



TIRANA UNIVERSITY OF SPORTS

SUMMARY DISERTACION

Subject: Improvement of morpho-functional parameters to young footballers

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Gratitude to all those who helped in the realization of the dissertation.

A warm thanks goes to my scientific Heads

Prof. Dr. Mehmet SPAHIU

At the end thanks to my beloved family, who supported me constantly with dedication and love.

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1 INTRODUCTION

Sport in general and football in particular, in developing his sporting discipline has gone through several stages of its development, starting from the historical aspect, the physical preparation, technical, lactic and work methodology.

Football is inconceivable without competition system, the training process, educational process, educational process motor structures, team work, specialization, perfection and complex formation of the versatile personality. Since the beginning of the development of the game, as sports discipline unlike other sports rules have undergone few changes which has preserved the character of the game without changing sports. Conservation rules and their interpretation have contributed to football not undergo many changes as sports game. Football has become a very big development both in terms of the development of psychological skills of footballers as in organizing competitions, amateur levels to professional levels all age groups then became a revolution regarding the organization of competitions. Football has reached a great development thanks to the introduction of science and advanced scientific methodologies and professionalism in all aspects of the upper. Football as a sport discipline in science is treated as a social phenomenon which examined from many dimensions as professional, scientific, economic, psychological and sociological, and we will stop to analyze and evaluate football from a very important aspect and it is the scientific aspect development of physical skills and physical abilities as basic Sustainability.

Hypothesis 2 STUDY

1. VO2 max comes with Significant indicators and management of anxiety before the competition, seize high value
2. Age 12 years old, there are higher results from tests conducted

SCOPE OF THE STUDY

Assessment and finding successful approaches to improving health and training parameters in this age group was activated in extracurricular activities

SUBJECTS AND METHODS

As the subject is selected age 8- 12 years old in the capital

- experimental group involved in sporting activities

Measuring BMI

Measured VO₂ max (Astrand protocol) .- ergo metric bike PWC170

Load measurement in cardiac Frequencies

Standard questionnaire on nutrition, motivation of young athletes (Martens Test).

- control group was underwent following standard tests:

Circuit standard 1. Testi Illinois

(From Adams et al. Foundation of Physical Activity 1965 .p111)

2. 12 min Cooper test for measurement of VO₂ max,

(Corbin et al. Concepts of Physical Fitness. 2000. p 422)

The standard 3. Testi Balance

(Corbin et al. Concepts of Physical Fitness. 2000. p 267)

4. The standard vertical jump test (to assess the force)

(Corbin et al. Concepts of Physical Fitness. 2000. p 268)

5. The speed test standard.

(Corbin et al. Concepts of Physical Fitness. 2000. p 269)

Chapter 1

GENERAL Endurance IN CHILDREN

Sustainability is the physical ability of the organism to be counter a load physically and psychologically as long.

Sustainability is the ability of resistance to fatigue, and the process of rehabilitation to return in begin situation .Dynamic stability characterized by circulatory opportunities through capillaries muscular sending nutrient and oxygen and taking material breakdown of energy consumption in the muscles where physical activity is carried out continuously.

Static stability characterized by muscle contraction prevents internal largely capillary blood vessels normally function material difficult the flow of energy that are transported through the blood vessels.

1. SHORT durability - is skill which is defined by the time from 45 sec to 2 min. , While according to Keulit of 1 min 20sec, at this distance of time worked mostly sports activities which are carried out during this interval of here are part of the short runs do 100m, 200m, 400m, 500m from the ice slide e1000m, sailing in 100m, e200m, cycling 500m, 1000m etc. during these activities have dominated the physical activities anaerobic character.

2. AVERAGE durability - which is defined by the distance of time from 2 to 11 min., And at this distance of time have run activities secondary paths of 600m, 800m, 1500m, 5000m, as well as other sporting disciplines that are compatible with the distance of time such as some jogging cycling, sailing, combat sports, jogging and skiing, etc.

3. SUSTAINABILITY OF LONG - characterized by physical activities where the duration is from q min to more than 6 hours. These activities are based on the duration of the share is still around 4 groups, again considering the time factor during these activities have mixed character of consumption and energy recovery materiel aerobic, anaerobic, aerobic-anaerobic and anaerobic - aerobic

-I Endurance was included in the interval of '11 min up 30 min These include activities of the first group of sustainability.

Sustainability -II- that is included in intervals of 30min up 90min These include the activities of the second group of sustainability.

Endurance -III- was included in the interval prej90min up 6ore These include the activities of the third group of sustainability.

Dr. .Sr. DcxbeYog

Endurance -IV- included in interval of the times that 6hr, here they are part of the fourth group activities sustainability.

Endurance of force or amount of use of force separation appears as follows:

1. maximum sustainability which is defined as the consistency with high activation of muscular force on 75% of the maximum force during dynamic activity and static character depending on physical activity and specific sports activity.
2. Endurance maximum under which sustainability is defined by the average intensity when the muscular force commitment deri75 50% during dynamic work while 30% of the commitment of muscular force during sports activities static character.

Dr. .Vr. Tog tiexhel

3. aerobic endurance of force which is defined by 30% of the maximum deri50 force activated and low intensity work during dynamic character.

Chapter I

Biochemical Aspects of sports activities

Biochemistry as a science every day more penetrating in the practical application of sports training process. Today perfect the methodology of the training process and finding efficient methods based on scientific basis for increasing the motor skills of athletes, increased skills faster rehabilitation of sportsmen and rationalization process food more important to athletes not just don't think without study intense muscular field of biochemistry.

Sports biochemistry task is to explain the biochemical processes during and after their physical loads by using them. Legal biochemical simultaneously to provide suggestions and guidelines for perfection of methods of training process.

