

HOME ABOUT LOG IN REGISTER SEARCH CURRENT
ARCHIVES ANNOUNCEMENTS

Home > Vol 36, No 3 (2006) > Stojanović

Font Size:   

The effects of recreational activities with volleyball and swimming contents on the anthropometric characteristics and functional abilities of students

Toplica Stojanović, Miloš Nikolić, Joško Milenkoski

Abstract

The basic aim of this experimental research was to study the effectiveness of recreational programs with volleyball and swimming contents. It was carried out on a sample of 368 male students of the University of Niš, which were divided into 3 sub-samples; 115 subjects were part of an experimental group which trained volleyball contents, 126 made up the experimental group which trained swimming contents and 127 were part of the control group. By using two different programs of recreational exercise in the training of the experimental groups, an increase in their functional abilities occurred, especially in the case of the experimental group which trained using recreational contents from volleyball. A more significant increase in maximal anaerobic ability and relative and absolute maximal oxygen uptake was determined for the experimental group which trained using contents from volleyball; therefore, the use of this type of exercise in the training aimed at their development is justified. In the case of the other experimental group, a significant increase in vital lung capacity was noted. When it comes to circular measurements of the body and fatty tissue, a difference was noted in the decrease of fatty tissue and body weight for the experimental group in relation to the control one, and a simultaneous increase in circular measurements, which is the consequence of an increase in muscle tissue at the expense of fatty tissue. For the control group, an increase in circular measurements was noted, at the expense of fatty tissue.

Full Text: [PDF](#)

[TABLE OF CONTENTS](#)

Reading Tools

The effects of re...

*Stojanović, Nikolić,
Milenkoski*

[Review policy](#)
[About the author](#)
[How to cite item](#)
[Indexing metadata](#)
[Print version](#)
[Notify colleague*](#)
[Finding References](#)

SEARCH JOURNAL

[CLOSE](#)

* *Requires [registration](#)*



DOAJ
DIRECTORY OF
OPEN ACCESS
JOURNALS