ŽENA I SPORT

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UVODNIČKI ČLANAK

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SAŽETAK

Redovna fizička aktivnost važna je za zdravlje oba pola. Međutim, fiziološke, anatomske, psihološke i socijalno-kulturološke specifičnosti ženskog pola zahtijevaju posebne obzire u svim sferama njihovog bavljenja sportom. Pubertet donosi razlike među polovima koje su posljedica različitog funkcionisanja polne endokrine osovine. Uprkos identičnim mehanizmima adaptacije na fizičku aktivnost polno zrele žene i muškarci imaju nasljeđene anatomske i fiziološke različitosti u tjelesnoj kompoziciji, aerobnom kapacitietu i mišićnoj snazi. Naročito se odnosi na mnogo složeniji ženski reproduktivni sistem. Ženski reproduktivni sistem predstavlja funkcionalni dio ljudskog tijela najosjetljiviji na stres izazvan teškim fizičkim naporom. Najčešći poremećaji čiji rizik se znatno povećava kod fizički aktivnih žena su poremećaj ishrane, narušen menstrualni ciklus, infertilitet, stres frakture, rupture prednjeg ukrštenog ligamenta ili čak smrt. Uglavnom su posljedica grubih grešaka i neznanja. Srećom, dobrom prevencijom uglavnom ih je moguće spriječiti.

**Ključne riječi:** fizički napor, ishrana, menstrualni ciklus, stres fraktire, ženska sportska trijada.

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SPORTSKI IDOLI SPORTISTA SENIOROSKOG UZRASTA

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SAŽETAK

Cilj sprovedenog istraživanja je identifikacija idola sportista seniorskog uzrasta, budući da se putem identifikacije idola osoba mogu donijeti zaključci u vezi sa njihovim sistemima vrijednosti. Uzorkom je bilo obuhvaćeno 318 srpskih profesionalnih sportista seniora (183 sportista i 135 sportistkinja), uzrasta 18 - 40 godina. Ispitanici su dolazili iz 28 različitih sportova, pretežno odbojke, vaterpola, košarke, karatea, boćanja, savatea, rukometa, kjokušinkaija. Nezavisne varijable su bile pol i odabrani idol, a zavisne varijable sport, pol, aktuelnost i porijeklo odabranog idola. Sportisti seniori su za svog sportskog idola najčešće birali Rodžera Federera, Majkla Džordana, Milorada Čavića. Pokazalo se i da većina sportista i sportistkinja biraju za svog idola sportistu koji se bavi njihovm sportom, ali i da postoje neke razlike u izboru idola i njihovim obilježjima između sportista i sportistkinja

**Ključne riječi:** idolizacija, Srbija, vrijednosti

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Struktura različitih indikatora izometrijske   
eksplozivne sile opružača nogu kod vrhunskih sportista

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SAŽETAK

Cilj ovog rada bio je utvrditi faktorsku strukturu posmatranih karakteristike tj. indikatora krive sila-vrijeme za procjenu eksplozivnosti opružača nogu u odnosu na različite grupe sportova. U istraživanju je učestvovalo 378 ispitanika raspoređenih u 8 grupa prema polu i specifičnosti trenažnog procesa kojem su bili izloženi. Za procjenu kontraktilnih karakteristika opružača nogu korišćena je standardizovana oprema i standardizovan test u sjedećoj poziciji. Mjerni opseg definisan je na osnovu 15 varijabli koje se odnose na kontraktilne karakteristike izometrijske eksplozivne sile ekstenzora nogu mjerene u unilateralnom (dominanta i nedominanta noga) i bilateralnom režimu mišićne kontrakcije mjerenih na 100 i 50% od maksimalne sile i na 100, 180 i 250 ms od početka mišićne kontrakcije. Rezultati dobijeni u ovom istraživanju pokazuju da mjerene karakteristike eksplozivne sile opružača nogu dobijene u bi i unilateralnom režimu naprezanja u odnosu na različite grupe sportova imaju različitu strukturu u funkciji izdvojenog sklopa faktora pod uticajem drugačijih mehanizama u odnosu na trenažne procese u različitim sportskim disciplinama.