During rehabilitation after muscle activity when the body has sufficient quantities of biological oxidation substrate oxygen is sent borderless mitochondria, oxygen consumption rate depends on the amount of ATF-k diffraction which makes controlling the oxidation process in mitochondria cell. As a substrate of oxidative reactions are anaerobic metabolites which accumulate during the time that muscular activity is primarily lactic acid,

After the activities where it is possible to set light stability physical activities established

consumption reduction (O₂) while debt (O₂) recovered in the time of 3min.

Fast way of declining called alaktike components which allows to assess the contribution of HP's mechanisms in the energy security of the activity.

Slow way or debt (O) component called lactic during a relatively short time can serve as impetus for the development of alaktik process, however long-term cargo character we create greatly lactate participate and processes other and it is difficult to define precisely the participation of the (O₂). Part alaktike debt (O₂) recovered 50 times faster than debt laktatit. Me detailed analysis of consumption curves of O₂ during rehabilitation after physical activities carried out have come to the conclusion that debt O₂ compensation consists of two processes that are called alaktike processes and lactic. They are thinking of O₂ alaktik debt may be recovered for a few seconds, and during rehabilitation offset this debt rapidly and this process has 30sek. this part of the debt can be compensated O₂ during exercise with lower intensity or after short interruptions of sports activity. Lactic debt compensation as indicated slow a process which forwarded valuable changes in body

Chapter III

SUSTAINABILITY drill methods

Iterative methods. during method (replay) of the training process when applied maximum intensity exercise and rest intervals of no set time enabling compliance with debt compensation alaktik form lasting not more than 2. 5 to 3 min.

Intervals methods, training in differentiation process of repeating method holiday activities interval size selected also to provide greater assistance in certain motor function during the training process this method finds application when working on special sustainability footballers to develop Special stability specifications and simultaneously applying tactical and technical elements during this phase, not the perfection of technique damaged by overload and at the same time not damaging the team's tactical concepts.

Last distance is depending on that, that in what position or role in the game is the player involved, as well as tactical tasks that takes the player during a football game.

Viewed from a physiological aspect can conclude the importance of aerobic metabolism of footballers and the importance of aerobic training process character footballers physical preparation. Analysis of physical activities, movement of players during the game shares present

us an overview of a large number of structures for various motor.

Jogging of players characterized by diversity of intensity and time acting quickly, well controlled and open time, changing the direction, Namely, the rhythm, tempo and intensity in dance, etc sprinte starte.

For this of particular importance is alaktik and lactic anaerobic metabolism which is not dependent on the runs do in general more high intensity, but the fact that this situation repeated several times at intervals of varying duration during the game.

During stage races you paid special importance to specific charges which give priority cargo that are appearing as the primary at this stage with this is not guaranteed to retain general stability at the right level.

According to current research to note that the preparatory phase of the proper attention the general stability and therefore presented a better condition of aerobic abilities of football players, and when this skill is not given a proper attention, falling level of aerobic skills It is resulting in a decrease of force action during the current football game.

Sustainability of players presented the general basis of the aerobic stability of the specifics of the game based on football. During the preparatory phase of the football at the time of winter preparations ideally required level is reached after a training process with a duration of 6-7 weeks.

The requested level of aerobic stability achieved by a good program researching and checking where Whereas aerobic loads of character to go up to scale with a growing degree of intensity of slow in the second week and third pushing the aerobic threshold levels measured, the primary purpose of having optimal raising biochemical processes such as metabolism of fats and carbohydrates in the muscles, and increased intramuscular depot of sugars and fats.

At this stage it is desirable to apply methods Continuing cargo which is characterized by extensive tempo average intensity that characterized the interval of 20 to 40 minutes depending on the sports level, age group, and the final goal,

Chapter IV

Viability THE NEW AGE T

Groups of children and young people should be at a high level of homogametic because the young have big differences as regards the first physiological and anthropometric characteristics

to the stage of puberty, a time when the formation of the body and changes later there are more distinct with increased age,

Care should be taken in loading the heart with smaller frequency and average as shipments followed Hence should have continuity during the training process.

During the training process in children and adolescents to increase the frequency before puberty rates heart faster than to the adults and it should not be treated as a problem, but as the ages and priority nature, frequency of adults comfortably go to 200 be beaten in minute of the children more than 200 to 220 and this should not be counted as pathological defect in children, but as a normal process, but always be careful during cargo with average intensity over the duration great not because of problems that arise in the organization of child .Age is the dominant factor, which determines the intensity, volume and tempo of activity. The ages of 6 to 8 years comes to emphasize the volume Increase heart and fall of heartbeat frequency during the break. These functional changes are result of growing weight of defining heart muscle formation and heart space (veins and ventricle) and a whole heart, at this time comes the expansion of peripheral vessels such as arteries, arterioles, veins, and capillaries. This is a normal physiological process for these age groups.

From some of the young research being seen from the aspect of sustainability children aged 12 years who deal with football have obvious differences in children who do not deal with sports physical activity. The children who deal with physical activity increases consumption (O₂) max gross, while we do not have large differences with the girls the same age.

The boys who deal with physical activity up to 12-year consumption growth continues (O₂) Max, who later at age 14 girls comes prohibition of the boys continue with the increase of consumption (O₂) Gross max.

If the development of sustainability in terms of aerobic or anaerobic stability depends not only on the general level of preparation, but it depends very much on the age and biological development of the child.

Earlier children develop biological aspect are more sustainable than children with less developed, children with developing biologically show greater ability to obtain energy by eliminating anaerobic blood lactate faster than children with less developed even in young ages ability to eliminate lactate is small in general.

Growth and development of sustainability and its variants and young children will be developing

the working load with the average intensity aerobic character, combining with loads and loads Occasional time where on average activated intensity and character sub max anaerobic sustainability in the short term.

