at the Faculty of Sport Management, First Private University FON, Skopje, Macedonia. She was Dean of the Faculty of Sports and Sport Management at private University, 2007-2009, the Member of the Senate of University FON, 2007-2010 working at the State University of Skopje, the Faculty of Physical Culture from 1980 to 2006, a member of the Commission for Women and Sport with the Olympic Committee and a trainer of Rhythmic Gymnastics, Commissioner of Rhythmic Gymnastic. At present, she is an Associate Professor of rhythmic gymnastics, dance, sport communication and management and has published more than 30 papers in reputed journals.

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