

Abstract

Name of work: **General and specific motoric efficiency of students attending sport athletic classes**

The aims of this work were to identify developments of general and specific motoric efficiencies of students attending sport athletic classes between 6th and 9th year, and also to determine differences between efficiencies of boys and girl, as well as the addition of efficiencies in each year.

Results of certain tests, by which students of the sport classes had been tested, were used to identify the developments of the motoric efficiencies.

The hypothesis, that the specific and general motoric efficiency of the students attending the sport classes rises evenly, were not proved in particular. A large increase in efficiency occurred between 6th and 7th year; however, the additions of efficiencies were individual according to the sex and also the type of the skills. For instance, a distinctive growth of efficiency at the strenght skills appeared in boys from 7th year which confirmed a further hypothesis that the efficinecy of boys increases faster than the efficiency of girl.

A wide range of factors can influence this effect, including the beginning of pubescence as well as the related physical and psychological changes in an organism.

Key words: athletics, general and specific motoric efficiency, sport classes