There is a close relationship between physical activity, physical fitness and health in adults and when is widely acknowledged that in itself more chronic disease begin in early childhood (17), children and youth are consider an important target group for intervention prevention. Intervention generally should begin at a young age for two reasons:

* To provide a normal growth (18)

5. RESULTS and analysis

Realization of standard questionnaires and measurements of the experimental group

1. A Cross section study with 987 participants (423 boys and 564 girls), randomly selected from 55shkolla the age where included in our study

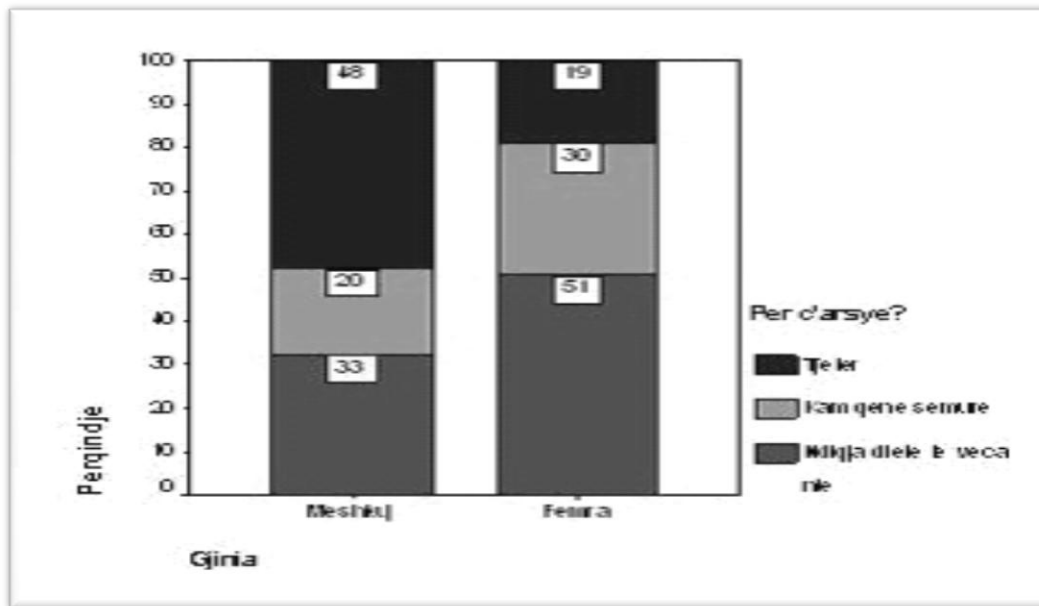
BMI_ classification				
Age groups			Frequency	Valid Percent
6.1- 6.5 yrs	Valid	normal	134	77
		overweight	24	13.8
		obese	16	9.2
		Total	174	100
6.6- 7 yrs	Valid	normal	240	80.5
		overweight	42	14.1
		obese	16	5.4
		Total	298	100
7.1- 7.5 yrs	Valid	normal	280	81.6

		overweight	50	14.6
		obese	13	3.8
		Total	343	100
7.6- 8 yrs	Valid	normal	224	77.8
		overweight	52	18.1
		obese	12	4.2
		Total	288	100
8.1- 8.5 yrs	Valid	normal	240	81.4
		overweight	44	14.9
		obese	11	3.7
		Total	295	100
8.6- 9 yrs	Valid	normal	206	80.5
		overweight	34	13.3
		obese	16	6.3
		Total	256	100
9.1- 9.5 yrs	Valid	normal	230	72.8
		overweight	66	20.9
		obese	20	6.3
		Total	316	100

Fig 1

2. METHOD OF FEEDING TO YOUTH IN TIRANA

It is a transversal study in which 721 students were involved. Students completed a detailed questionnaire on the frequency of food consumption. Consumption frequency questionnaires, require recording the frequency of food praises and their quantitative analysis, based on memory, assisted by visual appearance rations through food atlases





2545 *KCAL/DITE FEMRAT*

2657 *KCAL/DITE MESHKUJT*

Fig. 3- Change the calories by gender

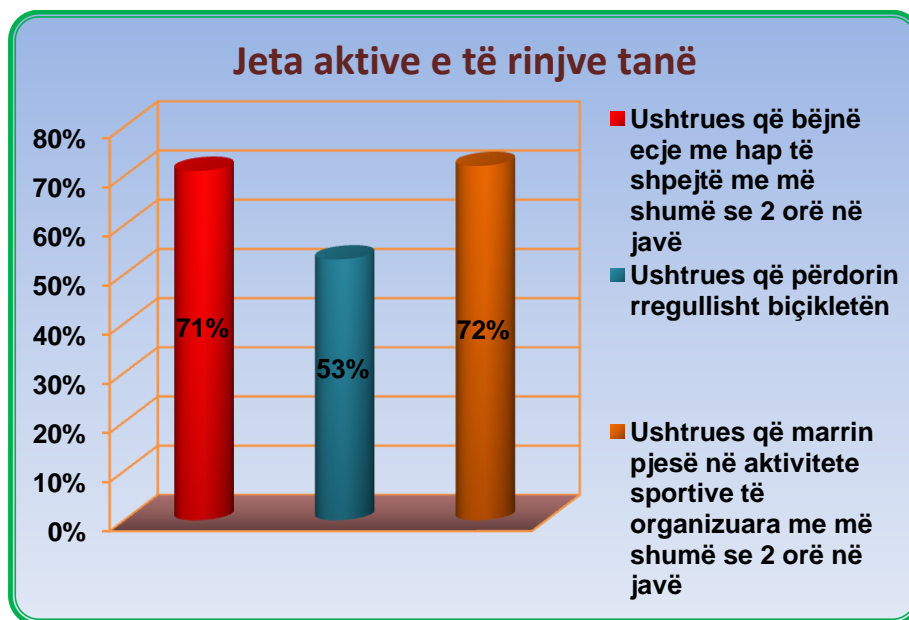
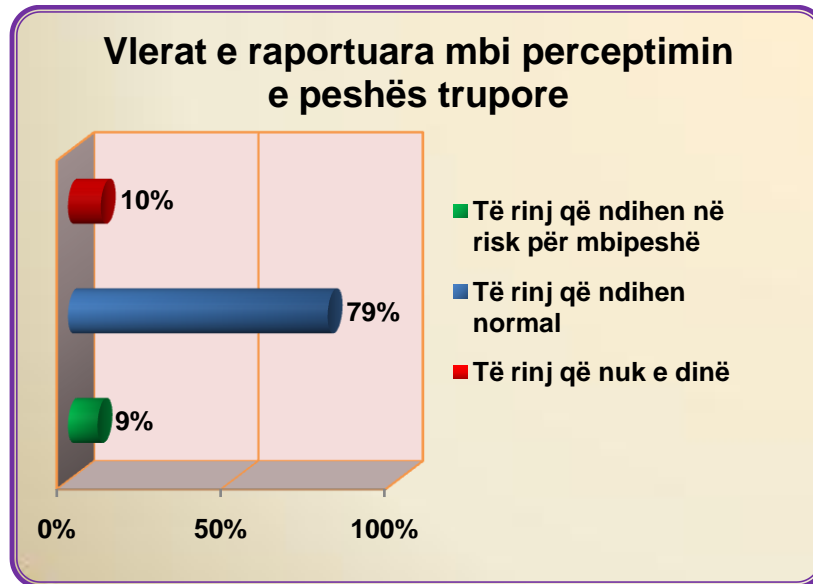


