

THE INFLUENCE OF DIFFERENT LEARNING MODELS ON THE ACQUISITION OF SPECIFIC ATHLETIC THROWING SKILLS

Frane Žuvela, Boris Maleš, Ivana Čerkez

Faculty of Kinesiology; University of Split, Teslina 6, 21000 Split, Croatia

E-mail: frane.zuvela@kifst.hr

Abstract. The goal of this research was to establish the effects of two experimental models for motor skill learning in the acquisition of skills from the field of athletic throws (Discus Throw, Shot Put and Javelin Throw). The sample of subjects has been represented by 47 students of the first year of undergraduate kinesiology studies divided into the E1 (N=24) and E2 (N=23) groups. The E1 group has acquired their throwing skills through blocked practicing and the E2 group through random practicing in 12 classes of experimental work. The results given by a multivariate analysis of variance show that both ways of practicing significantly influenced the level of acquisition of the Discus Throw, Shot Put and Javelin Throw skills. However, the random way of practicing also enables a longer retention of the acquired specific skills.

Key words: Motor skills, motor learning, students, throw

UTICAJ RAZLIČITIH MODELA UČENJE NA STICANJE SPECIFIČNIH VEŠTINA ATLETSKIH BACANJA

Cilj ovog istraživanja je bio utvrditi efekte dva eksperimentalna modela učenja motornih vještina u sticanju vještina iz područja atletske bacanja (bacanje diska, kugle i koplja). Uzorak ispitanika je činilo 47 studenata prve godine osnovnih studija kineziologije podjeljenih u E1 (N = 24) i E2 (N = 23) grupe. E1 grupa je stekla svoje vještine bacanja koristeći vježbe blokiranja, a E2 grupa primenom različitih vježbi u 12 sati eksperimentalnog programa. Rezultati, dati multivarijantnom analizom varijance, pokazuju da oba načina vježbanja značajno utiču na nivo uspješnosti bacanja diska, kugle i koplja. Ipak, raznovrsni, slučajni izbor vježbi dovodi do višeg nivoa zadržavanje stečenih specifičnih vještina.

Ključne reči: motoričke sposobnosti, motorno učenje, studenti, bacanje

