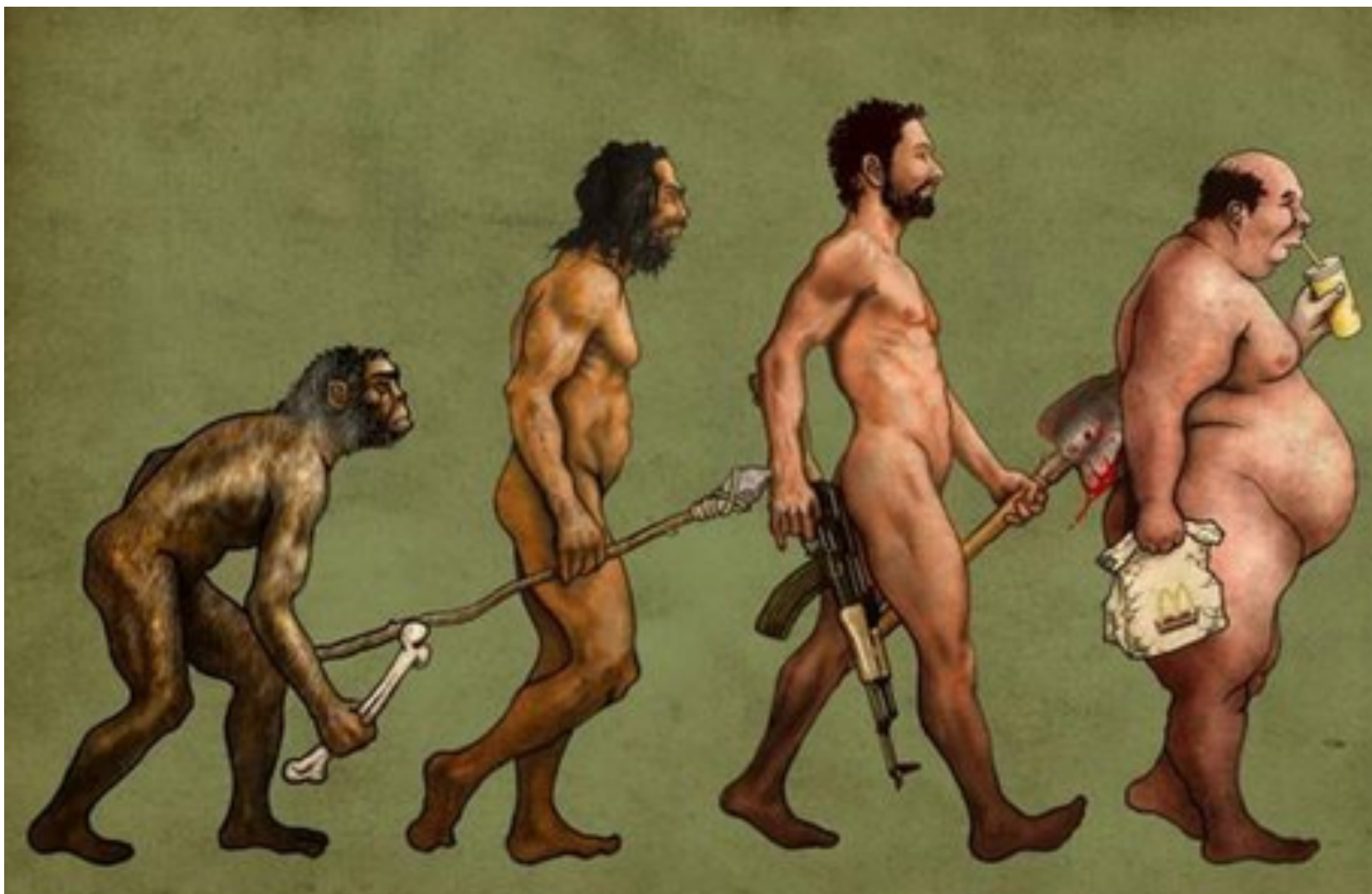


Značajnost diagnostike tjelesnog i motoričkog razvoja za kvalitetu fizičkog vaspitanja i treninga

