KINESIOLOGICAL EDUCATION
– heading towards the future

KINEZIOLOŠKA EDUKACIJA
– iskorak u budućnost

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CONTENTS / SADRŽAJ

Vladimir Findak ......................................................... 7
KINESIOLOGICAL PARADIGM OF THE CURRICULUM IN THE FIELD
OF PHYSICAL AND HEALTH EDUCATION FOR THE 21 CENTURY
Kineziološka paradigma kurikuluma tjelenskog i zdravstvenog odgojno-obrazovnog područja za 21. stoljeće

Gregor Jurak, Janko Strel, Marjeta Kovač ........................................ 21
SPORTS ACTIVITIES AND LIFESTYLE PATTERNS OF SLOVENIAN CHILDREN
AND YOUTH DURING THEIR SUMMER HOLIDAYS
Sportske aktivnosti i životni stil slovenske djece i omladine u vrijeme školjskih ljetnih praznica

Ivan Prskalo, Mirna Samac, Vladimir Šimović, Jr. .................................. 37
ANTHROPOLOGICAL CHARACTERISTICS OF PUPILS FROM URBAN
AND RURAL AREA FROM 7 TO 9 YEARS OF AGE
Antropološka obilježja učenika iz urbane i ruralne sredine dobi 7-9 godina

Marko Badrić, Ivan Prskalo, Saša Rodić .................................................. 51
GENDER DIMORPHISM IN SOME MORPHOLOGICAL CHARACTERISTICS
AND THE WAY PUPILS SPEND THEIR FREE TIME
Spolni dimorfizam u nekim morfološkim karakteristikama i način na koji učenici provode svoje slobodno vrijeme

Marko Badrić, Antun Barić, Mladen Kvesić ............................................. 63
HOW PRIMARY SCHOOL PUPILS IN THE DISTRICT OF PETRINJA SPEND FREE TIME
Provođenje slobodnog vremena učenika osnovnih škola grada Petrinje

Vatroslav Horvat, Srna Jenko Miholić, Krunoslav Blažević ............................. 75
METRIC CHARACTERISTICS OF TESTS FOR ASSESSING BALANCE IN PRESCHOOL CHILDREN
Metrijske karakteristike testova za procjenu ravnoteže kod djece predškolske dobi

Marijana Hraski, Vedran Stojavljević, Željko Hraski .................................. 83
THE DISTRIBUTION OF THE DEVELOPMENT OF SOME MOTOR ABILITIES IN PRESCHOOL BOYS WHO PARTICIPATED IN A THREE-YEAR PRESCHOOL SPORTS PROGRAMME
Dinamika razvoja motoričkih sposobnosti dječaka uključenih u trogodišnji sportsk program u vrtiću

Marijana Hraski, Snježana Mraković, Marija Nemet, Tin Petračić ......................... 91
MOTOR ABILITIES OF PRESERVICE PRESCHOOL AND PRIMARY EDUCATION TEACHERS
AT THE FACULTY OF TEACHER EDUCATION IN ZAGREB
Stanje i razlike u motoričkim sposobnostima studentica odgojiteljskog i učiteljskog studija

Srna Jenko Miholić, Vatroslav Horvat, Ćedomir Cvetković ..................................... 99
METRIC CHARACTERISTICS OF TESTS FOR ASSESSING THE FLEXIBILITY
AND SPEED, AND THEIR RESULTS ON A SAMPLE OF PRESCHOOL CHILDREN
Metrijske karakteristike testova za procjenu fleksibilnosti i brzine te njihovi rezultati
na uzorku predškolske djece

Dinko Vuleta, Igor Grujić, Katarina Ohnjec ............................................. 110
SPECIFIC MOTOR ABILITIES AMONG FIRST YEAR FEMALE STUDENTS AS THE CRITERION
FOR ELECTION AND APPROACH TO HANDBALL COURSE EXAM AT THE FACULTY OF
KINESIOLOGY, UNIVERSITY OF ZAGREB
Specifične motoričke sposobnosti studentica 1. godine kao mjerilo izbora i pristupanja ispitim rokovima
na kolegiju rukomet na Kineziološkom fakultetu Sveučilišta u Zagrebu

