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Investigation devote studing of actuality optimization persectiony of students by humanitarian speciality including their future profession. In article shows, that state of healthy of students level their psychophysiological, pantoconditional and special physical training does not comply with requirements activity and professional level work, that demand treatments of special phisical training. Substantiation it is the mark of future investigation by the author.

BODY FRAME TYPES OF CANDIDATES FOR INSTITUTES OF PHYSICAL EDUCATION*

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Successful running of studies in institutes of physical education depends upon several factors. Among the others it depends upon intellectual talents of the students, their motorial fits as well as upon high level of their fitness. The results of the research of the students of institutes of physical education received during recent years were undoubtedly the effects of proper candidates selection competing in different sports subjects what Štěpnička with her coworkers [6] and Skibińska [4] proved in their reports.

But in recent years there were changes in the acceptance criteria for institutes of physical education in Poland. Theoretical exams were cancelled. There were also implemented less severe criteria as to the physical fitness. So as to the results, taking into the consideration physical fitness of the candidates, selection for institutes of physical education lost its acuteness. For those trying to enter the institutes there was created a possibility to apply to several institutes simultaneously. That is why, as it seems, higher percentage of people less motivated in the main direction of the institutes take the entrance exams.

We suggest that the present system of students acceptation to the institutes of physical education induces wider flow of candidates worse prepared and with less developed body frame.

Material and research methods

259 males trying to enter the first year of the Filial of Physical Education in Biala

Podlaska for the academic year 2000/2001 were examined. There were measured somatic traits which enabled evaluation of somatic types of candidates using Sheldon's method in modifications of Heath and Carter [3].

The data compiled was analyzed in three groups. In the first group there were all candidates, in the second group there were those candidates that failed the entrance exams and in the third one there were those who were accepted.

The research results and discussion

The characterization of somatic types of candidates trying to enter the Filial of Physical Education in Biala Podlaska is presented in table I.

Table I

Somatic characteristics of the candidates for the institute

| Candidates | | | | | | | |
|---------------------------|---------------------------------|------|-------------------------------|------|-------------------------------|------|-----------------------------------|
| traits | all together (n 259) group I | | unaccepted (n 67) group II | | accepted (n 192) group III | | value of t Studenta test |
| | x | SD | x | SD | x | SD | II-III |
| Calendar age | 19,66 | 0,92 | 19,60 | 0,95 | 19,68 | 0,91 | 0,62 |
| Body height | 180,02 | 6,22 | 178,34 | 5,69 | 180,60 | 6,30 | 2,59** |
| Body mass | 72,48 | 8,91 | 72,73 | 8,70 | 72,39 | 9,00 | 0,27 |
| Elbow width | 69,70 | 3,88 | 69,67 | 4,27 | 69,71 | 3,75 | 1,46 |
| Knee width | 95,82 | 5,17 | 95,03 | 6,51 | 96,10 | 4,60 | 0,02 |
| Shoulder circumference | 31,52 | 2,84 | 31,84 | 2,87 | 31,41 | 2,83 | 1,07 |
| Shank circumference | 36,91 | 2,49 | 37,19 | 2,48 | 36,81 | 2,49 | 1,08 |
| Fold on shoulder | 9,03 | 3,61 | 9,90 | 3,61 | 8,72 | 3,57 | 2,32* |
| Fold under scapula | 10,47 | 3,93 | 11,15 | 3,93 | 10,24 | 3,92 | 1,63 |
| Fold over iliocristale | 11,91 | 6,06 | 13,12 | 6,12 | 11,49 | 5,99 | 1,91 |
| Fold on abdomen | 11,77 | 5,97 | 12,68 | 6,66 | 11,46 | 5,70 | 1,44 |
| Fold on shank | 11,57 | 4,48 | 11,77 | 4,05 | 11,50 | 4,63 | 0,42 |

* the difference is statistically essential on the level of $p < 0,05$

** the difference is statistically essential on the level of $p < 0,01$

The average somatic type of the males researched shows the pattern 3.1-4.1-3.0. In the group of unaccepted people it was 3.4-4.5-2.7 and in the group of accepted people it was 3.0-3.9-3.2. On the basis of data presented above it was stated that in all the male groups under the research mesomorphy dominated. And in the group of those unaccepted endomorphy dominated over ektomorphy, when with the males that successfully passed the exams the third factor dominated over the first one.