Gregor Starc, Fakulteta za šport, Univerza v Ljubljani

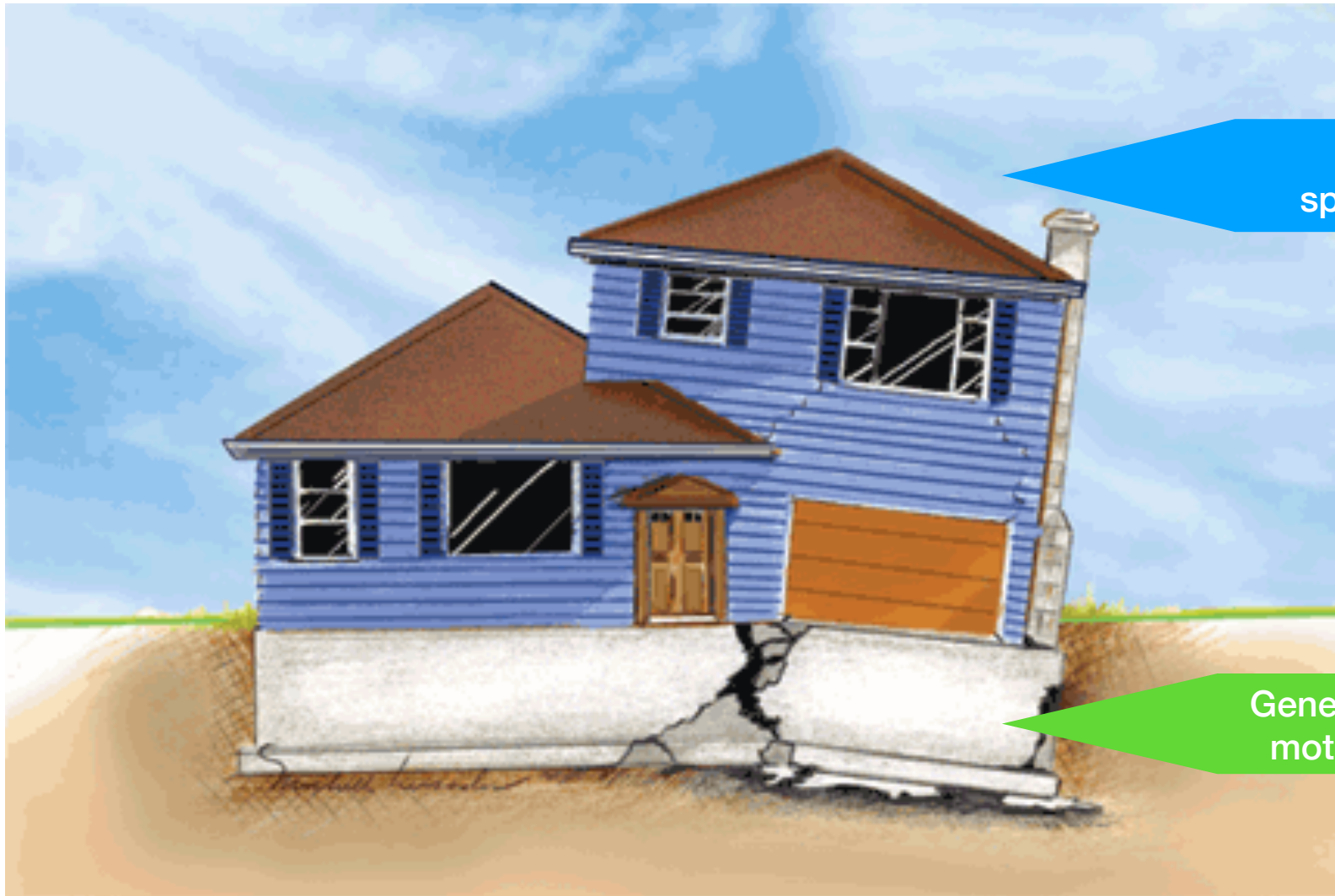
Evolucijski kontekst



Istorijski kontekst



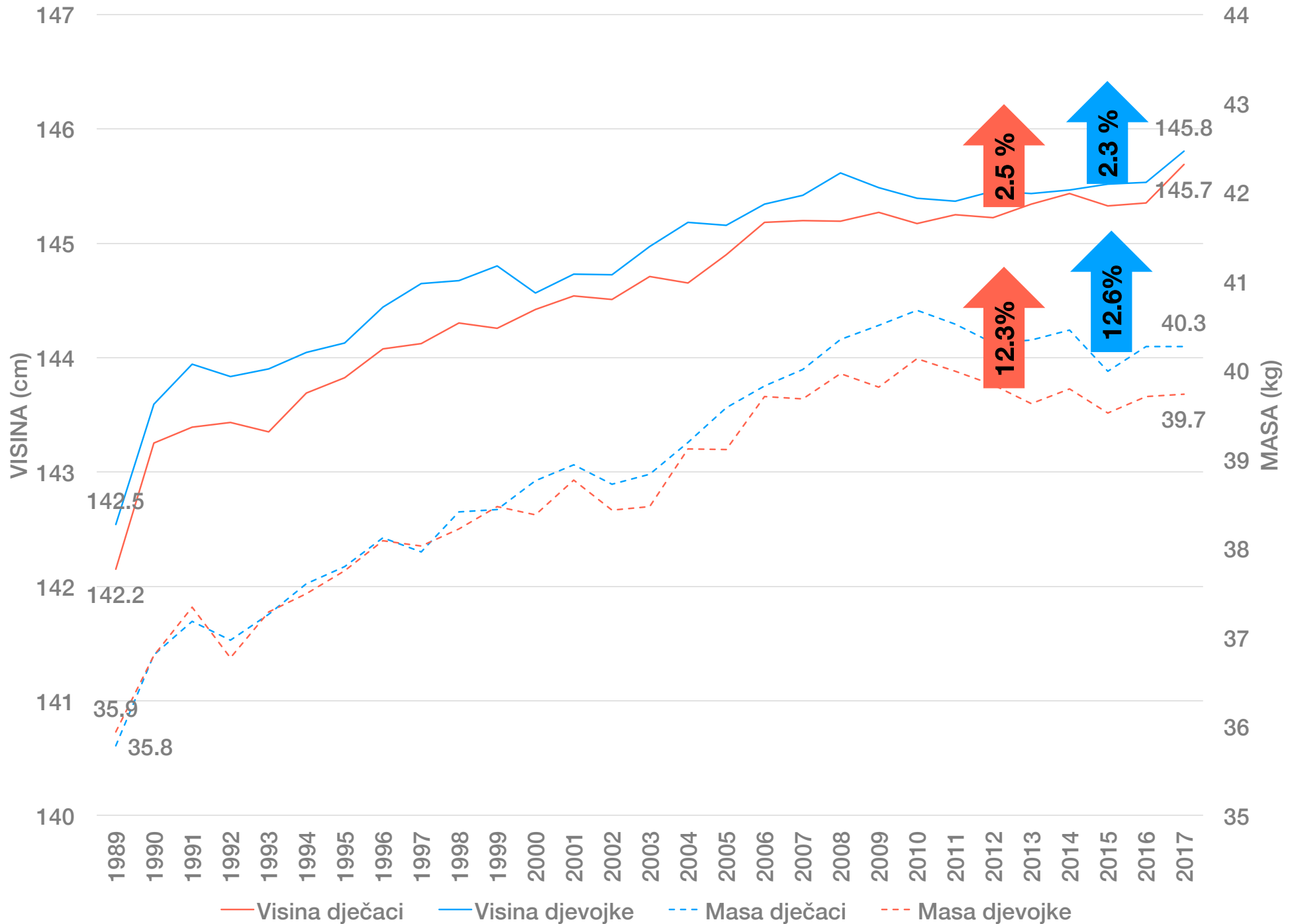
Temelji i nadgradnje



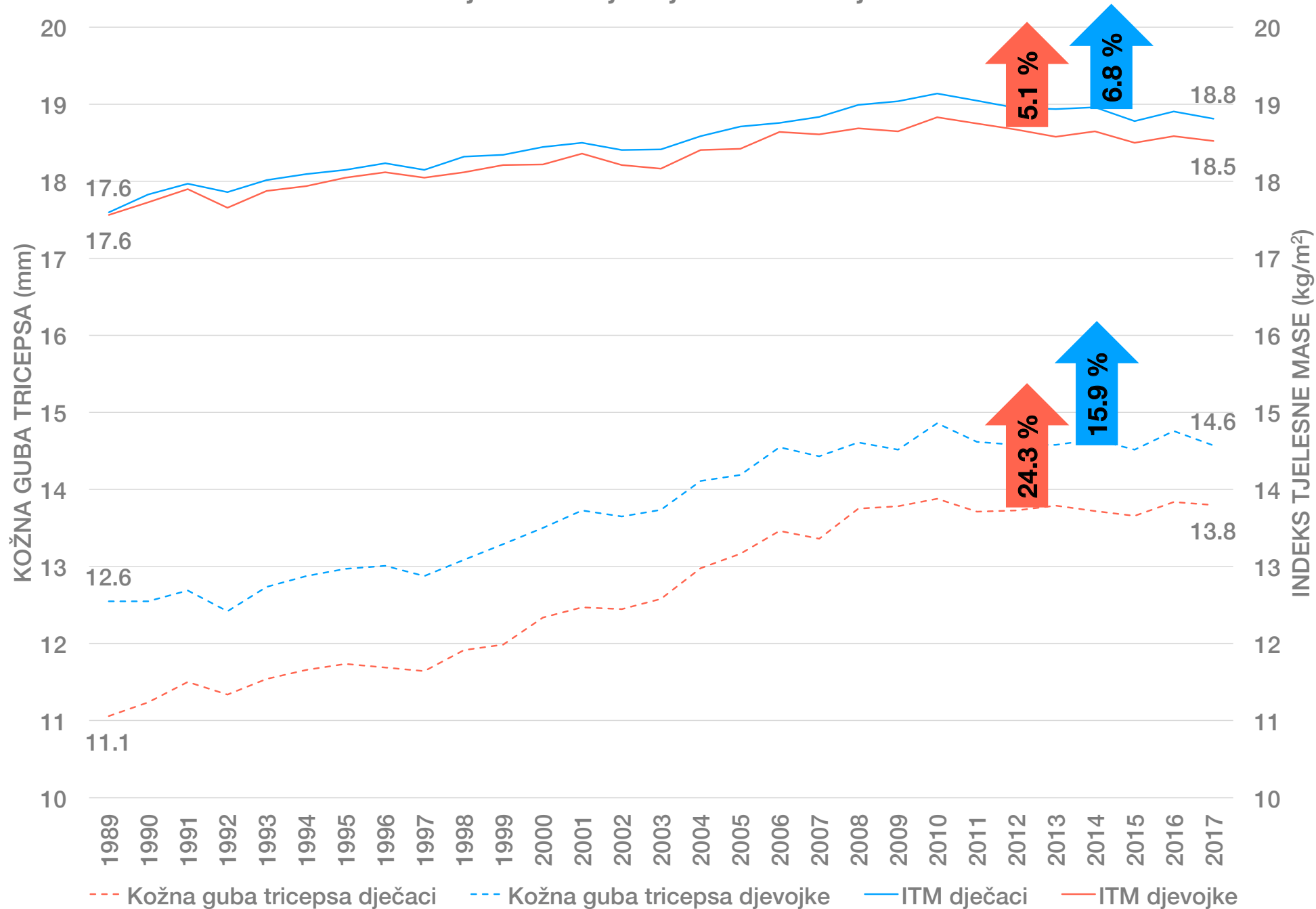
Sportska
specijalizacija

Generalni tjelesni i
motorički razvoj

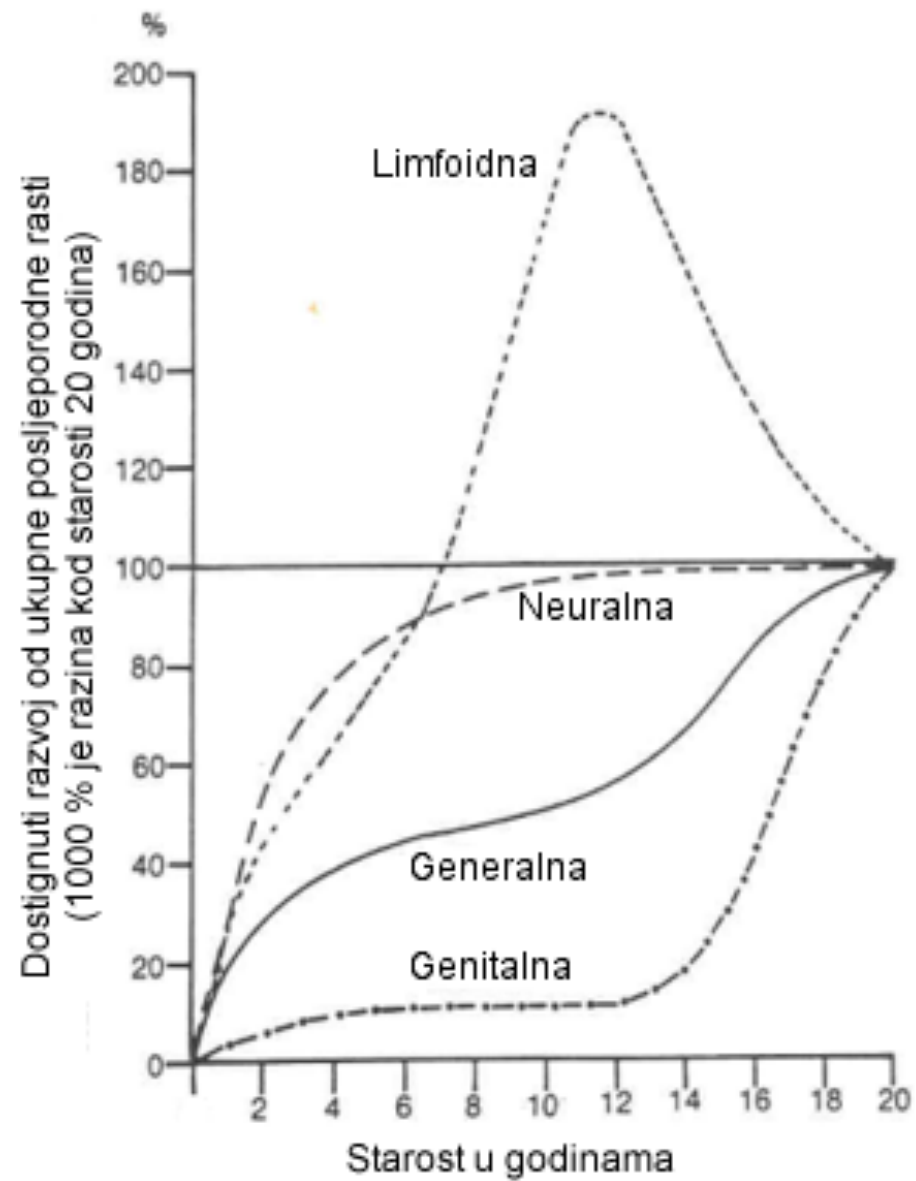
Promjene visine i mase desetogodišnjih dječaka i djevojka u Sloveniji



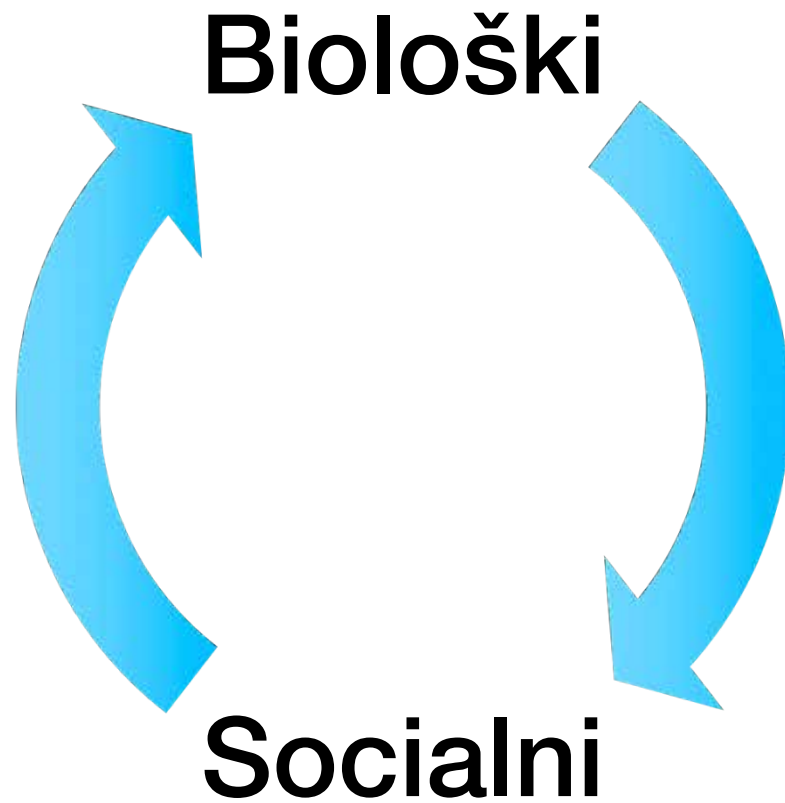
Promjene kožne gube tricepsa i indeksa tjelesne mase desetogodišnjih dječaka i djevojka u Sloveniji



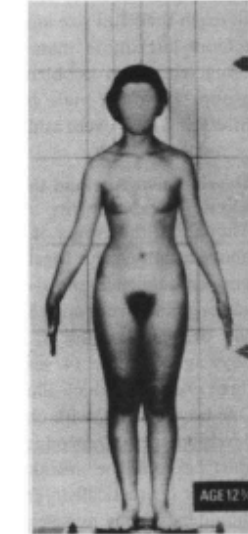
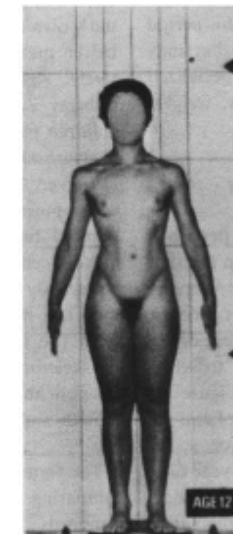
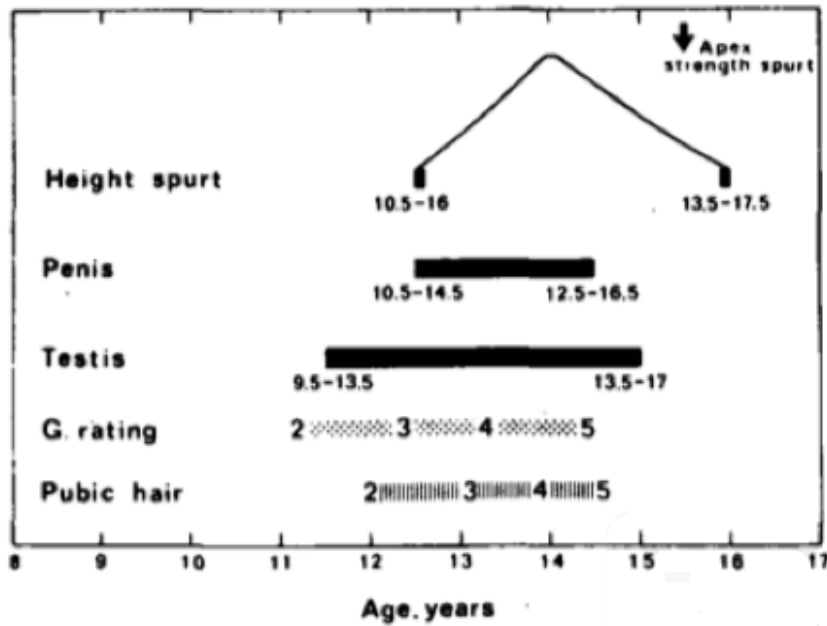
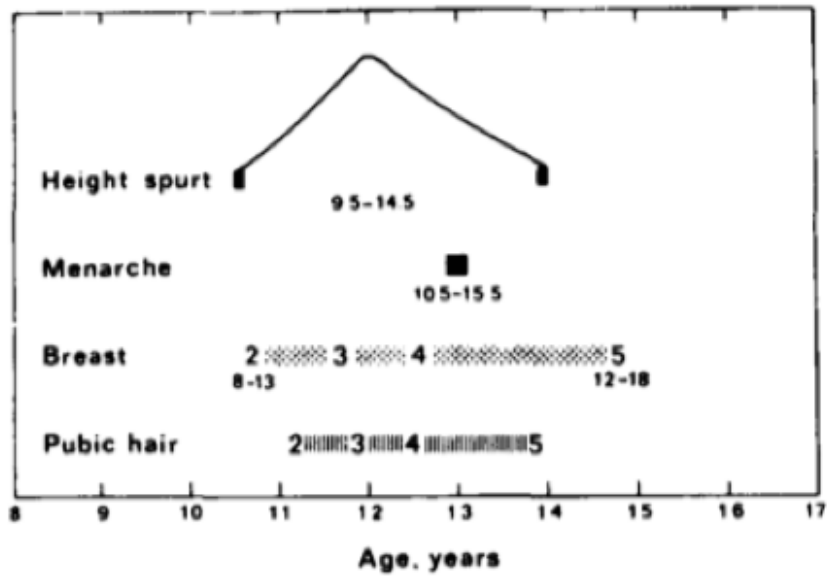
Tempo razvoja različitih tjelesnih sistema kod djece i mladeži (Scammon)