**Ključne riječi:** faktorska struktura, različito trenirani sportisti, kriva sila-vrijeme.

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SPORT U METAFORI I METAFORA U SPORTU

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SAŽETAK

Tema ovog rada su metafore i idiomi u engleskom jeziku koji kao motivacionu osnovu imaju sport, te težnja da se povuku određene paralele sa njihovim korespondentnim semantičkim ekvivalentima u srpskom jeziku. Spoznati porijeklo bilo kojeg idioma nije jednostavan zadatak. Još je teže razvrstati ih u grupe na osnovu njihove metaforičke motivacije. Jedna od grupa koju vrijedi istražiti odnosi se na za koje se čini da su motivisane sportom. Moguće je da njihovo značajno prisustvo među metaforičkim konstrukcijama zasnovano na njihovoj pogodnosti jer predstavljaju igrokaz između različitih značenja od kojih neka zaista prava igra među ljudima. Ono što ih razlikuje od ostalih vrsta izražavanja je činjenica dao uključuju terminologiju iz sporta a odnose se na nešto potpuno drugo, ponekad uključujući običan narod a ponekad visoke zvaničnike. No, ono što im je svima zajedničko je transfer značenja, iz jednog semantičkog polja u sasvim drugu arenu, u ovom slučaju u sportsku arenu. Ovim se implicira da frazeologija uključuje izreke, poslovice, idiolekt i svaki drugi oblik kolociranog iskaza kojim se denotira određeni objekat, savjet, ideja ili bilo šta drugo čije značenje u određenoj mjeri odudara od doslovnog značenja riječi koje su u njima sadržane. U dijelu o metodologiji, rad detaljnije razmatra više od 20 različitih metaforičkih izraza koji uključuju sportsku terminologiju, dok uvod, rezultati, diskusija i zaključak preispituju teoretske osnove koje leže u osnovi bilo kojeg obrta u značenju kada se grupa od nekoliko riječi udruži na takav način da im se promijeni zbir individualnog značenja.

**Ključne riječi:** factor structure, different trained athletes, force-time curve.

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MOTORIČKE KARAKTERISTIKE, dermatoglifika I  
eeg periodi djevojaka PRIJE I POSLIJE MENARHE

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SAŽETAK

Identifikacija prve menstruacije u pubertetu važna je za procjenu motornih kvalitete organizma pošto je razvoj organizma rezultat njegovog sazrijevanja. Dermatoglifske karakteristike predstavljaju moguće pokazatelje genetskih predispizicija za osnovne fizičke osobine kao što su snaga, brzina, izdržljiovost, moć i koordinacija. Cilj ovog rada je poređenje motornih i dermatoglifskih karateristika i elektro snimanja mozga kod djevojčica u periodu prije i poslije prve menstruacije. U tu svrhu uzorak se sastojao od 45 djevojčica uzrasta od 10 do 14 godina i 11 mjeseci podjeljenih u dvije grupe, 21 u predmenarhnoj grupi (G1) i 24 u postmenarhnoj (G2). Analizirane varijable su: motorne karakteristike, dermatoglife i EEG (apsolutni alfa i beta talasi), elektrode u frontalnim regijama (F), centralnim (C) i parijetalnim, korištenje KTK protokola, protokol i snimanje spektralne aktivnosti otisaka prstiju kroz EEG. Rezultati pokazuju značajnu razliku u QM4 za *p*≤0,05 između G1 i G2 grupe, a G2 postiže bolje rezultate. Porećenje rezultata motornih karakteristika, dermatoglifa i elektroencefalografije ukazuju na značajne razlike u spektralnim aktivnostima alfa ritma u djevojčica koje pripadaju grupi nakon menarhe. Treba imati u vidu da u odnosu na motorne karakteristike, dermatoglife i EEG grupe nisu posebno predstavljene. Ipak kade se spoje motorne karakteristike, dermatoglife i EEG grupa prije i poslije menarhe, postoji značajna razlika u odnosu na moždanu aktivnost samo u alfa ritmu i frontalno (F3, FZ, F4) i centralno (C3 i CZ) i u periodu poslije menarhe.