Table II.

Somatic types of the candidates for the institute.

| Factors | Candidates | | | | | | |
|------------|----------------------|------|-------------------|------|------------------|------|-----------------------------|
| | all together (n 259) | | unaccepted (n 67) | | accepted (n 192) | | value of t Studenta test |
| | group I | | group II | | group III | | |
| | x | SD | x | SD | x | SD | |
| Endomorphy | 3.15 | 1.20 | 3.45 | 1.20 | 3.05 | 1.18 | 2,38* |
| Mesomorphy | 4.12 | 1.14 | 4.51 | 1.03 | 3.99 | 1.15 | 3,27** |
| Ectomorphy | 3.07 | 1.13 | 2.72 | 1.05 | 3.20 | 1.14 | 3,03** |

* the difference is statistically essential on the level of $p < 0,05$

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The average somatic type of the males researched shows the pattern 3.1-4.1-3.0. In the group of unaccepted people it was 3.4-4.5-2.7 and in the group of accepted people it was 3.0-3.2. On the basis of data presented above it was stated that in all the male groups under the research mesomorphy dominated. And in the group of those unaccepted endomorphy dominated over ektomorphy, when with the males that successfully passed the exams the third factor dominated over the first one.

While analyzing data concerning somatic types of candidates for the Filial of Physical Education in Biala Podlaska it was compared with data received in recent years during examining Czech students [6] and students of the Academy of Physical Education in Warsaw [4]. It was noted that among all the groups only eight males (3.08%) were characterized by the somatic type appropriate for students of the Academy of Physical Education in Warsaw. Youth that took entrance exams for the Filial of Physical Education in Biala Podlaska presented worse level of physical development comparing to students of physical education in the other institutes of the type like that. Groups of males trying to become students of the Filial of Physical Education in Biala Podlaska were characterized by the lowest level of mesomorphy while the levels of endomorphy and ektomorphy were close. The results that were close to that of ours received Horenska with her coworkers [6] defining somatic types of students that gave up studying physical education, had to repeat some years of studying once again or finished studying with a considerable delay and the pattern was 3.0-4.5-2.0, however students that were motorially gifted were characterized by the considerable domination of mesomorphy (1.0-6.5-3.0) over endomorphy. Body frame of the group of candidates for the Filial of Physical Education in Biala Podlaska was similar to that of Czech students that had problems with finishing their studies. The average body type of the males researched is a long way from that which characterizes represents of different kinds of sports. Among the sportsmen, as a strictly selected, intensively exercising group of people, there should prevail mesomorphy over endomorphy and ektomorphy which is proved by the results of examining the sportsmen of judo and karate [7], rowing [5], gymnastics [2] and other kinds of sports. Higher level of sport activity goes along with higher level of mesomorphy. Also it should be mentioned that in the group of people examined by us the second sport level represented only 5,7% of males, the first 2,7% and champion level 1,5%.

Summing up

Somatic structure of candidates for the first year of the Filial of Physical Education in Biala Podlaska, mainly obesity with weakly developed factor of mesomorphy allows to assume that

the motivation of youth to undertake the studies is probably only an attempt to receive diploma degree. The changes in acceptance rules implied at the beginning of nineties, cancellation of the theoretical exams and a possibility to chose from a limited number of sport discipline tests led to the exam difficulty level drop [1]. Those changes were implied supposing to achieve a possibility of selecting candidates of high intellectual and physical levels. But consequently the results received by us do not prove that assumption. Nowadays a candidate for institute of physical education comes as a person which is considerably far away from the pattern of youth which studied physical education in former years or a constantly exercising person.

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A number of 259 men have been examined. Measurement necessary to calculate the number values of endomorphy, mesomorphy and ectomorphy have been done. Out of the candidates taken as a whole, the men admitted to studies distinguished themselves by a greater body height and a stouter skeleton. Young people entering for the preliminary examination for studies in Physical Education and Sport Institute represented worse level of physical education students from other Polish and foreign colleges or universities.