Dajana Zoretić, Nada Grčić-Zubčević, Goran Leko ....................................... 117
ANALYSES OF THE DIFFERENCES BETWEEN RESULTS IN SWIMMING NORMS ATTAINED
BY MALE AND FEMALE STUDENTS FROM DIFFERENT STUDYING GENERATIONS
AT THE FACULTY OF KINESIOLOGY
Analize razlika u postignutim rezultatima u plivačkim normama između studenata i studentica različitih
akademskih godina Kineziološkog fakulteta

Scanned by CamScanner
Dragutin Šuker, Dragan Kinkela, Mirko Badim ........................................ 125
ACCURACY AND ITS MEANING FOR SUCCESS IN A GAME
OF VOLLEYBALL
Preciznost i njen značaj za uspjeh u igri odbojke

Nenad Rogulj, Vladan Papić, Vladimir Pleština, Marijana Čavala ........................................ 138
METHODOLOGICAL PRINCIPLES OF “TALENT” – TALENT SCOUTING EXPERT SYSTEM
Metodološke postavke ekspertnog sustava “talent” za prepoznavanje talenata u sportu

Sunčica Delaš Kalinski, Đurđica Miletić, Tina Erceg ........................................ 153
POSSIBILITIES AND BENEFITS FROM MONITORING THE LEVEL OF GYMNASTICS
KNOWLEDGE AND SKILLS THROUGH THE LEARNING PROCESS
Mogućnosti i koristi od praćenja razine gimnastičkih znanja kroz proces učenja

Marija Lorger ........................................ 160
THE STATE OF FLOW DURING PHYSICAL EDUCATION LESSONS – REALITY OR UTOPIA?
Doživljaj flow-a tijekom nastave kineziološke kulture – realnost ili utopija?

Ivana Nikolić, Igor Bokor, Nevenka Breslauer ........................................ 172
DIFFERENCES IN MOTOR AND FUNCTIONAL ABILITIES BETWEEN TABLE TENNIS
PLAYERS AND 14-YEAR-OLD STUDENTS
Razlike u motoričkim i funkcionalnim sposobnostima između stolnotenisaca i 14-godišnjih učenika

Braco Tomljenović, Marica Jovanović, Ivana Tomljenović ........................................ 179
LONGITUDINAL MEASUREMENT OF STRUCTURE AND DIFFERENCES IN
ANTHROPOLOGICAL FEATURES OF MALE AND FEMALE PUPILS FROM THE FIRST
TO THE FOURTH GRADE
Longitudinalno mjerenje struktura i razlika u antropološkim značajkama muških
i ženskih učenika od prvog do četvrtog razreda

Vedran Kelemen, Sanja Kolaković, Ivan Šerbetar ........................................ 189
WHY CHILDREN DO NOT EXERCISE – DIFFERENCES IN PARTICIPATION MOTIVATION
AND MOTIVATIONAL CLIMATE BETWEEN SPORT–INVOLVED AND
SPORT–NON–INVOLVED CHILDREN
Zašto djeca ne vježbaju – razlike u motivaciji prema vježbanju i poticajnom ozračju kod vježbanja
između djece sportaša i djece nesportaša

Mate Brekalo, Ninoslav Šilić, Damir Crnjac ........................................ 199
THE INFLUENCE OF BASKETBALL TRAINING ON SOME MOTOR SKILLS
IN THIRTEEN-YEAR-OLD BOYS
Utjecaj treninga košarke na neke motoričke sposobnosti kod trinaestogodišnjih dječaka

Dragutin Šuker, Irena Bagarić, Sanja Berlot ........................................ 206
SPECIAL TECHNIQUE RESPONSIBLE FOR PLAYING VOLLEYBALL SUCCESSFULLY
– TE–TA BLOCK
Specijalna tehnika odgovorna za uspješno igranje odbojke TE–TA bloka

Damir Vučić, Drena Trkulja – Petković ........................................ 213
FIELD CLASSES – A FORM OF EDUCATION FOR HEALTHIER AND BETTER QUALITY
FUTURE OF ADOLESCENTS
Terenska nastava – oblik edukacije za zdraviju i kvalitetniju budućnost mladih

Josip Cvenić ........................................ 221
EDUCATIONAL TASKS IN KINESIOLOGICAL EDUCATION
Odgojni zadaci u kineziološkoj kulturi
FIELD CLASSES – A FORM OF EDUCATION FOR HEALTHIER AND BETTER QUALITY FUTURE OF ADOLESCENTS

