

عنوان مقاله:

The Effect of Speed and Strength Training on the Indicators of Attention Stability of Children Aged ۱۳-۱۴ Years with different Typologies

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نویسنده:

Georgiy Polevoy - Candidate of Pedagogical Sciences, Associate Professor, Department of Physical Education, Moscow Aviation Institute (National Research University), Moscow, Russia AND Vyatka State University, Kirov, Russia.

خلاصه مقاله:

Background The study aimed to determine the effect of speed-strength training on the indicators of attention stability of children aged ۱۳-۱۴ years with different nervous system strengths. **Materials and Methods** This case-control study lasted for three months (January ۱۲ to March ۲۰, ۲۰۲۰). All physical education classes at school number ۶۰ in Kirov, Russia, were held twice a week for ۴۰ minutes. According to the standard program, ۲۰ children from the control group were engaged in physical education. Schoolchildren from the experimental group, ۲۰ boys and girls-additionally performed a set of exercises to develop speed and strength abilities. All schoolchildren performed two control standards: The tapping test (assessment of the nervous system's strength), Bourdon test (assessment of the stability of attention). **Results** Results showed that after the pedagogical experiment, the attention stability in schoolchildren from the control group with a robust nervous system improved by ۴% ($p > 0.05$), and in children with a weak nervous system, the indicators became higher by ۳% ($p > 0.05$). In the experimental group, the attention stability improved in schoolchildren with a robust nervous system by ۱۸% ($p < 0.05$) and in children with a weak nervous system by ۱۴% ($p < 0.05$). **Conclusion** Based on the results, the indicators of speed and strength abilities and the indicators of the stability of children's attention will improve.

کلمات کلیدی:

attention stability, Children, Physical Education, speed abilities, strength abilities

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