

EUFITMOS publikacije

Predavanje i prezentaciju pripremio:

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Prema izlazima - aktivnosti

1. Obzirom da su aktivnost i gojaznost negativnog trenda da vidimo što je sa fitnessom
2. Omogućiti jednostavno testiranje fitnesa koje ne traži ulaganja
3. Ustanoviti koliki je uticaj okoline, odnosno što se može uraditi u cilju promjene
4. Ustanoviti trenutnu situaciju u što više zemalja

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Prije istraživanja dobar projekat

Podjela zadataka generalno i na instituciji

Neophodnost review-a

Prethodna istraživanja – kojih je bilo mnogo

Physical Fitness Tests

Field-Based Health-Related Physical Fitness Tests in Children and Adolescents: A Systematic Review

- Adilson Marques, Duarte Henriques-Neto, Miguel Peralta, João Martins, Fernando Gomes, Stevo Popovic, Bojan Masanovic, Yolanda Demetriou, Annegret Schlund and Andreas Ihle
- Portugal, Montenegro, Germany
- Frontiers in Pediatrics, 05 March 2021

Physical Fitness Tests

Fitness je kao biomarker zdravlja.

Loš PF povezan je s ranjivosti i predviđa lošije akademsko postignuće.

Cilj identifikovati protokole PF baterija koji se mogu koristiti u školskom okruženju

4385 naučnih radova

Pronađene su 24 PF baterije, i 81 PF test koji procjenjuje različite PF komponente

Physical Fitness Tests

Uz znanje koje smo stekli ovim istraživanjima - priprema baterije testova

Nijesu svima jednaki uslovi za mjerenje

Kontrola mora postojati

Loši uslovi za rad u školama

Rad mora postojati

Physical Fitness Tests

Mreža koja će postojati

Donijet će javnost podataka

Javnost će donijeti višu odgovornost

Trends in Physical Fitness

Trends in Physical Fitness Among School-Aged Children and Adolescents: A Systematic Review

- Bojan Masanovic, Jovan Gardasevic, Adilson Marques, Miguel Peralta, Yolanda Demetriou, David Joseph Sturm and Stevo Popovic
- Montenegro, Portugal, Germany
- Frontiers in Pediatrics, 11 December 2020

Trends in Physical Fitness

U 485 naučnih radova

Podaci o trendu za 1,746,023 djece i adolescenata

iz 14 zemalja (China, Finland, Sweden, Belgium, New Zealand, Denmark, Spain, Norway, Mozambique, Poland, USA, Lithuania, Portugal, Canada)

Za period između 1969 i 2017

Trends in Physical Fitness

Procjena kvaliteta

Limitiranost

Procjena obima aktivnosti ispitanika svakog uzorka

Trends in Physical Fitness

majority of studies show a constant decline in strength and endurance

increase from 1985 to 1995 and then a decline until 2014

decline in flexibility in European countries

Apsolutna snaga, stisak šake

Finland, Canada and Portugal

Family, Friends and Teachers - Restrain the Risk? PA inactivity, BMI

Physical Activity and Body-Mass-Index: Do Family, Friends and Teachers Restrain the Risk for Physical Inactivity in Adolescents?

- Denise Renninger, David Joseph Sturm, Adilson Marques, Miguel Peralta, Stevo Popovic, Jovan Gardasevic, Bojan Masanovic and Yolanda Demetriou
- Germany, Portugal, Montenegro
- Sustainability, 22 June 2021

Family, Friends and Teachers - Restrain the Risk? PA inactivity, BMI

Data were retrieved from the 2013/14 Health Behaviour in School-aged Children (HBSC) international database.

The HBSC is a cross-national survey and included 43 nations in 2013/14.

Family, Friends and Teachers - Restrain the Risk? PA inactivity, BMI

170,211 adolescents,

aged 10–16

from 37 country (Albania, Austria, Belgium, Bulgaria, Croatia, Czech Republic, England, Estonia, Finland, France, Germany, Greece, Greenland, Hungary, Iceland, Ireland, Israel, Italy, Latvia, Luxembourg, Macedonia, Malta, Republic of Moldova, Netherlands, Norway, Poland, Portugal, Romania, Russia, Scotland, Slovakia, Slovenia, Spain, Sweden, Switzerland, Ukraine and Wales)

Family, Friends and Teachers - Restrain the Risk? PA inactivity, BMI

Socijalna podrška pomaže adolescentima da budu aktivni

Društveno okruženje olakšava angažman u PA

Povjerenje u roditelje je važno

Neaktivnosti manja kada su djeca članovi aktivne grupe vršnjaka

Nastavnici su važan izvor emocionalne podrške

4. rad dolazi tek na red

Physical Fitness Tests in Children and Adolescents for 2021-2022

Priručnik za testiranje

Peta publikacija

Hvala na saradnji

Literatura

Masanovic, B., Gardasevic, J., Marques, A., Peralta, M., Demetriou, Y., Sturm, D.J., & Popovic, S. (2020). Trends in Physical Fitness Among School-Aged Children and Adolescents: A Systematic Review. *Frontiers in Pediatrics*, *8*, 627529.

Marques, A., Henriques-Neto, D., Peralta, M., Martins, J., Gomes, F., Popovic, S., Masanovic, B., Demetriou, Y., Schlund, A., & Ihle, A. (2021) Field-Based Health-Related Physical Fitness Tests in Children and Adolescents: A Systematic Review. *Frontiers in Pediatrics*, *9*, 640028.

Renninger, D., Sturm, D.J., Marques, A., Peralta, M., Popovic, S., Gardasevic, J., Masanovic, B., & Demetriou, Y. (2021). Physical Activity and Body-Mass-Index: Do Family, Friends and Teachers Restrain the Risk for Physical Inactivity in Adolescents? *Sustainability*, *13*, 6992.

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