Fig 4

Logical and realistic reflection receipts caloric and physical activity level are the values reported on the perception of body weight, with only 9% of young people feel at risk for overweight, 79% feel normal and 10% do not know, see chart. III as follows:



3. Anxiety before the event to children footballers

Skate is used TEST (psychometric standards) by Martens,

Where points Estimates range from 10 (low competition) to 30 (high competition).

The subjects are taken from the respective teams Academic Klid Balkans, and Tirana in the age of our study

	Hardly ever	some time	every
time			
1.To compite again is a great pleasure	A []	B []	
C []			
Academic team;	75 %	15 %	
10%			

Klid Ballkan ;	42	16
42		
Tirana team	45	45
10		
2. Before i compete feel calm		
Academic team;	5	90
5		
Klid Ballkan ;	50	35
15		
Tirana team	30	40
30		
3. .Before i compete I'm worry about my performance.		
Academic team;	20	20
60		
Klid Ballkan ;	35	5
60		
Tirana team	35	25
40		
4. I am a good player when I compete		
Academic team;	10	85
5		
Klid Ballkan ;	5	35
60		
Tirana team	40	55
5		
5. When I compete I am worry about mistake		
Academic team;	50	35
15		
Klid Ballkan ;	40	20
40		

Tirana team	50	10
40		
6. Bedore competeition I feel calm		
Academic team;	30	45
25		
Klid Ballkan ;	50	30
20		
Tirana team	25	50
25		
7. When compet e is importran to have a ideal		
Academic team;	25	55
25		
Klid Ballkan ;	17	17
66		
Tirana team	15	45
40		
8. Before competeition I have stomach pain		
Academic team;	35	60
5		
Klid Ballkan ;	48	48
4		
Tirana team	25	40
35		
9. Before competeition my hard beat is going faster.		
Academic team;	30	50
20		
Klid Ballkan ;	50	40
10		
Tirana team	35	45
20		
10. I l ike to compete because needs energy		

Academic team;	30	60
10		
Klid Ballkan ;	15	25
60		
Tirana team	30	40
30		
11. Before competitions i feel relacs		
Academic team;	5	40
55		
Klid Ballkan ;	30	30
40		
Tirana team	45	25
3		
12. Before competition i feel nervous		
Academic team;	25	25
50		
Klid Ballkan ;	74	20
6		
Tirana team	25	50
25		
13. Team sports are better than individual sports		
Academic team;	25	45
30		
Klid Ballkan ;	20	5
75		
Tirana team	20	45
3		
14. Before competitions i feel nervous		
Academic team;	35	60
5		

Klid Ballkan ;	40	50
10		
Ekipi Tirana	15	75
15		
15. Before competition usually i feel nervous		
Academic team;	60	20
20		
Klid Ballkan ;	50	10
40		
Tirana team	35	30
35 %		

Fig 6

These youngsters football teams have approximately 19.2 points corresponding to 50% Table Skate anxiety level, a level, is not with a percentage High admirable, also indicating a dignified preparation physical psycho from the young

4. Testing in total with the experimental group

The average value for the four age groups, under the supervision of Prof. dr P. **RUSI**

Mosha	8	9	10	11	12
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Pulsi max	150	145	140	135	128
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Distanca	2020	2015	2010	2003	2006
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Vo2 Max	58	56	56	55	54
----------------	-----------	-----------	-----------	-----------	-----------

VO2 rel	3006	3010	3000	3007	3000
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Fig 7

Briefly recall classification VO₂ max (kg / min)

65 sh mire

55-60 mire

50 – 55 mjaft

40 – 45 dobet

30 -40 keq

So we have a satisfactory VO₂ max (the best rate), improved with corresponding ages, so a Significant cardiovascular health (VO₂ known high in the younger age). With a CF that progressively diminishes with increasing age, with the approach of puberty.

The main testing 5.Realizimi study the control group

Circuit standard 1. Testi Illinois

(from Adams et al. Foundation of Physical Activity 1965 .p111)

A standard circuit that has endured four pyramids time (ten steps away from each other) during the 30 steps of the race.

