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The secular trend in the somatic development and motoric performance of boys in the Olomouc region within the last 36 years

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Abstract

In his study, the author analyses the changes in somatic development and motoric performance of boys from 7 to 15 years of age in the Olomouc region within the last 36 years. The author found a positive functioning of the secular trend regarding body height. The present probands have significantly higher height but almost the same weight as the boys of the same age examined 36 years ago. In the monitoring of changes in motoric performance, the author found that the present probands achieve the same results in 50 m runs, in the standing long jump with legs together, in throwing the medicine ball and in pull-ups as the boys examined 36 years ago. In conclusion, the author states that there is no improvement in the development of motoric abilities, on the contrary there is a stagnation of the development of the speed and strength abilities of boys from 7 to 15 years of age in the Olomouc region.

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