Utjecaji na razvoj djece

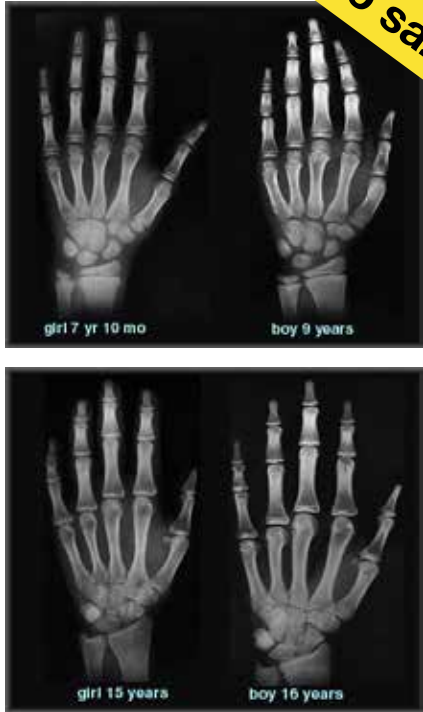


Indikatori biološkog sazrijevanja

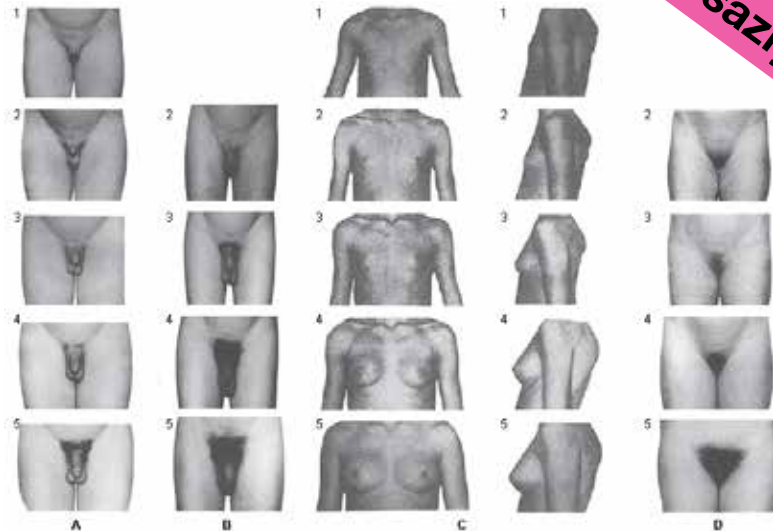


Metode praćenja tjelesnog razvoja

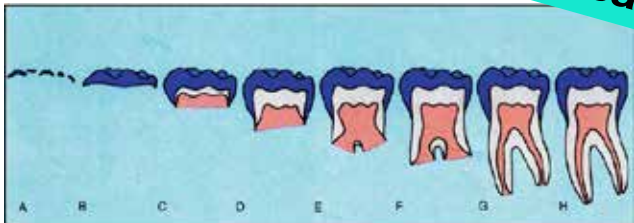
Skeletno sazrijevanje



Spolno sazrijevanje



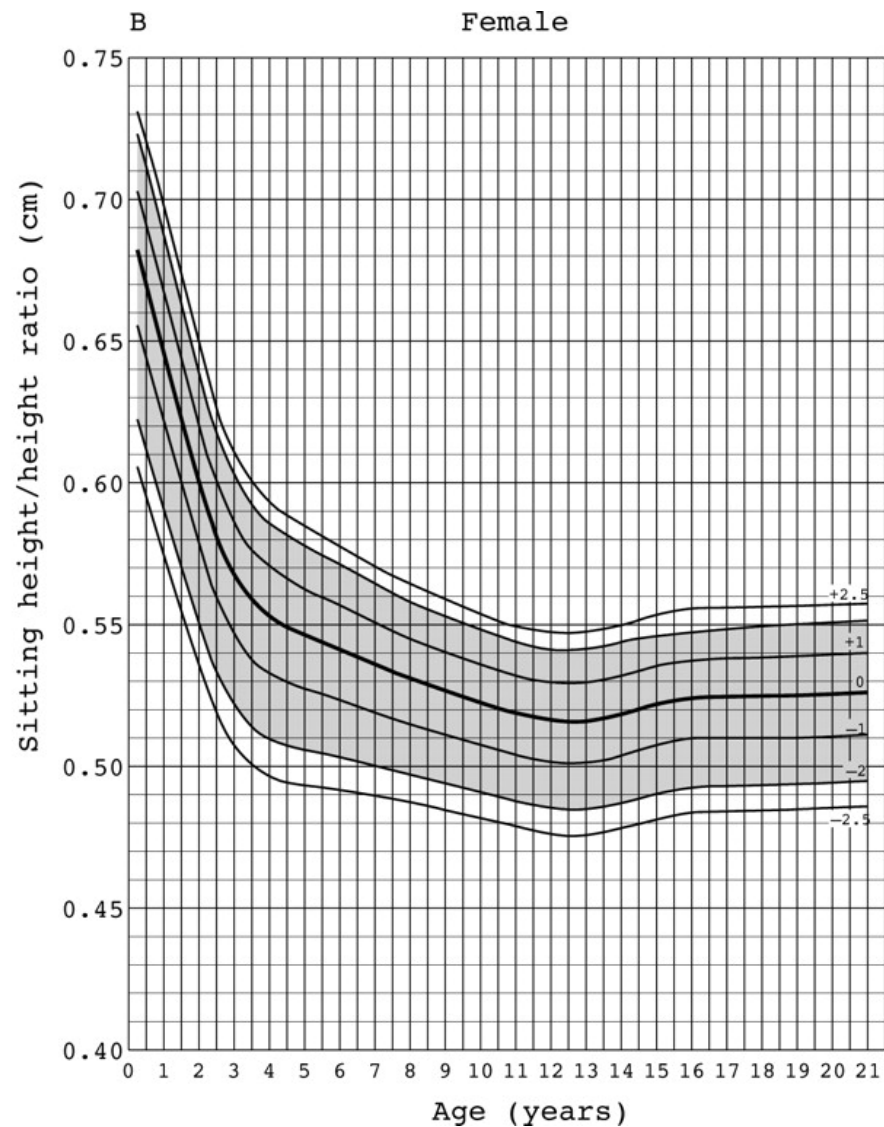
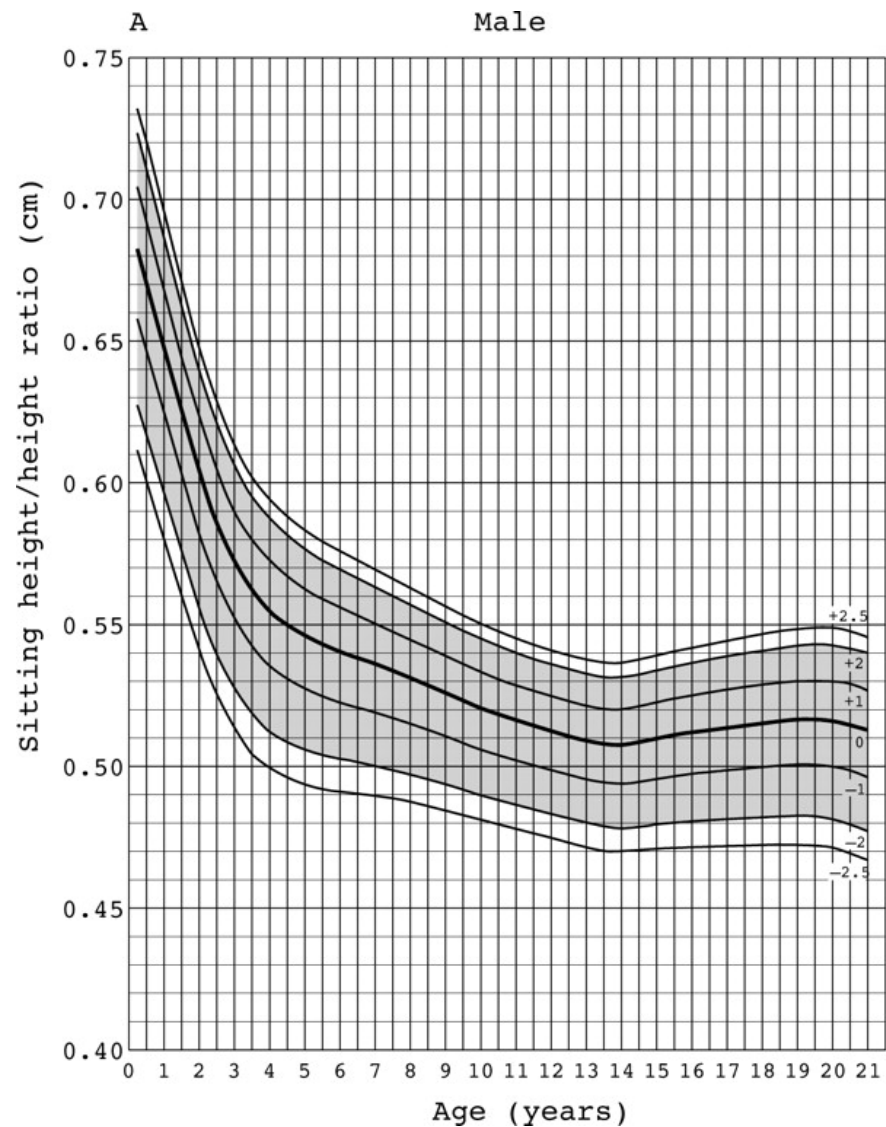
Dentalno sazrijevanje