Klasifikimi	Norma	resultati	djem (8 vjec)
Ekselent	me pak se	15.8 sek	30 %
Sh.mire	16,7 -	15.9	25
Mire	18,6 -	16,8	25
Mjaftueshem	18,8 -	18,7	12
Dobet	me shume se	18,8	8

Fig 8

Klasifikimi	Norma	resultati	djem (9 vjec)
Ekselent	me pak se	15.8 sek	35 %
Sh.mire	16,7 -	15.9	35
Mire	18,6 -	16,8	15
Mjaftueshem	18,8 -	18,7	10
Dobet	me shume se	18,8	5

Fig 9

Klasifikimi	Norma	resultati djem (10 vjec)	
Ekselent	me pak se	15.8 sek	40 %
Sh.mire	16,7 -	15.9	35
Mire	18,6 -	16,8	15
Mjaftueshem	18,8 -	18,7	8
Dobet	me shume se	18,8	2

Fig 10

Klasifikimi	Norma	resultati djem (11 vjec)	
Ekselent	me pak se	15.8 sek	50 %
Sh.mire	16,7 -	15.9	35
Mire	18,6 -	16,8	8
Mjaftueshem	18,8 -	18,7	6
Dobet	me shume se	18,8	1

Fig 11

Klasifikimi	Norma	resultati djem (12 vjec)	
Ekselent	me pak se	15.8 sek	60 %
Sh.mire	16,7 -	15.9	15

Mire	18,6 -	16,8	15
Mjaftueshem	18,8 -	18,7	7
Dobet	me shume se	18,8	3

Fig 12

Summary Table

Mosha	8	9	10	11	12vj
Ekselent	30	35	40	50	60 %
Sh.mire	25	35	35	35	15
Mire	25	15	15	8	15
Mjaftueshem	12	10	8	6	7
dobet	8	5	2	1	3

Fig 13

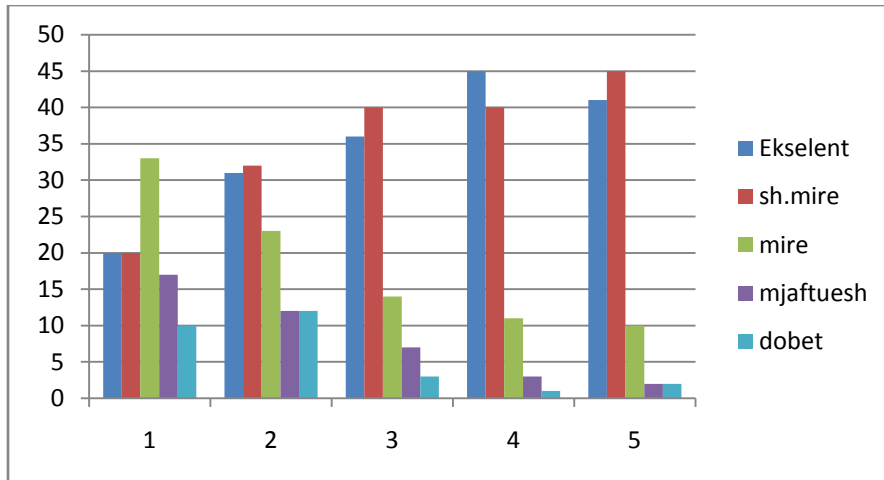


Fig 14 summary Diagram with 5 ages

2. 12 min Cooper test for measurement of VO₂ max,
 (Corbin et al. Concepts of Physical Fitness. 2000. p 422)

Klasifikimi	Norma	resultati djem (8 vjec)
Zona e performances se larte	>= 2880 m	15%
Zona e mire e fitnesit	2480-2779	15
Zona marginale	2160-2479	40
Zona e ulet	<= 2160	30

Fig 15

Klasifikimi	Norma	resultati djem (9vjec)
Zona e performances se larte	\geq 2880 m	20 %
Zona e mire e fitnesit	2480-2779	20
Zona marginale	2160-2479	30
Zona e ulet	\leq 2160	20

Fig 16

Klasifikimi	Norma	resultati djem (10 vjec)
Zona e performances se larte	\geq 2880 m	30 %
Zona e mire e fitnesit	2480-2779	35
Zona marginale	2160-2479	30
Zona e ulet	\leq 2160	5

Fig 17

Klasifikimi	Norma	resultati djem (11 vjec)
Zona e performances se larte	\geq 2880 m	35%

Zona e mire e fitnessit	2480-2779	35
Zona marginale	2160-2479	15
Zona e ulet	<= 2160	15

Fig 18

Klasifikimi	Norma	resultati djem (12vjec)
Zona e performances se larte	>= 2880 m	40 %
Zona e mire e fitnessit	2480-2779	39
Zona marginale	2160-2479	15
Zona e ulet	<= 2160	6

Fig 19

Cooper test summary table for 12 min for the measurement of VO2 max,

Mosha	8	9	10	11	12
vj					
Zona performances larte	15	20	30	35	40 %
Zona e mire e fitnessit	15	20	35	35	39
Zona marginale	40	30	30	15	15
Zona e ulet	30	20	5	15	6

