



*Republic of Macedonia*  
*SS. Cyril and Methodius University in*  
*Skopje*  
*St. Kliment Ohridski Faculty of Pedagogy*



# BOOK OF ABSTRACTS



**10<sup>th</sup> International Balkan Education and Science Congress & International Scientific Conference in the field of physical education**

**“Fundamentals of motorical literacy in early childhood development ”**

**SKOPJE, REPUBLIC OF MACEDONIA**

**20.IX.2015**

**10<sup>th</sup> International Balkan Education and Science Congress &  
International Scientific Conference in the field of physical education**

**“Fundamentals of motorical literacy in early childhood development ”**

**B O O K  
O F A B S T R A C T S**

**20 SEPTEMBER 2015**

**SKOPJE, MACEDONIA**

**10<sup>th</sup> International Balkan Education and Science Congress &  
International Scientific Conference in the field of physical education**

**“Fundamentals of motorical literacy in early childhood development ”  
20 SEPTEMBER 2015**

**Skopje, Macedonia**

**Editor**

Prof. Vlado Timovski PhD

**Scientific committee:**

**CHAIR PERSON**

Marjan MALCEV PhD, Faculty of Pedagogy “St. Kliment Ohridski”, Macedonia

**MEMBERS**

Rade BIOCANIN Akademik, PhD, Centar za strateska istrazivanja, Serbia

Branislav ANTALA PhD, Faculty of Physical Education and Sport, Slovakia

Arūnas EMELJANOVAS PhD, Faculty of Sports Education, Lithuanian

Claude SHEUER PhD, Universite du Luxemburg, Luxemburg

Sobyanin Fedor IVANOVICH PhD, FGAOU VPO, Russia

Enver MEDJEDOVIC PhD, Državni univerzitet u Novom Pazaru, Serbia

Mirsad NUKOVIC PhD, University of Travnik, Bosnia and Hertsegovina

Vujica ZIVKOVIC PhD, Fakultet za fizicko obrazovanie, sport I zdravje, Macedonia

Gino STREZOVSKI PhD, Fakultet za fizicko obrazovanie, sport I zdravje, Macedonia

Zarko KOSTOVSKI PhD, Fakultet za fizicko obrazovanie, sport I zdravje, Macedonia

Biljana POPESKA PhD, Fakultet za obrazoni nauki, Macedonia

## CONTENTS

<b>Biocanin R., Radoman K., Lutovac M.</b> MODERN DISEASES AT ATHLETES AND MEASURES FOR STAYING HEALTHY AND PHYSICALLY READY	<b>4</b>
<b>E. Mededović</b> EDUCATIONAL ACHIEVEMENT STANDARDS IN SERBIA WITH THE EMPHASIS ON PSYCHICAL EDUCATION	<b>5</b>
<b>E. Bano, Q.Anesti, E.Sulaj</b> PSYCHOMOTOR ASPECTS OF PRESCHOOLERS	<b>7</b>
<b>N. Zrnzvić, V. Lakušić</b> MOTOR ABILITIES OF MALE AND FEMALE STUDENTS OF THE FIRST GRADE OF PRIMARY SCHOOL	<b>8</b>
<b>V. Lakušić, H. Zrnzević</b> MOTOR ABILITIES OF MALE AND FEMALE STUDENTS OF THE SECOND GRADE OF PRIMARY SCHOOL	<b>9</b>
<b>D. Zaharieva</b> POSTURE AMONG RHYTHMIC GYMNASTS	<b>10</b>
<b>B. Pljakić, J. Maksimovic, Z. Dolićanin, A. Mededović</b> INFLUENTIAL EDUCATION FORMS IN MOTOR DEVELOPMENT OF THE CHILD	<b>11</b>
<b>N. Deda</b> EVIDENCING OF PROTECTIVE ACTION IN FEMALE VOLLEYBALL TEAMS	<b>12</b>
<b>N.Fatjon, P. Vitjola, N. Deda, S. Mehmet</b> EXPLOSIVE POWER AND ITS RELATIONSHIP WITH SPEED IN YOUTH SOCCER PLAYERS	<b>13</b>
<b>B.Pljakić, S. Zejnelagić, A. Bronja</b> Education and Mass Media in Affirmation of Sport and Physical Education	<b>14</b>