Rast

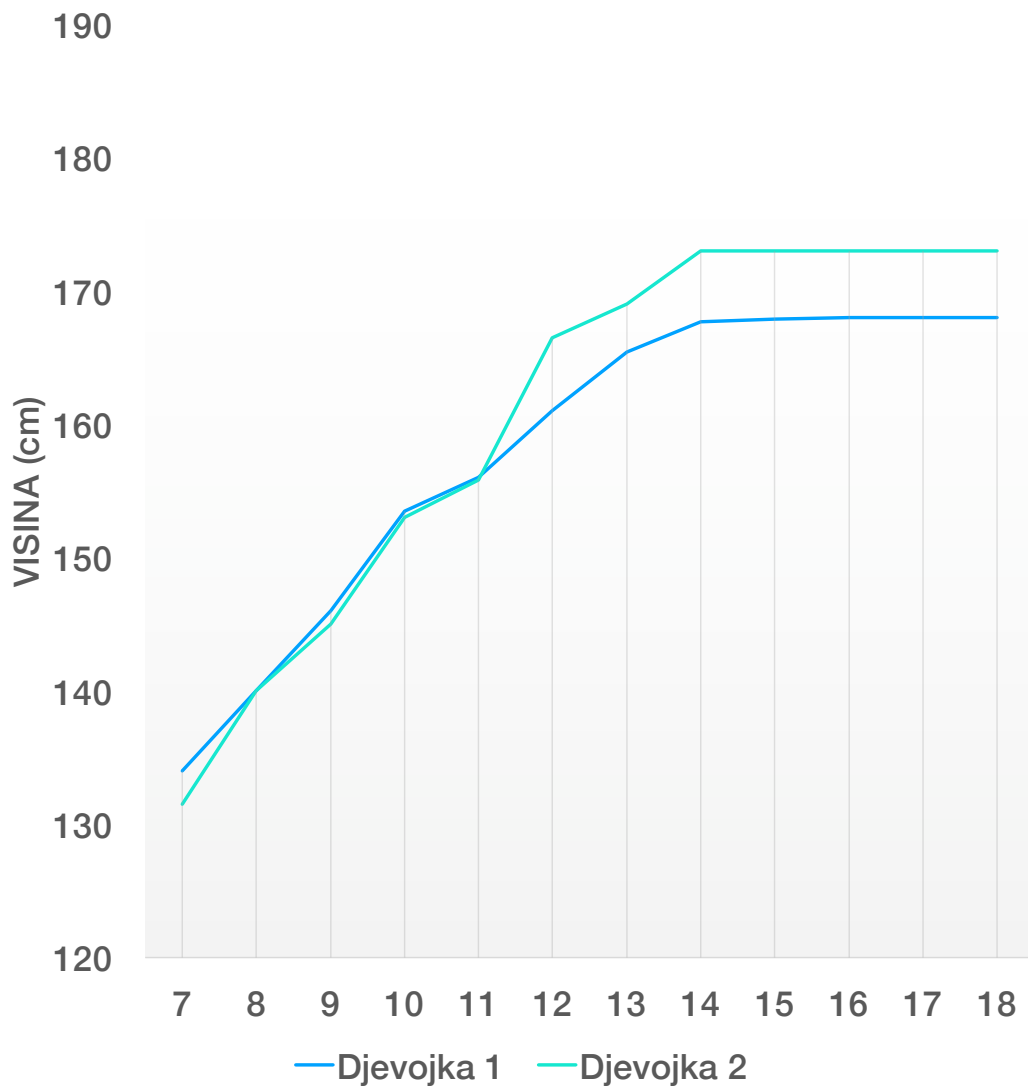


Praćenje tjelesnog razvoja us pomoć praćenja rasti

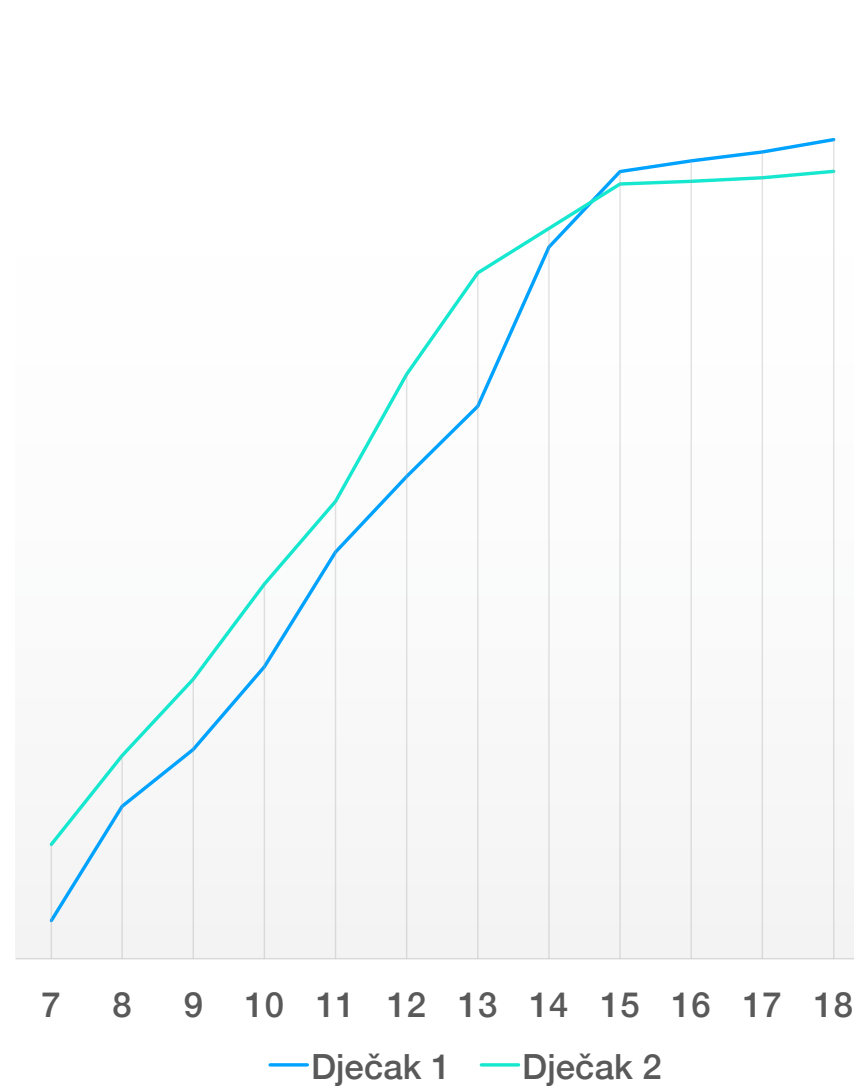


Makro doba akceleracije rasti

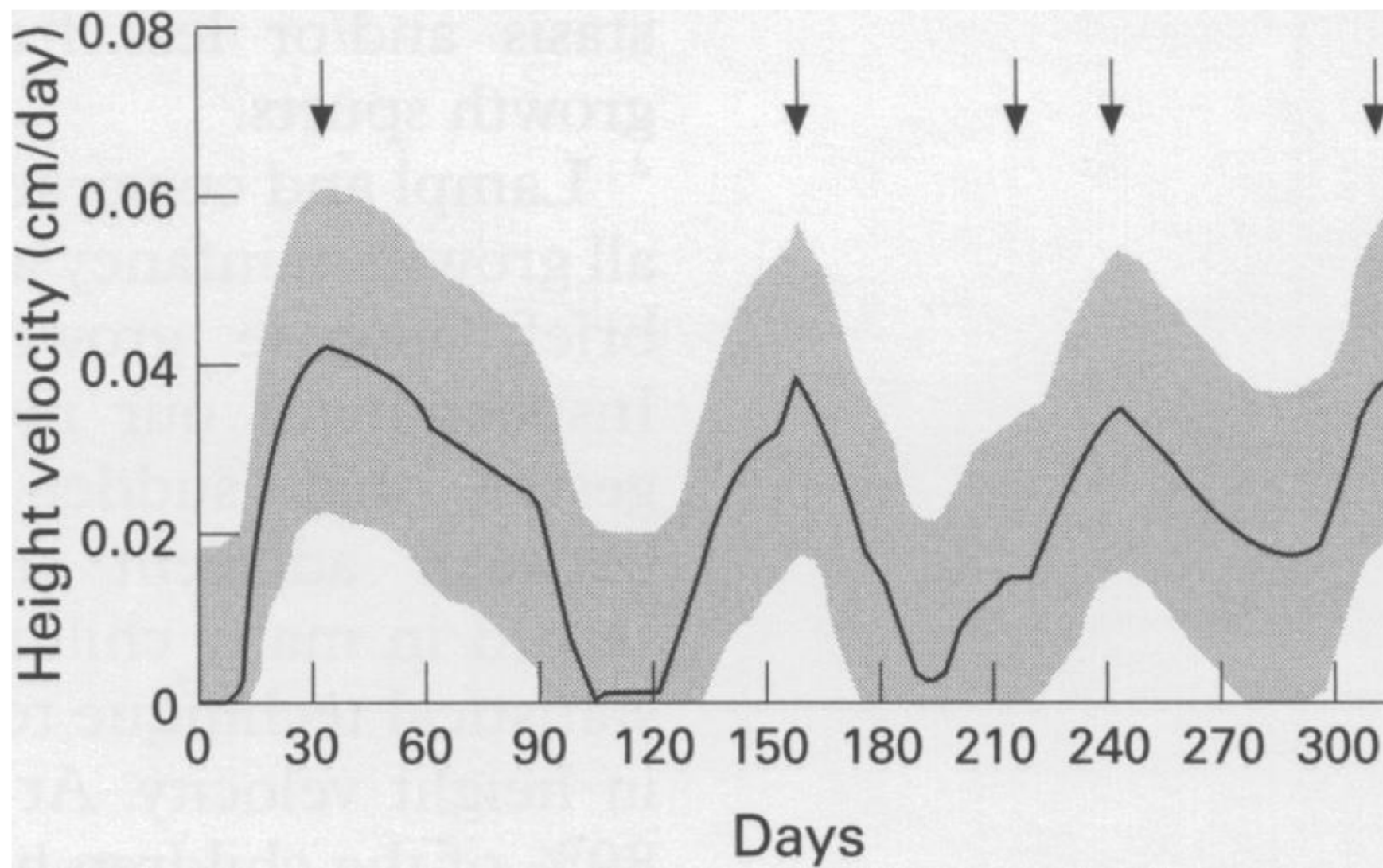
Djevojke



Dječaci

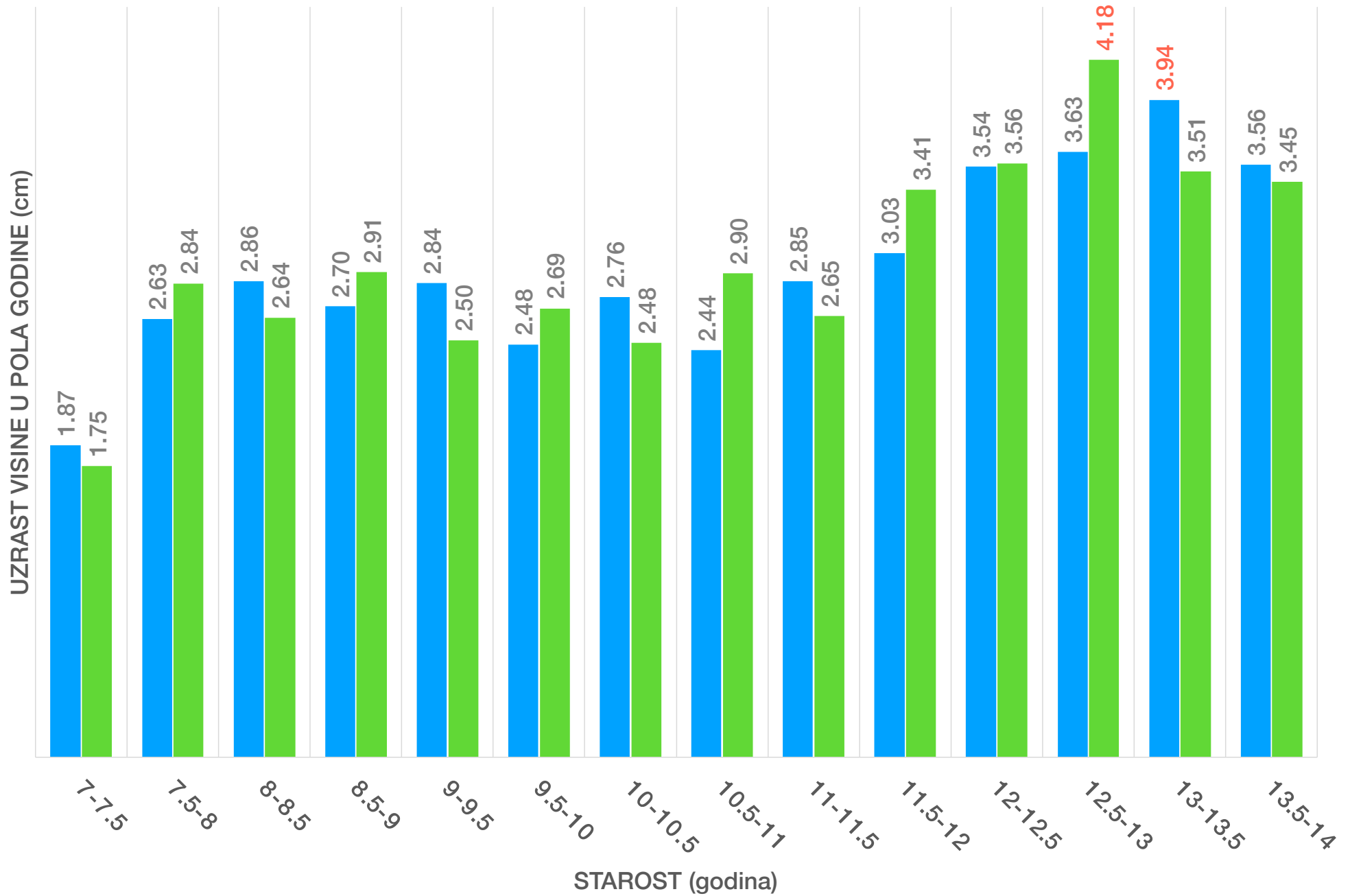


Mikro doba akceleracije rasti