Fig 20

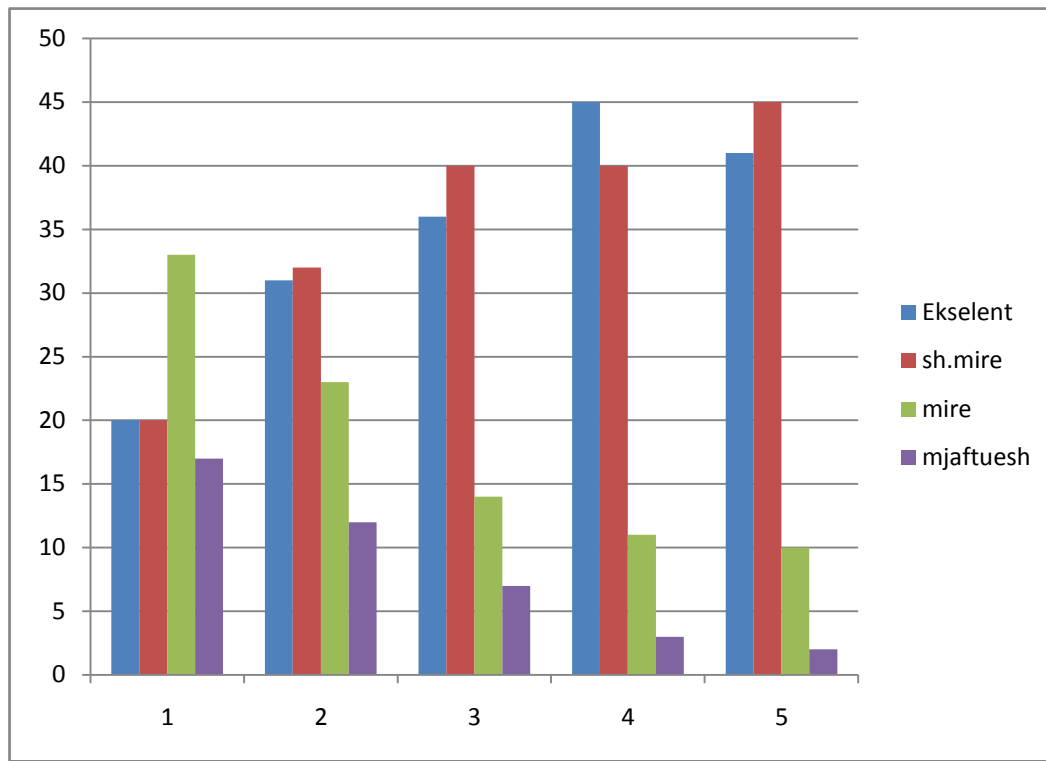


Fig 21 Diagram 5 age summary

The standard 3.Testi Balance

(Corbin et al. Concepts of Physical Fitness. 2000. p 267)

Klasifikimi	Norma	resultati djem (8 vjec)
Ekselent	90-100	10 %
Sh.mire	80-89	10

Mire	60-79	50
Mjaftueshem	30-59	15
Dobet	0-29	15

Fig 22

Klasifikimi	Norma	resultati djem (9 vjec)
Ekselent	90-100	15 %
Sh.mire	80-89	15
Mire	60-79	30
Mjaftueshem	30-59	35
Dobet	0-29	5

Fig 23

Klasifikimi	Norma	resultati djem (10vjec)
Ekselent	90-100	20 %
Sh.mire	80-89	30
Mire	60-79	30
Mjaftueshem	30-59	10
Dobet	0-29	10

Fig 24

Klasifikimi	Norma	resultati djem (11 vjec)
--------------------	--------------	---------------------------------

Ekseleht	90-100	30 %
Sh.mire	80-89	30
Mire	60-79	30
Mjaftueshem	30-59	5
Dobet	0-29	5

Fig 25

Klasifikimi	Norma	resultati djem (12vjec)
Ekseleht	90-100	43%
Sh.mire	80-89	27
Mire	60-79	20
Mjaftueshem	30-59	7
Dobet	0-29	3

Fig 26. Tabele permbledhse per Testin standart I Balances

Mosha	8	9	10	11	12 vj
Ekseleht	10	15	20	30	43 %
Sh.mire	10	15	30	30	27
Mire	50	30	30	30	20
Mjaftueshem	15	35	10	5	7
Dobet	15	5	10	5	3

Fig 27

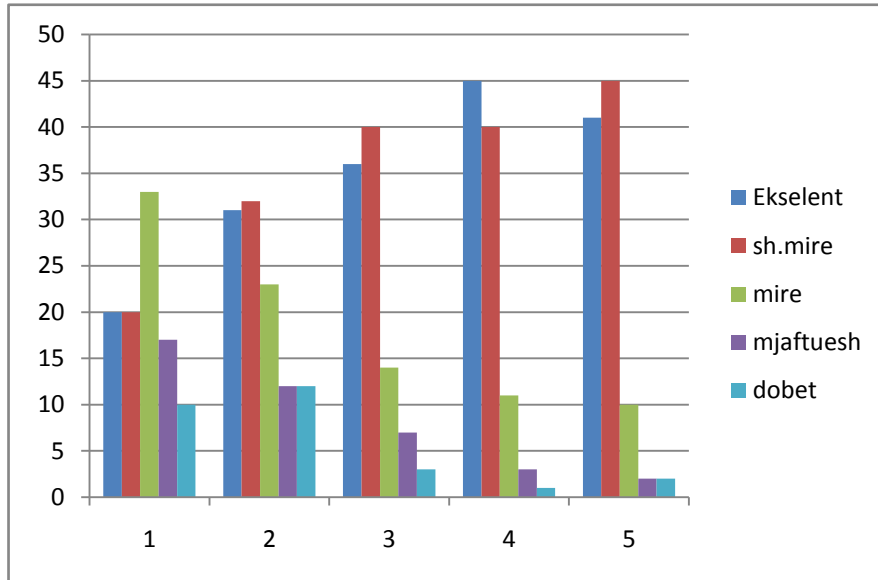


Fig 28 Diagram 5 ages summary

4. The standard vertical jump test (to assess the force)
 (Corbin et al. Concepts of Physical Fitness. 2000. p 268)

Klasifikimi	Norma	resultati djem (8 vjec)
Ekselent	> = 68 cm	12 %
Sh.mire	53- 67	13
Mire	42-52	25
Mjaftueshem	31-41	20

Dobet	< = 32	30
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Fig 29

Klasifikimi	Norma	resultati djem (9vjec)
Ekselent	> = 68 cm	22 %
Sh.mire	53- 67	18
Mire	42-52	30
Mjaftueshem	31-41	15
Dobet	< = 32	15

Fig 30

Klasifikimi	Norma	resultati djem (10vjec)
Ekselent	> = 68 cm	35%
Sh.mire	53- 67	25
Mire	42-52	19
Mjaftueshem	31-41	11
Dobet	< = 32	10

Fig 31

Klasifikimi	Norma	resultati djem (11vjec)
--------------------	--------------	--------------------------------

Ekselent	≥ 68 cm	45%
Sh.mire	53- 67	35
Mire	42-52	11
Mjaftueshem	31-41	6
Dobet	≤ 32	3

