

CRO-PALS

**Hrvatska longitudinalna studija tjelesne aktivnosti
u adolescenciji**

**Tjelesna aktivnost i prehrana
srednjoškolaca**

***Javna prezentacija rezultata 4-godišnje
studije***

Tjelesna aktivnost, sjedilačka ponašanja i fitness

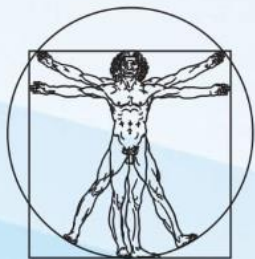
Maroje Sorić (KIF)

12.06.2018.

Udruga kineziologa Grada Zagreba i Zagrebačke županije i
Kineziološki fakultet Sveučilišta u Zagrebu



TJELESNA AKTIVNOST

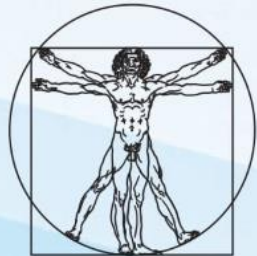


bilo koji pokret tijela koji rezultira znatnim povećanjem utroška energije iznad razine potrošnje u mirovanju (Fletcher, 1996)





Koliko je dovoljno?



Global Recommendations on Physical Activity for Health



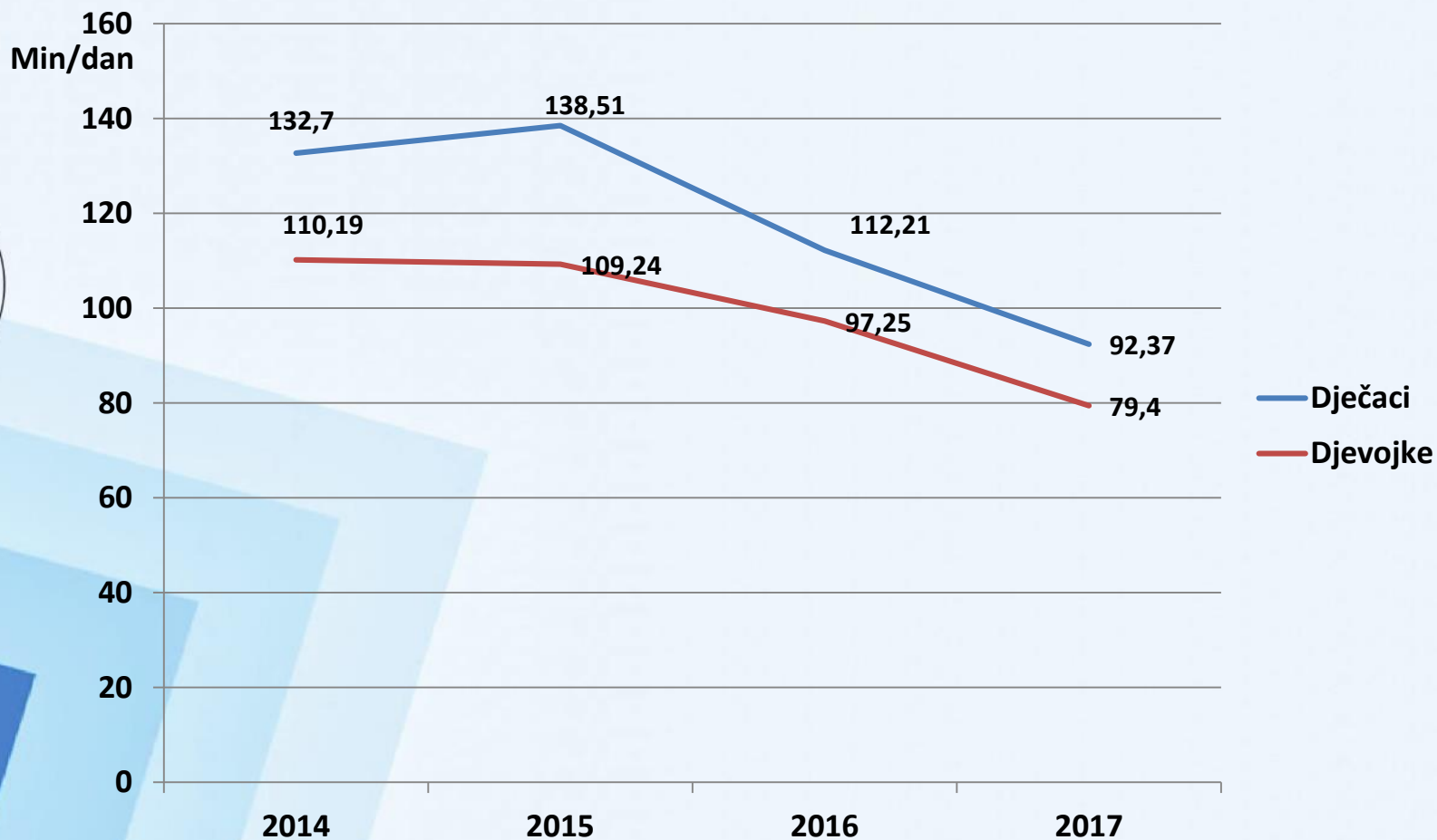
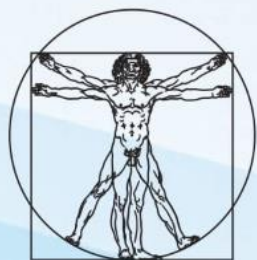
5–17 years old

