

# THE IMPACT OF REGULAR CLASS PROGRAM ON FIRST-YEAR STUDENTS ON THE FACULTY OF SPORTS AND PHYSICAL EDUCATION OF THE UNIVERSITY OF SARAJEVO, ON THE MOTOR SPACE BALANCE

Original scientific paper

## **Abstract**

*With students 18-20 year olds were exposed to programming and transformational procedures in order to determine the impact. A total sample of 101 male examinees was taken for the needs of this study (51 in the experimental program and 50 of them in the control program). The aim of this study was to analyze the transformation of motor space balance of the students, using the method of parallel analysis, to see whether the given program of regular classes gives effective results on the motor space balance. The balance was tested with the device Biodex Balance System, which measures the general index of stability, the anterior / posterior and the medial / lateral index. The experimental group had a program of regular classes in the first semester, while the control group consisted of extramural students who did not attend regular classes. The recorded changes were by the experimental group developing in the direction of significant improvement of motor space balance, while the control group did not show any statistically important changes. It was shown that the regular classes did have positive impact on the motor space balance by the experimental group. Based on this, it could be said that the extramural students, who had been prevented to attend regular classes, are not able to significantly affect their motor space balance and probably other motor abilities too.*

**Key words:** *T-test, Biodex Balance System, Balance, Experimental group, Control group*