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Race profiles of rowers during the 2014 Youth Olympic Games

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Aim: Strategy plays a relevant role. The purpose of this study was to analyze the race profiles of youth athletes competing at the 2014 Youth Olympic Games over a distance of 1000-m.

Methods: According to the competition outcome of sculling and sweep events, 48 male and 48 female youth (17–18 years) rowers were divided in medallist (W), not medallist (NW), qualified (Q) and not qualified (NQ) athletes. Time at 0–500 m (T1) and 500–1000 m (T2) was considered. The average speed for T1 and T2 were normalized in relation to the average speed of the whole race. ANOVA for repeated measures was applied to performance 1xJ and 2-J during qualifying: 2 (sex: females vs. males) x 2 (outcome: qualified vs. not-qualified), repêchages and semi-finals: 2 (sex: females vs. males) x 2 (outcome: FB vs. NFB) and final: 2 (sex: females vs. males) x 2 (outcome: M vs NM) for repeated measures was applied to performance 1xJ and 2-J during qualifying: 2 (sex: females vs. males) x 2 (outcome: qualified vs. not-qualified). For the final phase of the 1xJ and 2-J competitions, no main effect was found. In sweep events, 48 male and 48 female youth (17–18 years) rowers of Palermo, Italy, classified in medallist (W), not medallist (NW), qualified (Q) and not qualified (NQ), were divided in medallist (W), not medallist (NW), qualified (Q) and not qualified (NQ) events after high intensity training. The chronotype influences negatively sleep behaviour in relation to HIIT performed in the evening only for M-types. Soccer players classified as E-types showed less variations in sleep parameters after high intensity training.

References

PHYSICAL EDUCATION AND SPORT PEDAGOGY

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Physical activity and physical fitness of the adolescent. Health promotion in school, family and community

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Aim: Motor development in children depends on several interdependent factors (Malina,2004) and daily physical activity levels affect the learning of skills and the development of motor abilities. Physical education at school is a significant contribution to increase levels of physical activity and learn motor skills (Lonsdale et al. 2013). The purpose of the study is to assess the evolution of motor abilities, strength, endurance and levels of physical activity of a sample of young people attending the school in relation to differences in body mass index (BMI).

Methods: The sample is 327 students of secondary school divided according to age differences (M 12 ± 0.89), sex and BMI (M = 158; Nw 17.77 ± 0.57; Ow-Ob, 27.77 ± 0.12; F = 169; 18.68 Nw 18.68 ± 1.68; Ow-Ob, 26.52 ± 0.60). Five motor tests (standing long jump; shuttle run 10x5; hand grip; sit up; 6 min walk test) and self-reports PAQ_C were performed.

Results: Apart from the descriptive statistics (M ± DS), Student’s T Test was carried out, in order to highlight the significant differences within the group. The significativity index was set to p < 0.05. ANOVA 2 (sex) x 2 (group) showed significant differences in the