- Barem 60 min umjerene do intenzivne TA dnevno
- Više je bolje!
- Makar 3 puta tjedno intenzivna TA koja uključuje i vježbe snage i jakosti



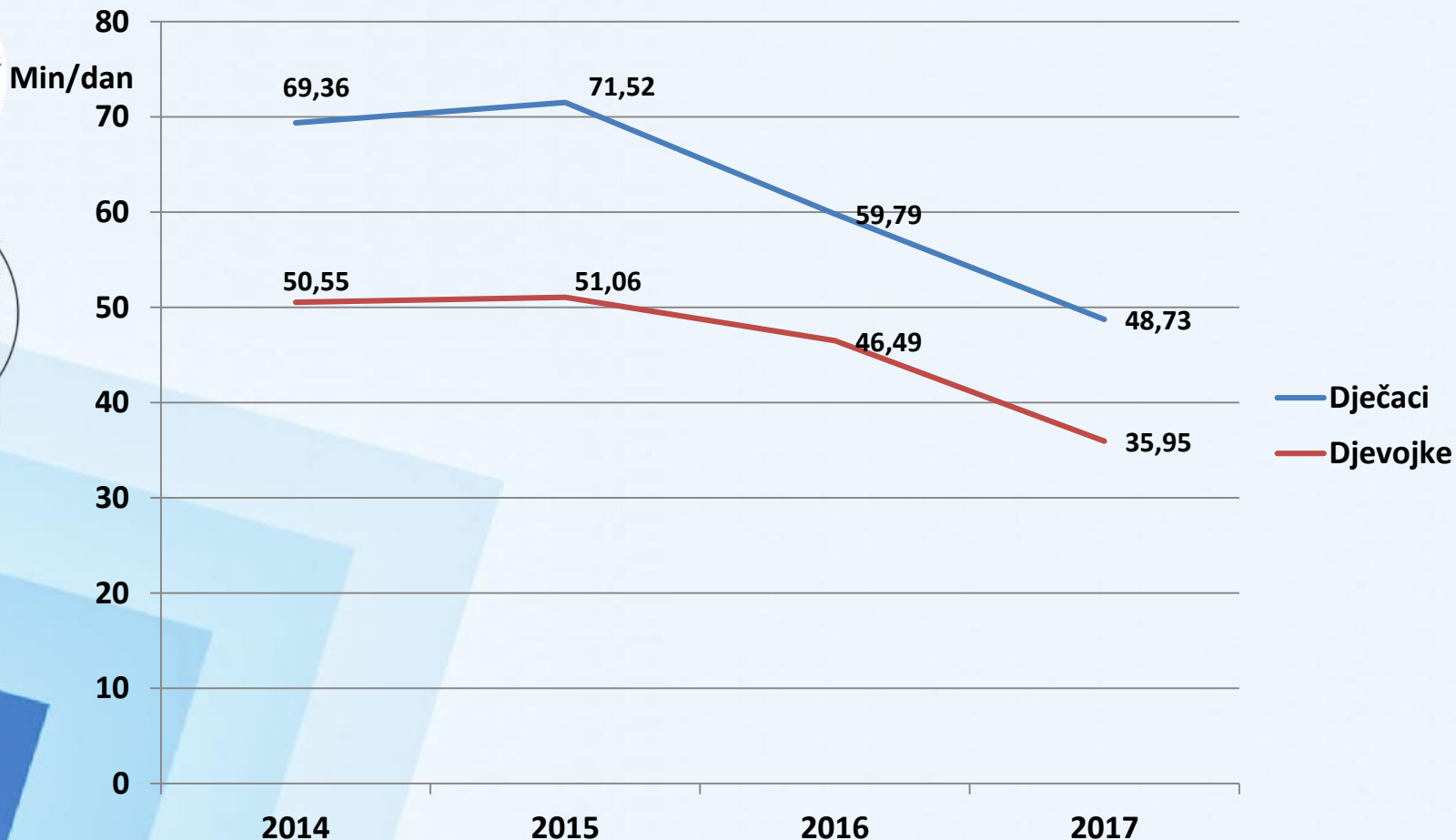
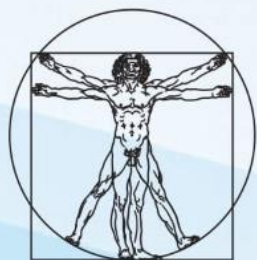
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Prosječna umjerena-do-žustra tjelesna aktivnost (min/dan)