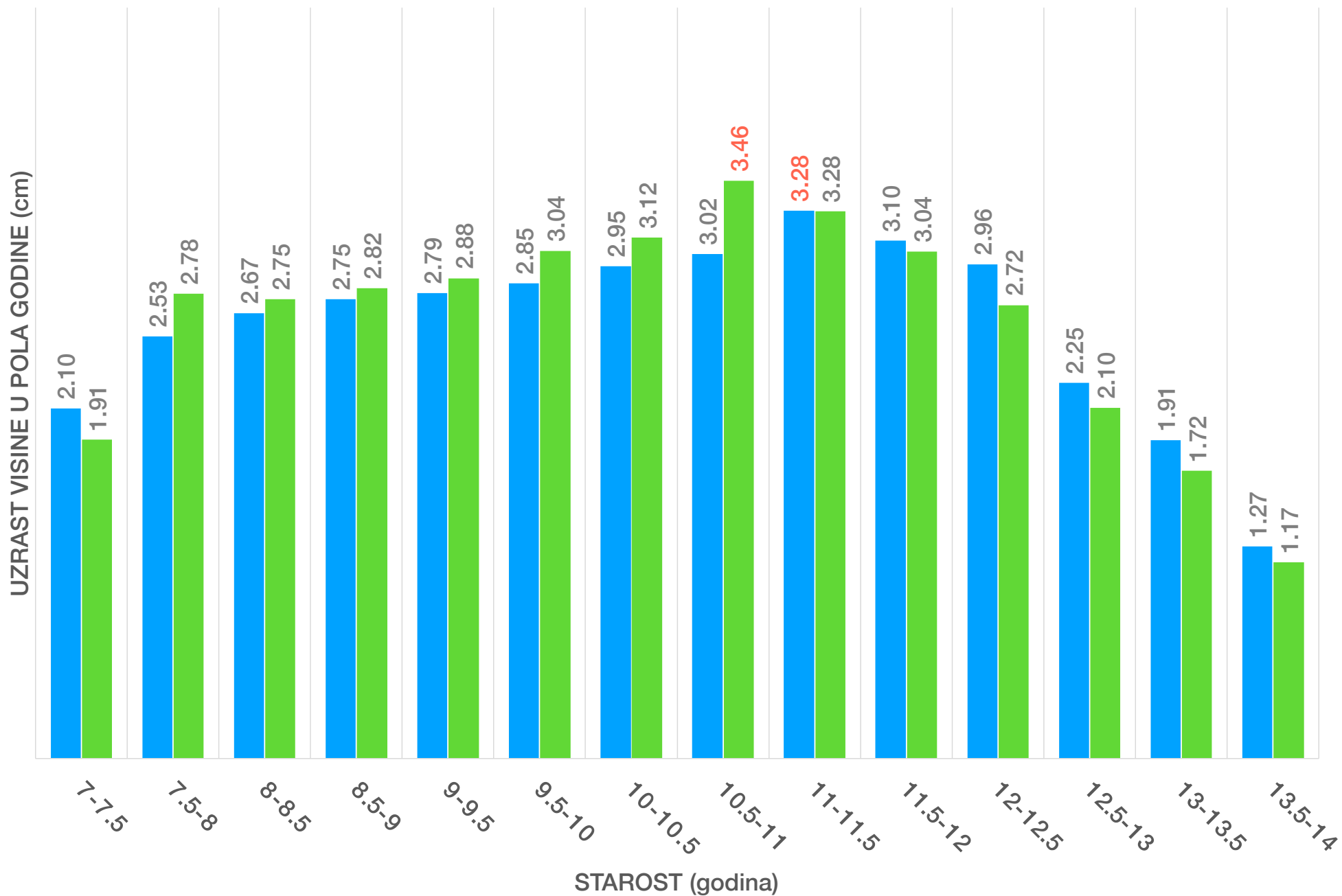
Akceleracija rasti tjelesne visine kod dječaka

■ Dječaci godište 1981 ■ Dječaci godište 1991

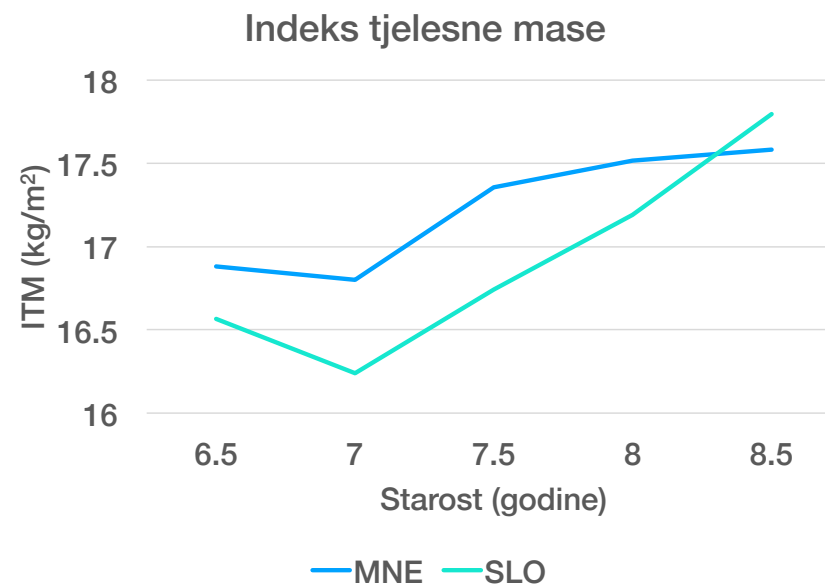
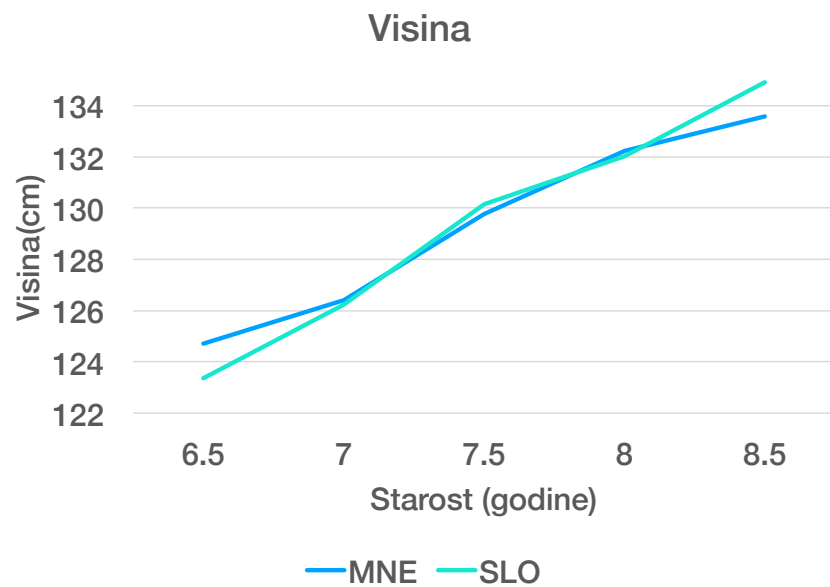
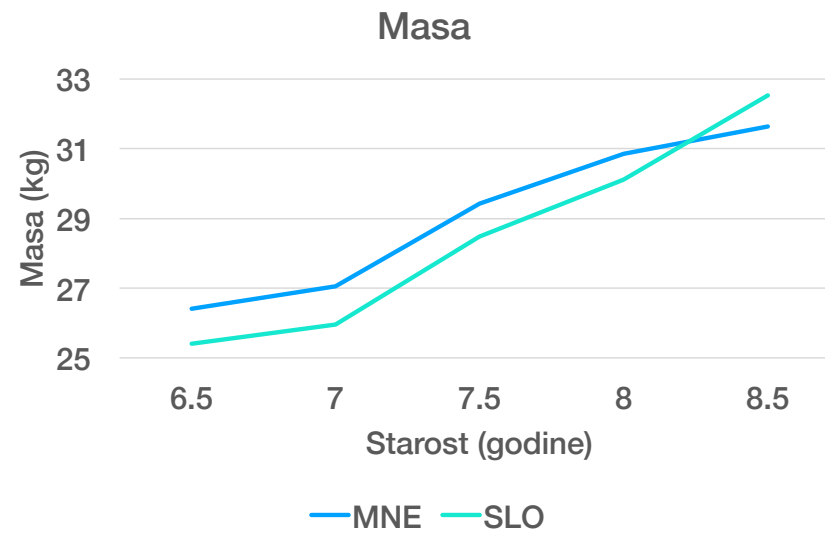
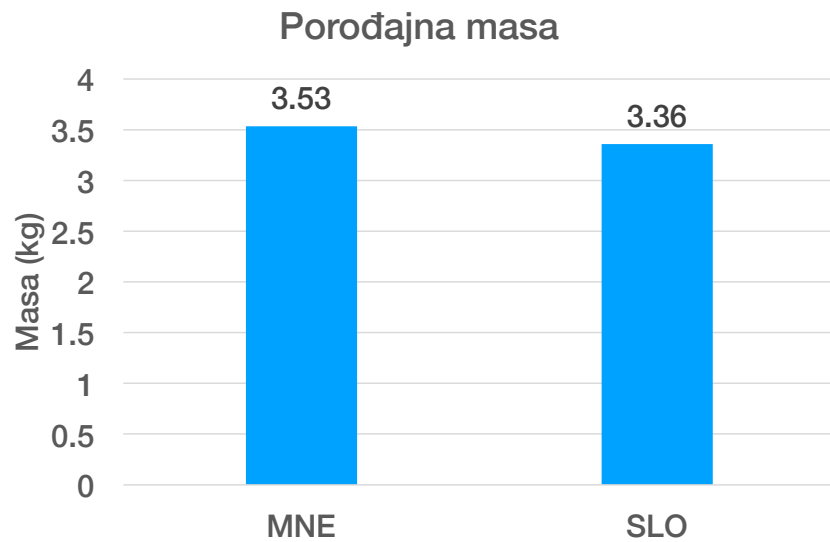


