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EVALUATION OF PARTICULAR CONTENTS OF THE NEW PHYSICAL EDUCATION PROGRAM IN SECONDARY SCHOOL IN ORDER TO ACHIEVE THE BIOLOGICAL AIM

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ABSTRACT The induction of the new physical education program in secondary school, because of the absence of research findings, brought reasonable questions about its effectiveness. The aim of the study was to evaluate particular contents of the new physical education program which aimed to achieve biological purposes. The sample consisted of 130 male and female students, (66 students attended the old curriculum and 64 attended the new one). BMI and physical abilities, such as standing long jump, body sit-ups, sit-and-reach, 50m sprint, 600m running and 10m path coordination-agility, were measured. Independent sample t-tests revealed statistically significant differences in explosive strength of lower limbs, strength endurance of abdominal, speed and cardiovascular capacity. Students who attended the old physical education program had higher scores than students who attended the new one. Finally, suggestions to improve the organization, planning and evaluation of physical education in secondary schools are discussed..

Key words: Physical education program, Teaching effectiveness, Adolescent.

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