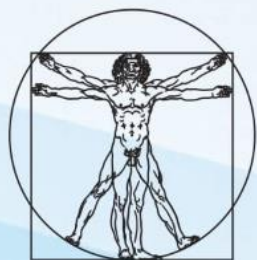


Žustra tjelesna aktivnost (min/dan)

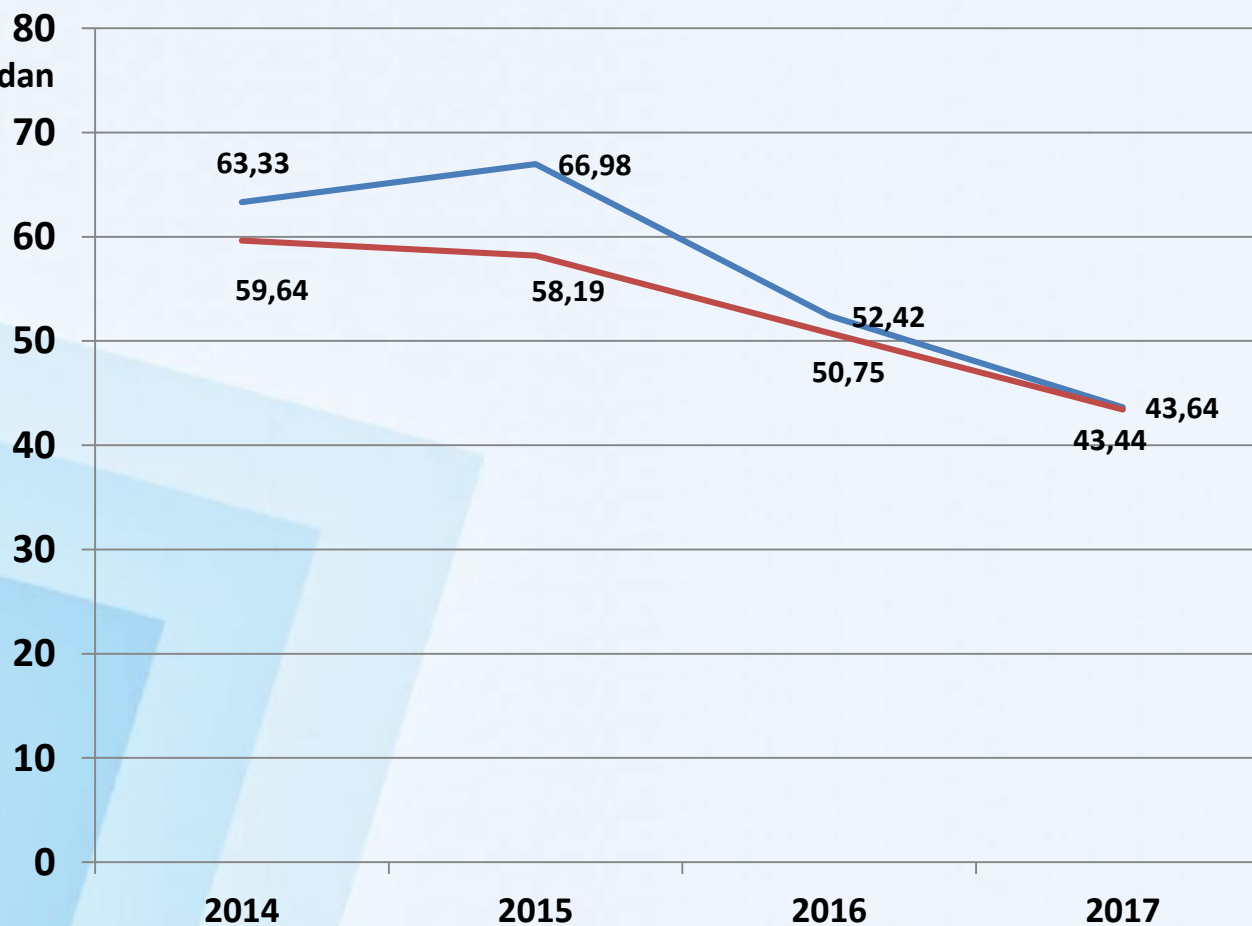




Umjerena tjelesna aktivnost (min/dan)