Akceleracija rasti tjelesne visine kod djevojka

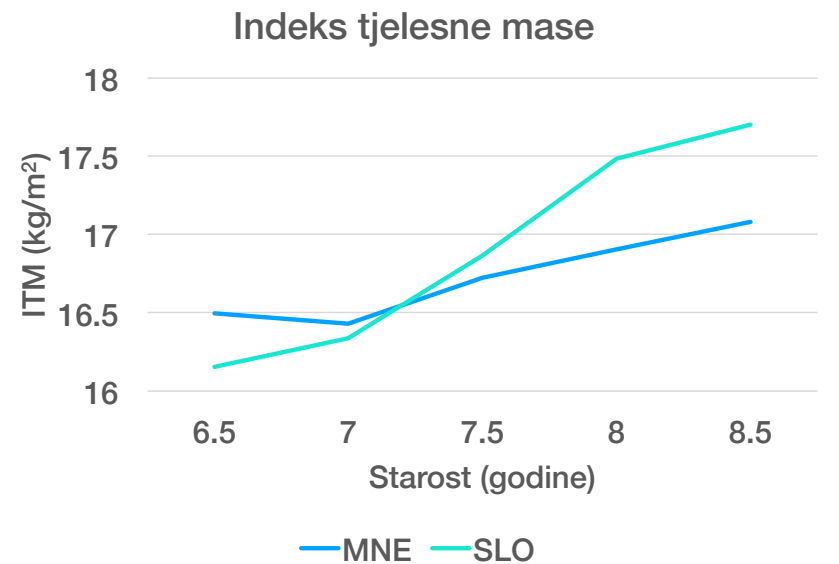
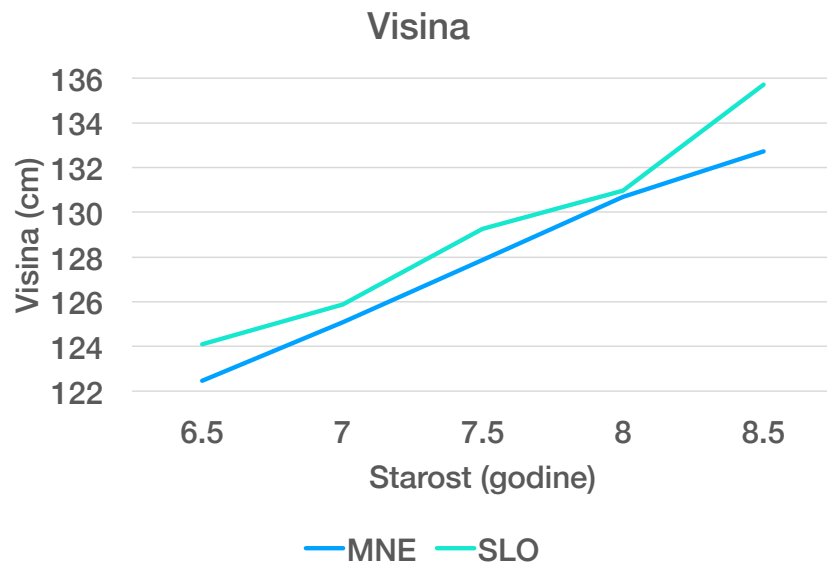
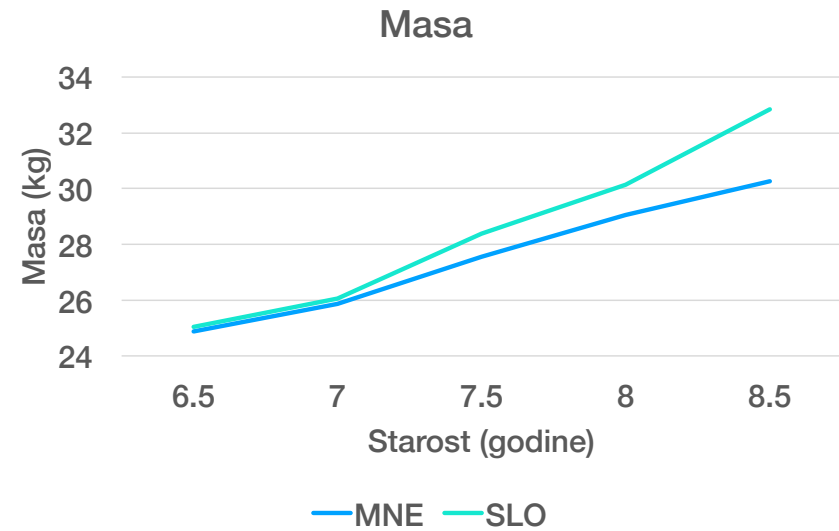
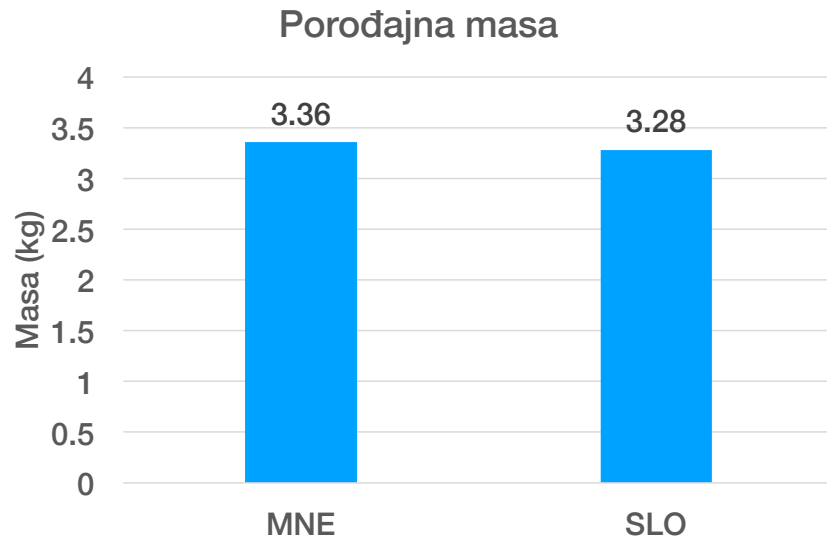
■ Djevojke godište 1981 ■ Djevojke godište 1991



Usporedba fizičkih karakteristika crnogorskih i slovenačkih dječaka



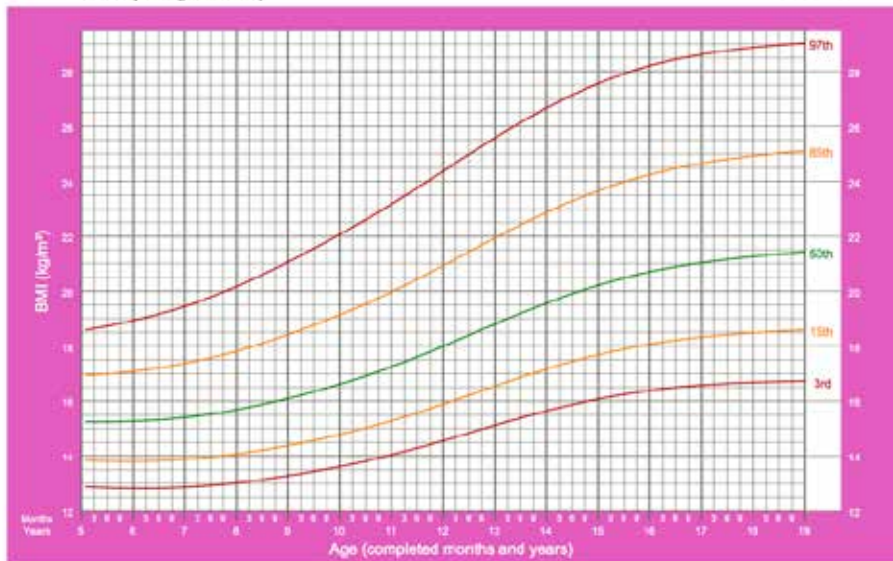
Usporedba fizičkih karakteristika crnogorskih i slovenačkih djevojka



Klasificiranje gojznosti na temelju ITM

BMI-for-age GIRLS

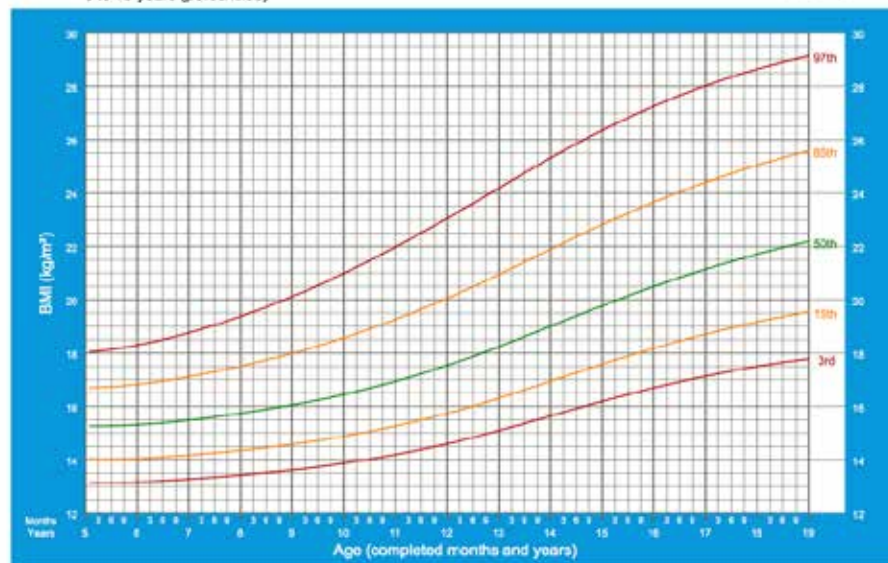
5 to 19 years (percentiles)



2007 WHO Reference

BMI-for-age BOYS

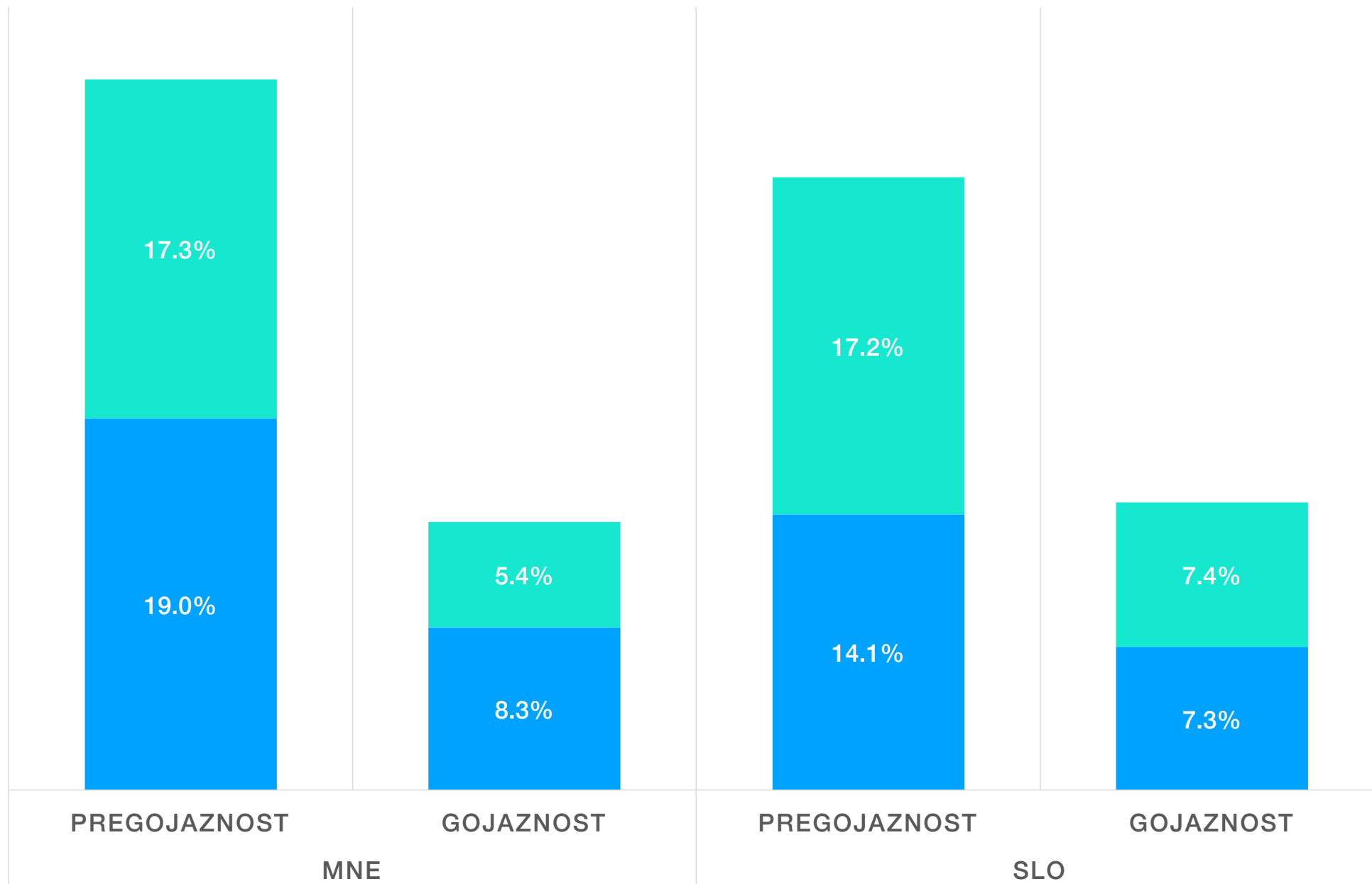
5 to 19 years (percentiles)



