

The influence of pliometric program on adolescents' health status

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Abstract. Aim: The main aim of the actual national project OI179024, within the research cycle of the Ministry of Science and Technological Development of the Republic of Serbia (RS), is to answer the questions about the differences of the explosive muscle strength and the bone mineral density (BMD), as well as to answer the question on talent development. Methods: The project research is being conducted on the total sample of 240 male and female subjects, chosen between HSS in the city of Niš, aged 15-18. The subjects sample is divided into four sub-samples of 60 subjects each: the first experimental sub-sample (ESS1) of athletes, the second experimental sub-sample (ESS2) of non-athletes, the first control sub-sample (CSS1) of athletes and the second control sub-sample (CSS2) of non-athletes. Physical education (PE) teachers are administering plyometric program within the PE classes, i.e., with the ESS1 and ESS2 subjects. Concerning CSS1 and CSS2 subjects, they have regular PE classes according to the Curriculum of the Ministry of Education of RS. Results: By analysing research results and by inspecting examined statuses it was found that an increment of muscular strength and BMD during adolescence is achieved in both genders. Conclusion: Actual project is in accordance with the starting points and priorities for the preservation and improvement of the adolescents' health, and sport education, as well, in RS. It is suitable for HSS, easily applicable and well accepted both by HSS and PE teachers, and very useful in talent development. The possibility of its future application, through an additional, regular and compulsory PE class, or at least, as an alternative program, should be recommended. References: Bubanj, S. (2014). A study on physical condition and health status of adolescents. ISBN 978-86-87249-54-7. Faculty of Sport and Physical Education, University of Niš.

Key Words: Physical Education, Talent Development, Adolescents