<b>K.Tiroumourougane, M. Malcev</b> MOTORICAL LITERACY WITH REFERENCE TO PHYSICAL LITERACY AND FUNDAMENTAL MOTOR SKILLS PRACTICED IN PHYSICAL ACTIVITIES	<b>15</b>
<b>M. Nukovic, T. Petre, Y. Nukovic</b> INFORMATION AS A RESOURCE OF THE TRANSFER OF KNOWLEDGE	<b>16</b>
<b>M. Asotić, B. Pljakić</b> The role and importance of health education work in the education system	<b>17</b>
<b>A. Medjedovic, B.Pljakic, M. Hamidovic</b> METHODOLOGICAL APPROACH TO ORGANISATIONAL FORMS OF WORK IN TEACHING PHYSICAL EDUCATION	<b>18</b>
<b>E. Medjedovic, A. Medjedovic</b> THE VALUES OF MOTORIC ACCOMPLISHMENTS PURSUANT TO THE STANDARDS AT THE END OF PRIMARY SCHOOLING	<b>19</b>
<b>S. Smiljic, S. Kandic</b> ANTHROPOMETRIC CHARACTERISTICS AND HABITS IN PREADOLESCENT AND ADOLESCENT CHILDREN BEHAVIOUR	<b>20</b>
<b>J. Jarani, E.Tahiri</b> THE CORRELATION BETWEEN SPRINT AND EXPLOSIVE POWER IN YOUTH SOCCER PLAYERS	<b>21</b>
<b>S. Jovanova – Mitkovska, B.Popeska</b> CONNECTION OF THE CONTENTS OF TEACHING SUBJECTS MATHEMATICS AND – PHYSICAL AND HEALTH EDUCATION IN PRIMARY TEACHING	<b>22</b>
<b>S.Jovanova – Mitkovska</b> PROFESSIONAL KNOWLEDGE AND COMPETENCE OF THE TEACHERS OF PHYSICAL EDUCATION	<b>23</b>
<b>B. Popeska</b> CHANGES IN ACHIEVEMENTS AT TESTS FOR BALANCE APPLIED WITH CHILDREN IN THE EARLY SCHOOL PERIOD	<b>24</b>
<b>V. Talevski, I. Temelkoska</b> PHYSICAL AND MUSICAL EDUCATION IN REALIZATION OF CHILDREN GAMES IN PRESCHOOL CHILDREN	<b>25</b>
<b>E. Tahiri, E.Deti</b> THE ASSOCIATION OF CARDIO RESPIRATORY FITNESS AND MOTOR ABILITIES IN YOUTH	<b>26</b>

### Changes in achievements at tests for balance applied with children in the early school period

PhD Biljana Popeska<sup>1</sup>

#### Abstract

Balance is one of the abilities that defines children motor space and ensure motor efficiency in many movement tasks. It's changing during the process of development, especially in early school period. This paper analyses the changes and development of balance at the same group of children at the age of 6 and lately at the age of 7 years. The changes in manifestation of balance are determined analyzing the results from 3 tests balance, two for estimation of static balance and one for estimation of dynamic balance, applied in two consequential years. A longitudinal research was realized at the sample of 123 six years old male children in initial measurement, also measured a year later as a seven years old in the final measurement. Differences were estimated using basic statistic parameters and t – test. Obtained results point out on improvement of achievements in the tests for balance and statistically significant better results at the age of 7 at one tests for dynamic balance and numerically better but statistical insignificant differences in two other tests applied for static balance. These suggest on positive changes in the segment of balance and points out on certain positive development changes in their manifestation.

**Key words:** *motor abilities, development, children, test.*

---

<sup>1</sup> Faculty of Educational Sciences, University "GoceDelcev" – Sthip, Macedonia