2007 WHO Reference

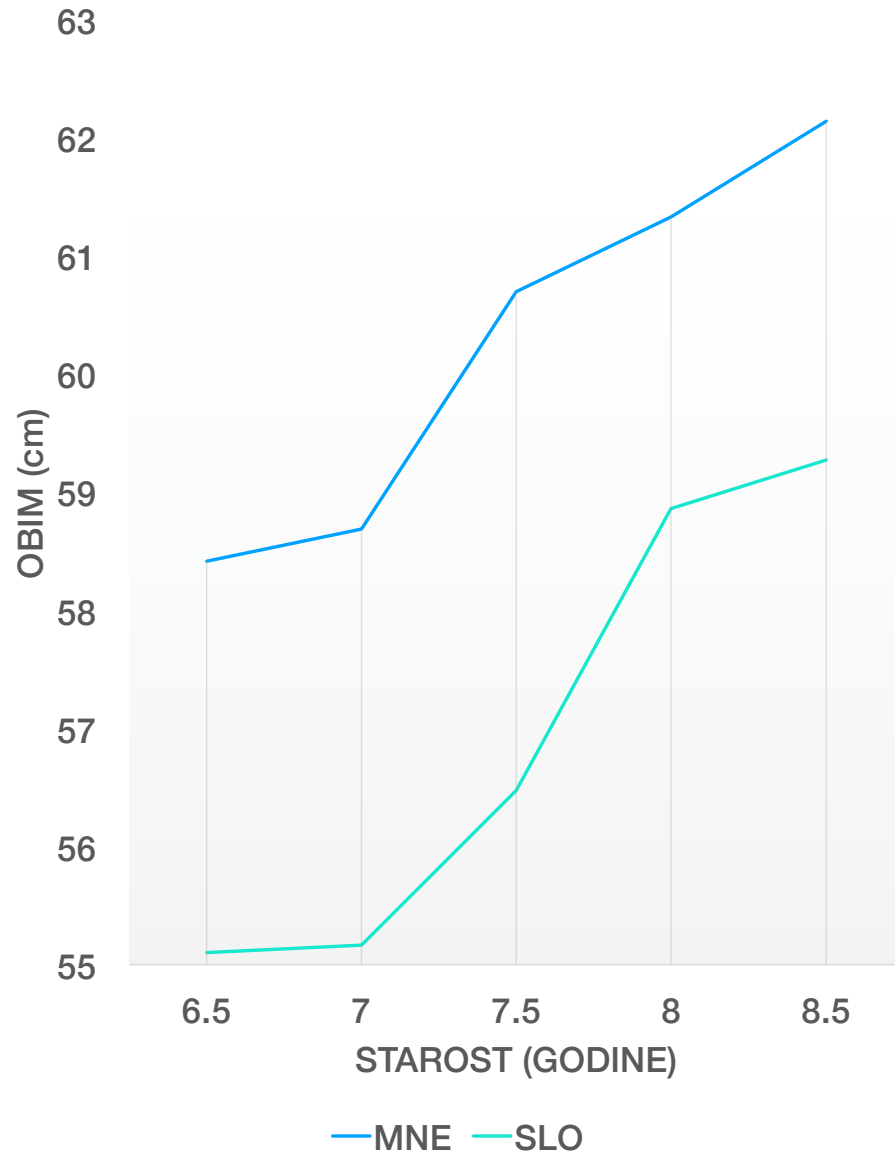
Usporedba gojaznosti između crnogorske i slovenačke djece na temelju ITM po IOTF

■ Dječaci ■ Djevojke

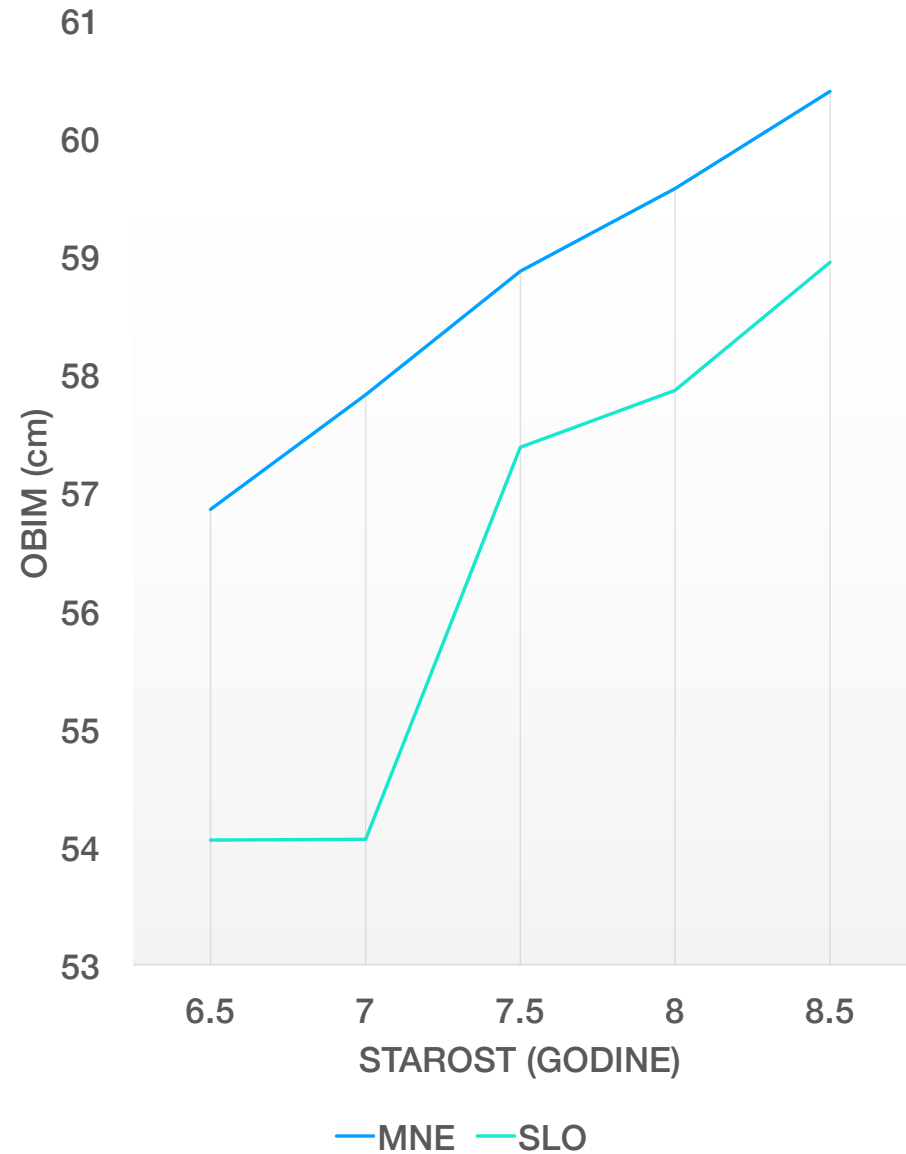


Usporedba obima struka crnogorske i slovenačke djece

Dječaci

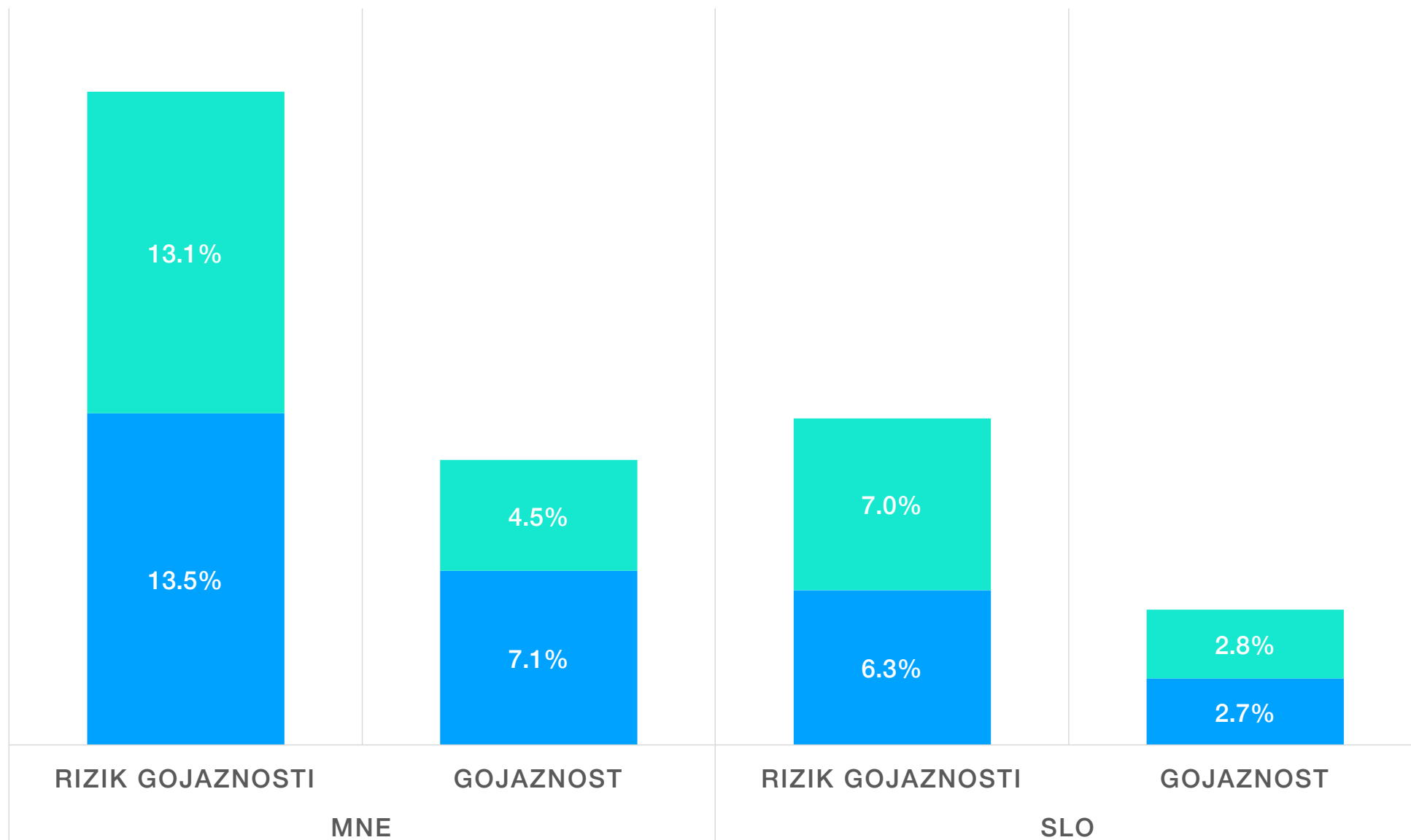


Djevojke



Usporedba gojaznosti između crnogorske i slovenačke djece na temelju relacije između obima struka i visine

■ Dječaci ■ Djevojke



3 ANTROPOMETRIJSKE MJERE

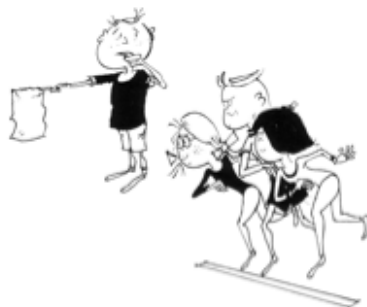
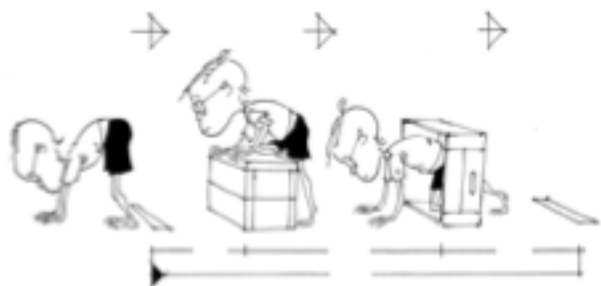
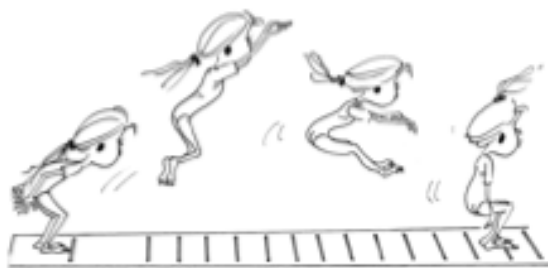
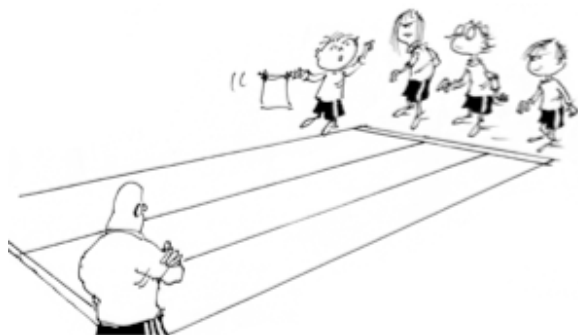
Svakog aprila