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Abstract – Modern lifestyle has become rather stressful and fast. This is the fact everybody is aware of. It also means that adolescents’ attitude towards recreation and regular physical exercise necessary for a healthy and high-quality development has been more and more passive. With a view of making the students, as a group where this problem is obvious, aware of this fact, it is necessary to offer some really interesting activities to them. Therefore, there are many reasons why the idea of field classes should be implemented. Firstly, it does not only raise the adolescents’ awareness of the importance of everyday recreation (rock-climbing, cycling) but it also uses the workshop technique with the aim of introducing the students-participants to unusual life conditions and survival skills in extreme life situations (orientation in space, first aid, wilderness survival). Furthermore, such a form of field classes also offers the students-participants the possibility to learn about the natural and cultural beauties and sights of our country (in this particular example, the region of Ogulin). Finally, the advantage of such field classes is the possibility for the students to get to know each other better, improve the communication and cooperation among students, teachers, project manager, professional rescue teams and members of The Croatian Mountain Rescue Service who are also involved in the project. All of the above mentioned facts lead us to the conclusion that field classes have the potential of being an interesting form of education for the students incorporating the aspect of health, culture and social interaction. It uses communication, free time activities and pleasant atmosphere to teach students how to significantly improve the quality of their health in the future.

Key words: recreation, orientation, first aid, knot tying, hiking
INTRODUCTION

While studying at the Faculty of Kinesiology, students get the knowledge they might use in their future work to motivate students to do some kind of physical activity. Since it has constantly been pointed out that today children spend less and less of their free time doing some kind of physical activity, it is expected that people, unless they become generally more aware of the usefulness of physical activity, are prone to various modern lifestyle diseases caused by sedentary way of life and work.

Therefore, it is a duty and an obligation of the Physical Education teachers to provide their students with the knowledge they will use as the basis and support for their healthy lifestyle in the future. The current offer of different activities is obviously not satisfactory to motivate children and adolescents to start doing some kind of physical exercises, so it is necessary to make up new activities which will motivate more children to take up sports activities in their free time.

There are various sports centres in towns which offer numerous possibilities, so that going to such centres on a weekly basis has already become a trend. Such centres are usually fitness or wellness centres whose services should be paid by individuals. There are a lot of people taking advantage of this offer but vast majority cannot afford it or does not use them for other reasons. Therefore, there is the need to create activities outside the place of residence which generally do not cost a lot and could be done whenever an individual feels like it in order to complement the existing sports and recreational activities offer.

That is the background of the idea of Physical Education field classes intended for the first year students of secondary schools, which is being implemented at XVIII Grammar School in Zagreb. It could be said that the idea was based on the obligatory classes for the students of the Faculty of Kinesiology, course Kinesiology Recreation, although it has been modified and adapted for the students’ educational needs. So far it has been successfully implemented in the framework of Physical Education classes for three years, and the creator of the project would like to offer it to other schools so they can also start implementing it.

FIELD CLASSES AND KNOWLEDGE APPLICATION POTENTIAL

Numerous researches prove that physical exercises have positive effect on the growth and development of all the features of the anthropological status, especially with children. Physical Education curriculum includes application of organisational techniques which are obligatory for all the students but it also recommends the application of non-obligatory techniques which
students would like to apply. Therefore, optional activities could be winter or summer holidays, excursions and hiking, as well as other optional activities in accordance with the students' interests. Since the students can choose these activities according to their own interests, these activities could motivate all the students who do not want to participate or do not have the possibility to do them in their free time.

Physical Education field classes project called: *Survival and spending time in wilderness* consists of several constituent parts with the aim of health improvement, theoretical and motor knowledge acquisition, which will enable the students to cope with everyday but also unpredictable situations as well as initiate the development of educational effect via interpersonal communication.

Following the successful implementation of the pilot project of Physical Education field classes with the first year students at XVIII Grammar School in Zagreb in 2007, the field classes were included in the curriculum of the above mentioned school and are implemented every year. The creator of the project, who is also responsible for its organisation and implementation including survival and spending time in wilderness, in this particular case the mountain, is Damir Vučić, a Physical Education teacher at XVIII Grammar School.