**Ključne riječi:** menarha, koordinacija, dermatoglife, elektroencefalografija.

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UČESTALOST ANAEROBNE MOĆI KOD BRAZILACA NA   
OSNOVU dermatoglifike i r577x polimorfizma actn3 proteina

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SAŽETAK

Dermatoglifika i analize Alfa-aktin gena su evluativni instrumenti koji se često koriste za selekciju sportista i uopšte populacije u odnosu na motoričke vještine. Ovo istraživanje imalo je za cilj da utvrdi, na osnovu dermatoglifskih karakteristika i R577X polimorfizma Alfa-aktina, procenat ljudi u saveznoj brazilskoj državi Paraiba sa nepovoljnim sposobnostima za sportove koje karakterišu anaerobne sposobnosti. Izvršena je deskriptivna studija profila sa eks post fakto tipologijom. Identifikovani su dermatoglifski otisci prstiju 309 osoba (149 muškaraca i 160 žena), a ACTN3 genotip je analiziran na njih 96 (40 muškaraca i 56 žena). Dermatoglifski podaci pokazuju da 5,8% populacije obuhvaćene istraživanjem odgovara anaerobnim predispozicijima mišićne moći, dok 94,2% nema te sposobnosti. Genetička analiza frekvencija ukazala je na činjenicu da su 19,8% ispitanika imali XX mutan genotip. Ovi rezultati predstavljaju značajano smanjenje greške u izboru sportista za potencijalno vrhunske rezultate pogotovu u onim sportovima koji zahtijevaju AMP.

**Ključne riječi:** Alpha-actinin, Fingerprint, Genetic Polymorphism, Skeletal Muscle, Genotype frequency.

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ANALIZA ODBIJANJA LOPTI U RUKOMETNOJ UTAKMICI

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SAŽETAK

Analizirano je 15 utakmica Hrvatske muške rukometne reprezentacije na Svjetskom prvenstvu u Tunisu 2005. godine i Europskom prvenstvu u Austriji 2010. godine. Istraživanje je provedeno sa ciljem utvrđivanja učestalosti šutiranja iz pojedinih zona odnosno napadačkih pozicija, učestalosti odbijanja lopti od strane golmana ili okvira gola, te utvrđivanja gdje i kome se upućene lopte odbijaju. Polje za pozicijsku igru podijeljeno je u 5 zona: lijevi krilni napadač, lijevi vanjski napadač, srednji vanjski napadač, desni vanjski napadač i desni krilni napadač. Navedene zone ujedno predstavljaju i zone odbijanja lopte. Rezultati su pokazali da se najviše udaraca upućuje iz središnje zone, dok je frekventnost šutiranja iz ostalih zona uglavnom podjednaka. Prosječan broj odbijenih lopti od golmana ili okvira gola iznosi 17,6 lopti. U 71% slučajeva odbijena lopta završi u posjedu obrambenih igrača što je posljedica blizine odbranbenog igrača u odnosu na loptu. Najveći broj odbijenih lopti (40%) vraća se u središnju zonu. χ² testom je utvrđeno da se najveći broj upućenih lopti iz pojedine zone odbija u tu istu zonu ili nešto rjeđe u susjednu zonu. Tome najviše pridonosi ugao šutiranja, koji je uglavnom direktan u odnosu na gol, te postavljanje golmana u odnosu na loptu. Istraživanje implicira potrebu za uvježbavanjem ovog segmenta igre u okviru rukometnog treninga pomoću specifični i situacionih trenažnih vježbi.

**Ključne riječi:** odbijena lopta, rukometna utakmica, udarac na gol, golman.

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