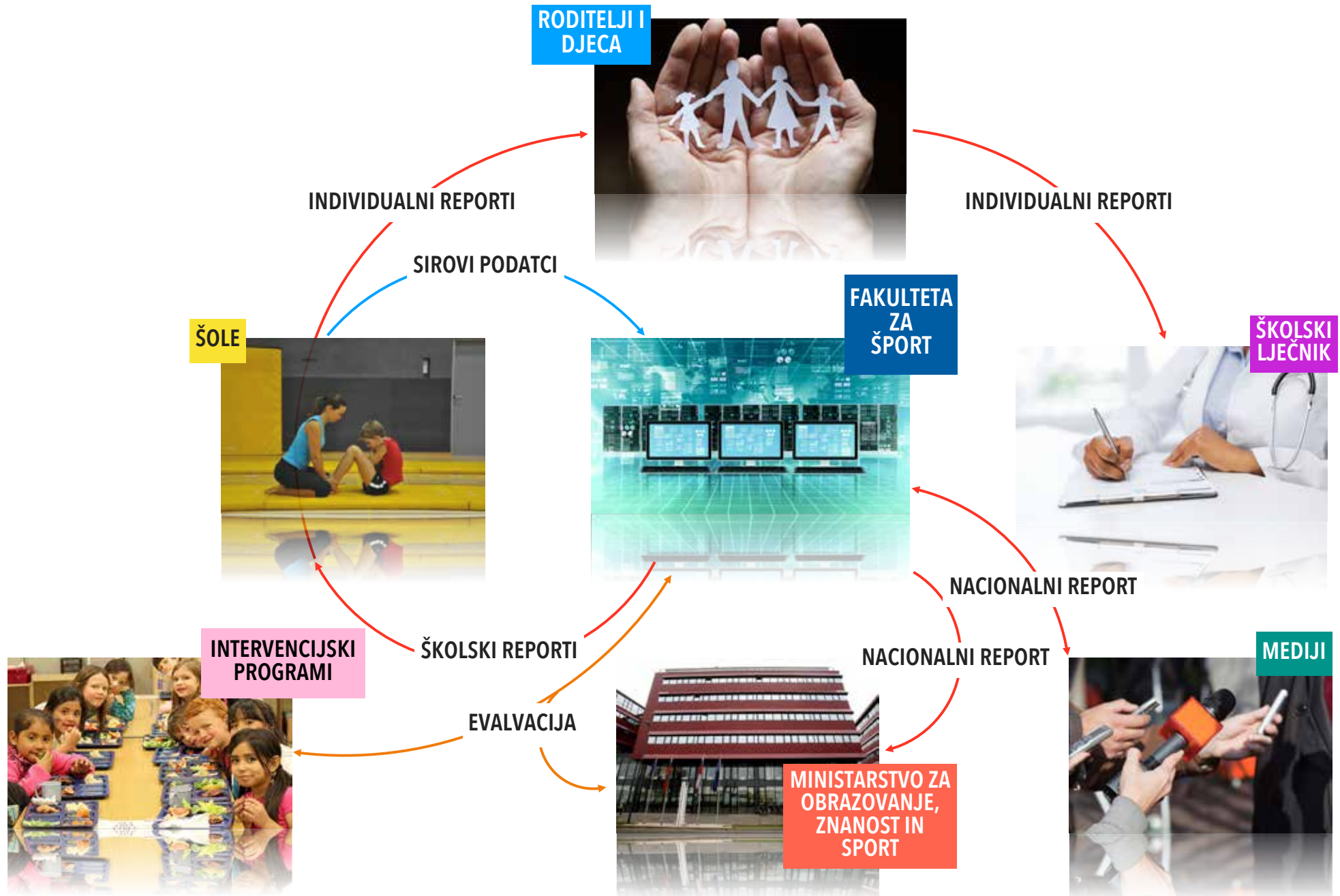
Sve škole

Jedan protokol

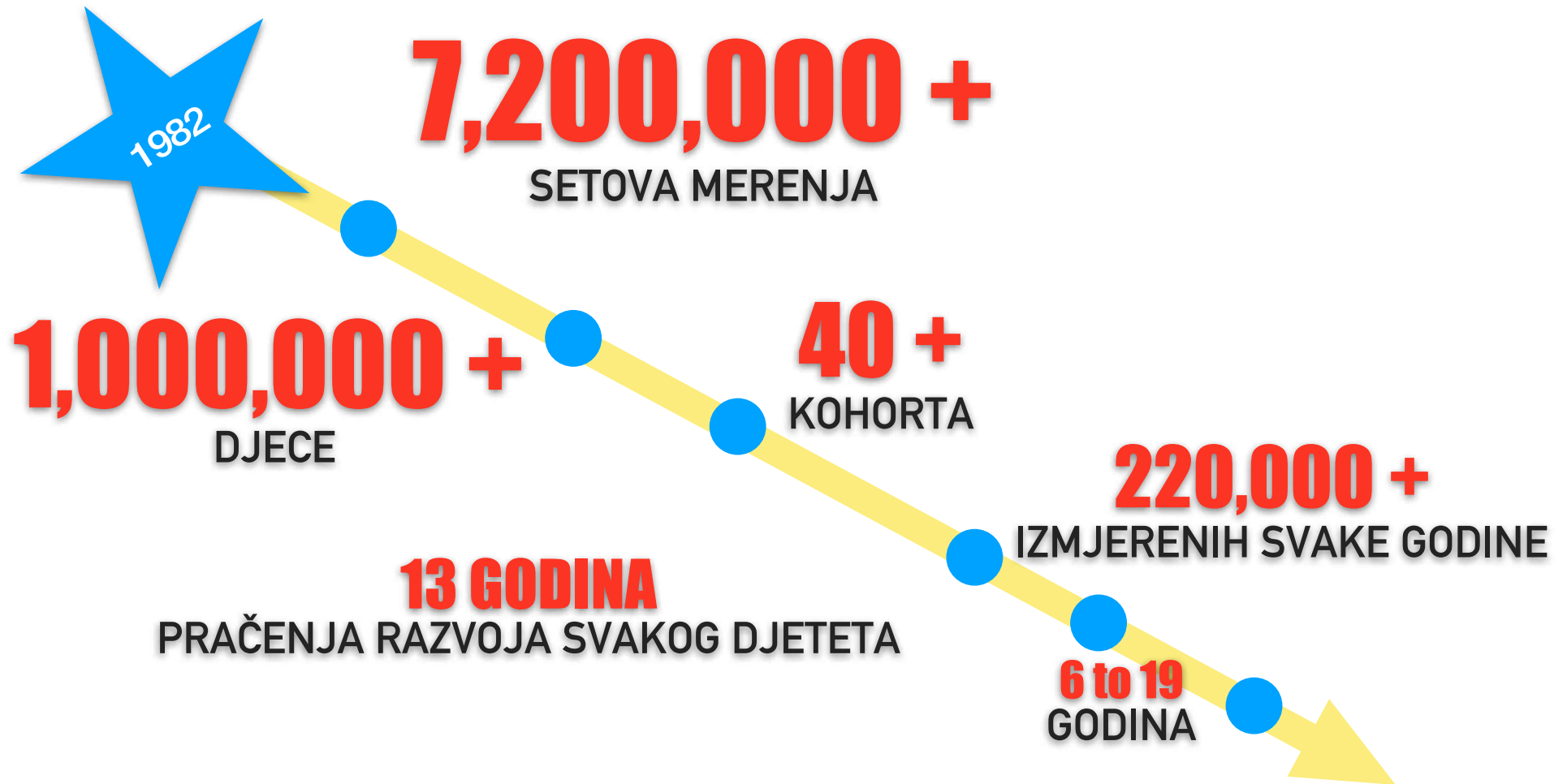
8 MOTORIČKIH TESTOVA



Organizacija SLOfit



Dimenzije SLOfit



Osobni karton SLOfit

REPUBLIKA SLOVENIJA

Osební športnovzgojni karton

Datum rojstva	1.10.2001	Ime in priimek		
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Ime in sedež šole				

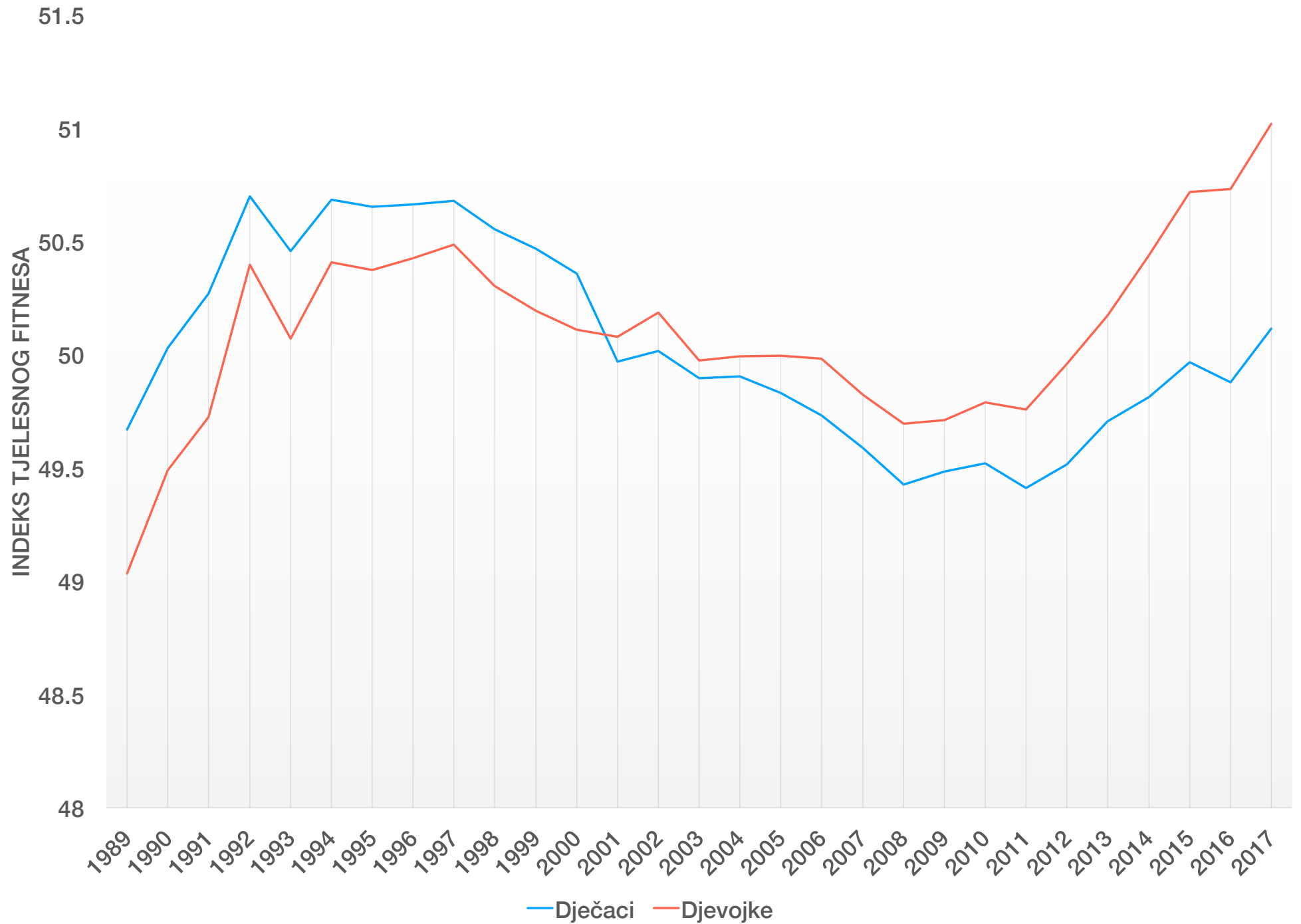
Merjenja						
Zap. št.	Oznaka	Vrsta merjenja	Razred / oddelék			
			1a	2.a	3.a	4.a
1	ATV	Telesna višina	1270	1325	1396	1445
2	ATT	Telesna teža	220	250	288	319
3	AKG	Kožna guba nadlahti	05	04	04	05
4	DPR	Dotikanje plošče z roko	24	30	34	36
5	SDM	Skok v daljino z mesta	151	162	164	175
6	PON	Premagovanje ovir nazaj	149	116	96	102
7	DT	Oviganje trupa	34	43	45	43
8	PRE	Predklon na klopí	45	46	50	47
9	VZG	Vesa v zgibi	041	070	120	099
10	60 m	Tek na 60 m	113	116	111	099
11	600 m	Tek na 600 m	169	149	148	148
Datum merjenja			22.4.08	21.4.09	22.4.10	20.4.11
Učiteljica/učitelj športne vzgoje			<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>

Pečat
Pečat
Pečat
Pečat
Pečat

345-0-2546-04 025.001. ZALOŽNIŠTVO TISKOVIN - Obr. 1,31



Tjelesni fitnes slovenačke djece i mladeži 1989-2017



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