Fig 32

Klasifikimi	Norma	resultati djem (12vjec)
Ekselent	≥ 68 cm	51%
Sh.mire	53- 67	29
Mire	42-52	10
Mjaftueshem	31-41	8
Dobet	≤ 32	2

Fig 33 Table summary for standard vertical jump test
(for the evaluation of force)

Mosha	8	9	10	11	12
vj					
Ekselent	12	22	35	45	51
Sh.mire	13	18	25	35	29

Mire	25	30	19	11	10
Mjaftueshem	20	15	11	6	8
Dobet	30	15	10	3	2 %

Fig 34

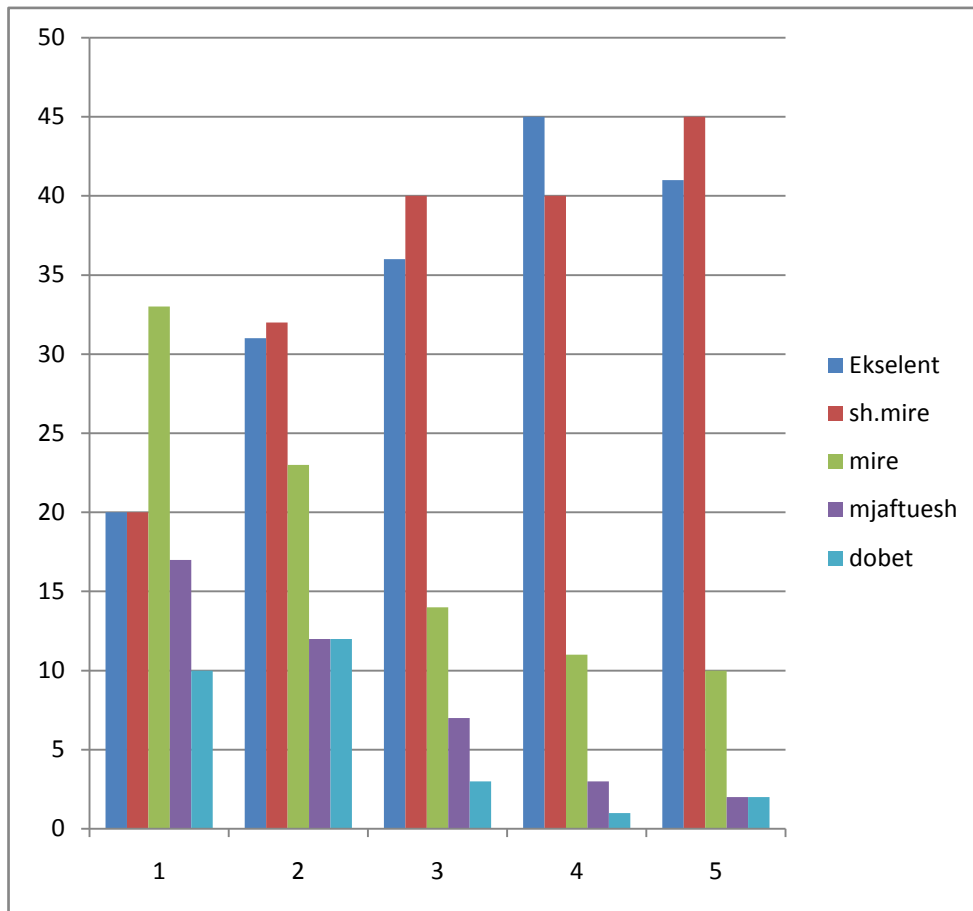


Fig 35 Diagram 5 ages summary

5. The speed test standard.

(Corbin et al. Concepts of Physical Fitness. 2000. p 269)

Klasifikimi	Norma	resultati djem (8vjec)
Ekselent	$\geq 22m$	20 %
Sh.mire	20-21,9	20
Mire	16,5-19,9	33
Mjaftueshem	14,5-16,4	17
Dobet	$\leq 14,5$	10

Fig 36

Klasifikimi	Norma	resultati djem (9vjec)
Ekselent	$\geq 22m$	31%
Sh.mire	20-21,9	32
Mire	16,5-19,9	23
Mjaftueshem	14,5-16,4	12
Dobet	$\leq 14,5$	12

Fig 37

Klasifikimi	Norma	resultati djem (10vjec)
Ekselent	$\geq 22m$	36 %
Sh.mire	20-21,9	40
Mire	16,5-19,9	14
Mjaftueshem	14,5-16,4	7

Dobet	$\leq 14,5$	3
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Fig 38

Klasifikimi	Norma	resultati djem (11vjec)
Ekselent	$\geq 22m$	45 %
Sh.mire	20-21,9	40
Mire	16,5-19,9	11
Mjaftueshem	14,5-16,4	3
Dobet	$\leq 14,5$	1

Fig 39

Klasifikimi	Norma	resultati djem (12vjec)
Ekselent	$\geq 22m$	41 %
Sh.mire	20-21,9	45
Mire	16,5-19,9	10
Mjaftueshem	14,5-16,4	2
Dobet	$\leq 14,5$	2

Fig 40

Summary table for standard test of speed.