One of the aims of the field classes was also one aspect of cross-curricular teaching useful for students (Physical Education with subjects like Geography and History). While choosing the location, several very important factors were taken into consideration. Firstly, the chosen location is of geographical and tourist interest so that the students along with being included in pre-planned workshops of theory and practice could also learn about the natural, cultural and historical sights of our country.

The region of Ogulin, which is considered to be one of the most interesting regions of the Republic of Croatia and a well-known tourist destination, was chosen as a starting point location due to its numerous and diverse potentials. Ogulin is situated in the very centre of Croatia, half way from Zagreb and Rijeka, within the tourist area of Plitvice Lakes (from the east), wooded Gorski kotar (from the west) and North Adriatic (from the south). It is situated in a vast valley of two rivers: Dobra and Zagorska Mrežnica.

The chosen region of Ogulin offers really numerous possibilities for field classes. They can be classified according to the difficulty of the location, duration, psycho-physical abilities of the users, location of activities (cave, hole, rock, mountain, forest, river, etc.) and respecting the demands of users they can be modified creating other kinds of activities to spend time in nature.

Out of numerous activities offered (rock-climbing, hiking, mountain cycling, diving, caving, skiing...) the chosen ones, first of all, took into consideration the safety of the students as well as their abilities and interests. These chosen activities were presented via prepared workshops, first in the framework of theoretical and then practical part of their implementation.
Mountain Klek, an interesting natural sight rising above the town of Ogulin, showed to be a really excellent choice for the project. Klek is a prominent peak at the eastern edge of Velika Kapela massif. Its beauty attracts numerous rock-climbers so that its south-eastern rock was the first location for the education of Croatian rock-climbers as well as the location of numerous rock-climbing competitions. This mountain is really a good choice for field classes primarily because it gives the opportunity for different workshops created for the students.

PRACTICAL WORKSHOPS

Since the aim of the field classes is to enable students and the teacher to focus on the teaching material under unusual living and working conditions, workshops dealing with the themes necessary for survival in the wilderness (outside the place of residence and work) and social interaction were prepared for this excursion.

The aim was to make the students aware of the fact that spending time in nature can be an unforgettable and interesting experience if we are well prepared for the unpredictable situations and learn the necessary skills.

Therefore, students were shown and taught the skills of efficiently using mountaineering equipment, lighting a fire, building a shelter against cold, rain, wind, snow; creating signalisation (fire, smoke...) in case of accident, etc.

Within the framework of such field classes, special attention was paid to teaching students first aid skills in a series of practical workshops.

1. First aid – Using the technique of teaching and practice, the students learned and applied first aid skills necessary for everyday life, and especially for spending time in the mountain. Although the most common injuries in nature are scratches, cuts, twisted ankles, broken bones, bruises or burns, students also learned how to immediately provide basic medical help to an injured person while waiting for the professional medical rescuers with a view of saving human life by preventing the health deterioration.

Picture 1. Use of bandages while teaching first aid skills
2. **Tying knots** – Practicing different ways of knotting, the students should learn the knots which they could use in everyday life (sometimes a correct knot could save somebody's life).

3. **Spending time and surviving in the mountains** – These teaching lessons were prepared by the teachers who are professional rescuers and members of The Croatian Mountain Rescue Service, and since the students were in the mountain, they could feel for themselves what it means to be well prepared for spending time in the mountain, as well as for the dangers of the mountains (coldness, rain, darkness, fog, wild animals). Learning survival skills is a life-long process. We can always learn more, but the important role is also given to the experience of spending time in the mountain. However, it is never late to start learning. Notwithstanding the fact that numerous unpredictable situations can occur while spending time in nature, we can be prepared for the most common ones.

4. **Cycling** – the region of Ogulin offers to all its visitors the possibility of enjoying really beautiful preserved landscape which can be visited by bicycle. Cycling fans can use the challenging cycling routes which enable them to see cultural, historical, economical and natural sights of the town and its surroundings.

5. **Orientation** – since it is an extremely important skill for spending time in the mountain, one of the workshops focused on this skill whose theoretical part was followed by practical exercises in nature.