Mosha	8	9	10	11	12 v

Ekselent	20	31	36	45	41
Sh.mire	20	32	40	40	45
Mire	33	23	14	11	10
Mjaftueshem	17	12	7	3	2
Dobet	10	12	3	1	2 %

Fig 41

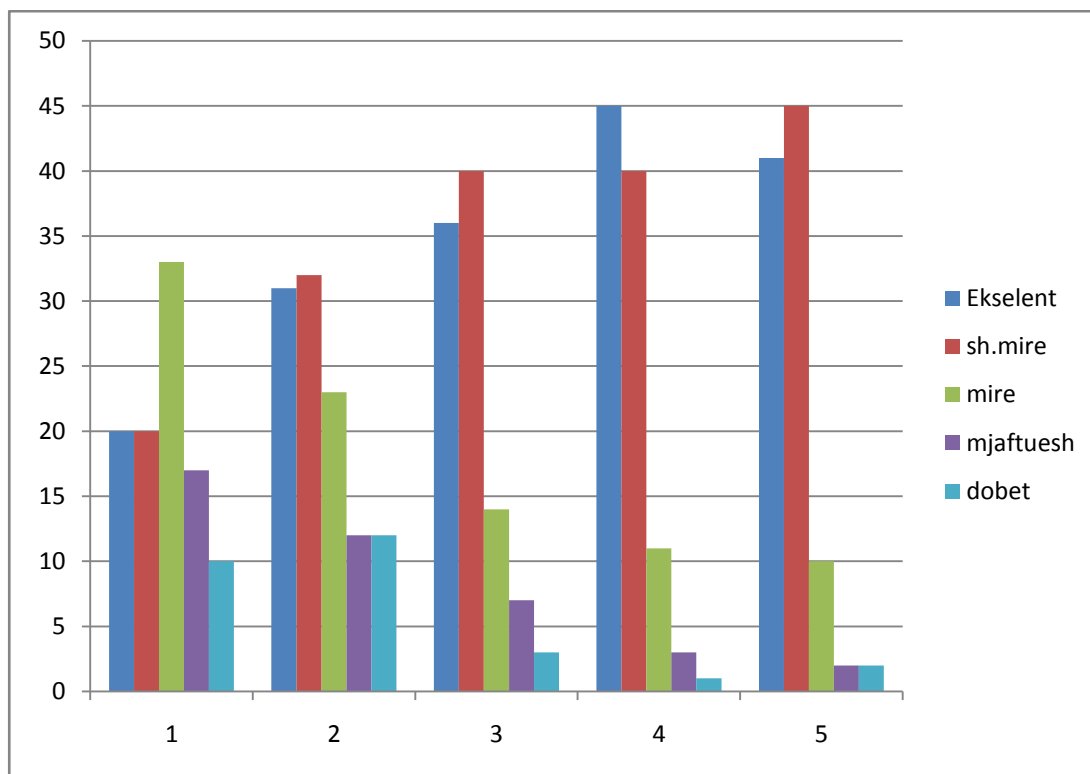


Fig 42 Diagram 5 ages summary

VI Discussion and analysis

- The experimental group presented analysis as revealed by data, Have logical and realistic reflection of receipts caloric and physical activity level were also

reported values of body weight perception, where only 9% of young people feel at risk for overweight, 79% feel normal and 10% do not know .

But we have a satisfactory VO2 max (the best level), corresponding to improve with age, so a Significant cardiovascular health (known VO2 higher in the younger age). With a CF that diminishes with increasing age progressively the approach of puberty.

So our study showed no risk to BMI overweight to the experimental group, the average value so we have a healthy weight among young people

Only by carefully observed particularly in overweight session 7.6- age 8 yrs = 18.1%; and 9.1- 9.5 yrs = 20.9% have Significant percentage for a future risk

Only 9% of young people feel at risk for overweight, 79% feel normal and 10% do not know.

For motivation in football teams youngsters these football teams have approximately 19.2 points corresponding to 50% Table Skate anxiety level, a level not higher by a percentage admirable showing also a psycho dignified physical preparation by youth

So have a VO2 max generally satisfactory, improve with corresponding ages, so a Significant cardiovascular health (VO2 known high in the younger age) .With a CF that progressively diminishes with increasing age of the approach of puberty

- The data for the experimental group speak for themselves, but it must be stressed for to 5 standard tests performed with the control group, that they increase with age from 8- 12 years old. 12 years old age group showed a higher preparation in all tests as the circuit,. (Standard test circuit Illinois Cooper test in 12 min for the measurement of VO2 max and standard .Test Balance, the standard vertical jump test (to assess the force) and standard speed test Subject believe humbly managed scope for assessment and finding successful approaches to improving health and training parameters in this age group that is activated in sports activities conducted humbly believe.

Assumptions imposed by our working team, you get a chance to thank, was conducted Where VO2 max comes with Significant indicator, but Albanian teams in this age group very well arise in the management of anxiety before races.

And control group, age 12 years, has really higher results from standard tests performed.

Illinois circuit standard test. 12 min Cooper test for the measurement of VO2 max, standard test balance. The standard vertical jump test. The speed test standard.

7 Conclusion

- Our study showed no risk to BMI overweight to experimental group, the average value so we have a healthy weight among young people
- Only by carefully observed particularly in overweight session 7.6- age 8 yrs = 18.1%; and 9.1-9.5 yrs = 20.9% have Significant percentage, for a future risk
- The future does not look different from European countries, so prevention is the best way to confronting the phenomenon
- Prevention means to work together, in a group, the whole society, the media, parents, community, schools
- logical and realistic reflection caloric receipts and level of physical activity are the values reported on the perception of body weight, with only 9% of young people feel at risk for overweight, 79% feel normal and 10% do not know.

These youngsters football teams have approximately 19.2 points table Skate corresponding to 50% of the level of anxiety, a High level so not with an admirable percentage indicating also a physical psycho dignified preparation of youth

- So we have a satisfactory VO2 max, corresponding to improve with age, so a Significant cardiovascular health (known VO2 higher in the younger age).

- With a CF that progressively diminishes with increasing age of the approach of puberty.
- The data for the experimental group speak for themselves, but should be noted to 5 standard tests carried out with the control group, that they increase with age from 8- 12 years old.
- 12 years old age group showed a higher preparation in all tests as the circuit (standard test circuit Illinois Cooper test in 12 min for the measurement of VO2 max and Balance standard test, we test the vertical standard of dance (for evaluation of force) and standard speed test
- Realization of the second hypothesis, where emphasize for high results of this age.
- Upgrade to higher results in the control group is that 12 year olds where specific training already realized believe influenced the beginning of puberty as a "stormy endocrine" to
"help" new athlete in the execution of duties sports.