   It is really important to point out that at all times during the period of time students spent and had field classes in the mountain, the people responsible for their safety were their teacher as well as the instructors who are members of The Croatian Mountain Rescue Service, the professional team of mountain rescuers from inaccessible areas in extreme weather conditions, that is, for all situations in which special professional knowledge and rescuing equipment should be used. It refers to accidents in mountain areas, rocks, caves, steep and inaccessible locations, as well as the accidents that happen in extreme weather conditions (snow, coldness, ice, fog, etc.). Besides rescuing and providing first aid to the injured in inaccessible locations, another important activity of The Croatian Mountain Rescue Service is the education and the prevention, that is, the preventing and avoiding accidents at inaccessible locations, especially accidents of mountain climbers. This team consists of the best Croatian alpinists, cave experts, mountaineers and skiers trained to provide first aid and use all the techniques of mountain rescuing.

   Their participation in this kind of field classes was extremely important because they could share their knowledge and personal experience, which is the most convincing, interesting and valuable, with the students.
EFFICIENT COMMUNICATION – ONE OF THE AIMS OF FIELD CLASSES

This kind of teaching offers the possibility of correlation of different subjects, but there is also the accompanying goal of interpersonal communication among the students and the teachers which deepens their relationship and improves its quality.

Every workshop, after the teaching/presentation part is followed by communication with students, which enables the teachers to use real approach and examples and, therefore, prove that classes do not end with the school bell, but it also shows the students that their teachers care and are ready to share a part of their free time with them.

Pleasant working atmosphere and quality classes are based on well managed communication between the teacher and the students. The possibility of discussion on potential mistakes, lack of communication in regular classes will give the insight into everyday misunderstandings which appear in work and will be used as potential indicators of how these problems can be worked out most efficiently.

The key to quality classes is the successful communication and good understanding of one’s own students, which is also one of the aims of these field classes.

CONCLUSION

It is important to once again point out the importance of such a form of field classes for secondary school students as well as for the students of the Faculty of Kinesiology, who themselves go through positive changes and learn how different physical activities can meet human existential needs for movement. All the participants of field classes see spending time and survival in wilderness as a positive experience, and the feeling of content and psychological well-being helps them in their future everyday life and work so that they themselves become the best promoters of a healthy lifestyle which finally leads to healthy society that uses movement to fight the negative effects of hypokinesia.
REFERENCES


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TERENSKA NASTAVA – OBLIK EDUKACIJE ZA ZDRAVIJU I KVALITETNINU BUDUĆNOST MLADIH

Sažetak – Život danas sve je stresniji i ubrzaniji. Toga smo sve svjesniji. Činjenica jest da on sa sobom nosi i sve pasivniji stav mladih ljudi prema rekreaciji i sustavnom tjelesnom vježbanju koje je neophodno za zdrav i kvalitetan razvoj. Kako bi to osvijestili i učenicima kod kojih je to zapravo najizraženije, valja im ponuditi što zanimljivije sadržaje. U tom smislu, ideju terenske nastave učenika srednje škole smatramo vrijednom iz više razloga. Ponajprije, ona ne potiče samo svijest mladih ljudi o važnosti rekreacije za svakodnevni život (alpinizam, biciklizam), već kroz pripremljene radionice za cilj ima i upoznavanje učenika – sudionika sa nesvakidašnjim životnim uvjetima i snalaženje u ekstremnim životnim situacijama (orientacija u prostoru, prva pomoć, preživljanje u divljinji). Osim toga, ovakav oblik terenske nastave također nudi i upoznavanje učenika – sudionika sa prirodnim i kulturnim ljepotama i znamenitostima naše zemlje (u konkretnom slučaju ogulinskog kraja). I na kraju, prednost ovakvog tipa terenske nastave je mogućnost još boljeg međusobnog upoznавanja, razvoja komunikacije i međusobne suradnje učenika i profesora organizatora, profesionalnih spašavatelja i članova HGSS-a koji su također uključeni u projekt. Na temelju svega navedenog može se zaključiti kako je terenska nastava jedan potencijalni oblik educiranja učenika koji će njima biti zanimljiv ne samo u zdravstvenom, već i u kulturno – društvenom aspektu te koji kroz komunikaciju, druženje i ugodnu atmosferu svakako pruža važan iskorak u njihovu zdraviju i kvalitetniju budućnost.

Ključne riječi: rekreacija, orijentacija, prva pomoć, čvorologija, boravak u planini