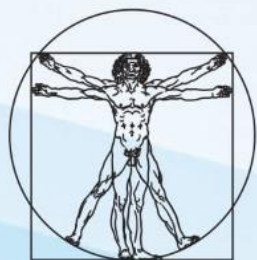
Min/dan



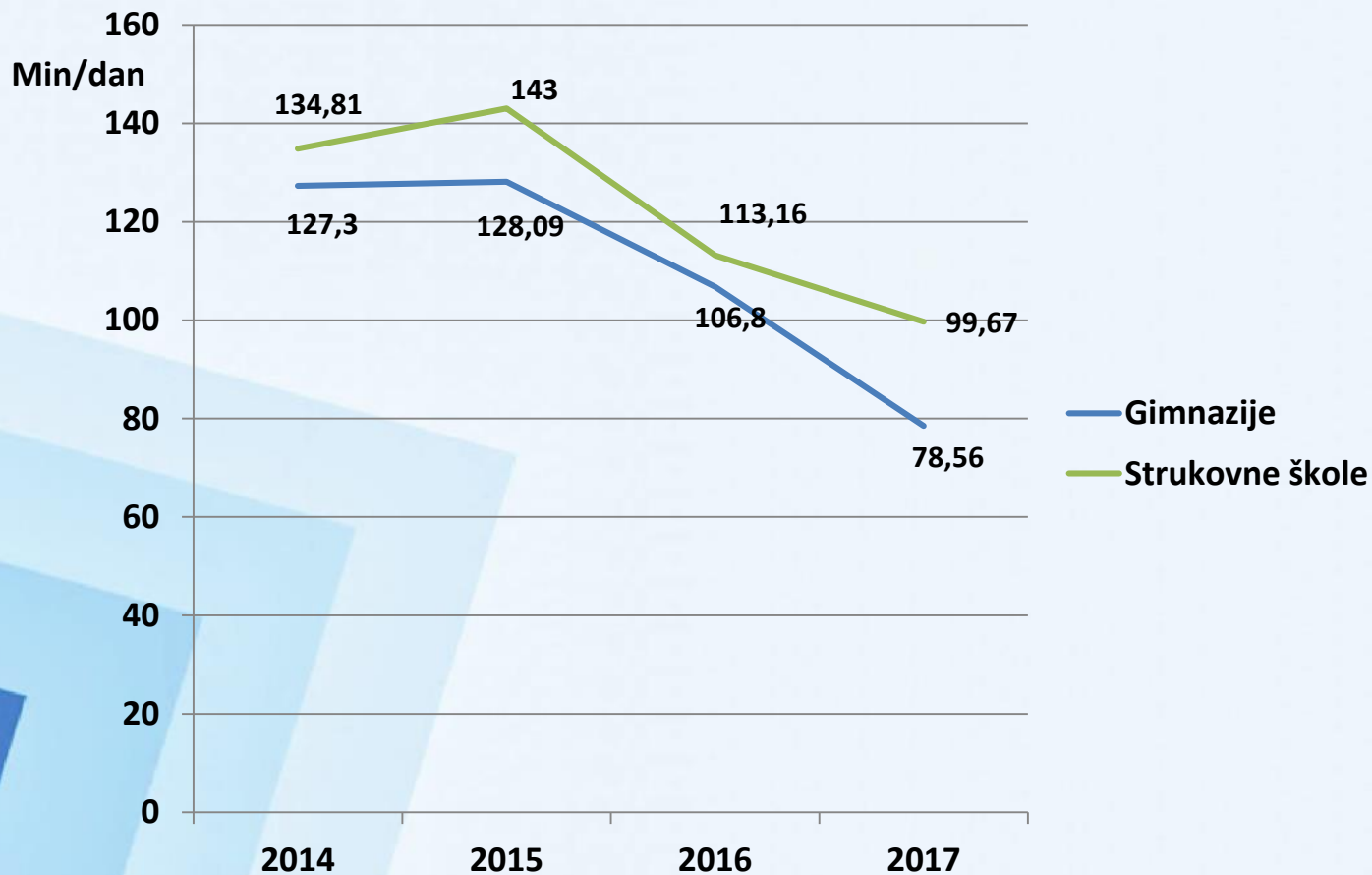
— Dječaci
— Djevojke



Razlike prema vrsti školovanja



Umjerena do žustra tjelesna aktivnost-dečki

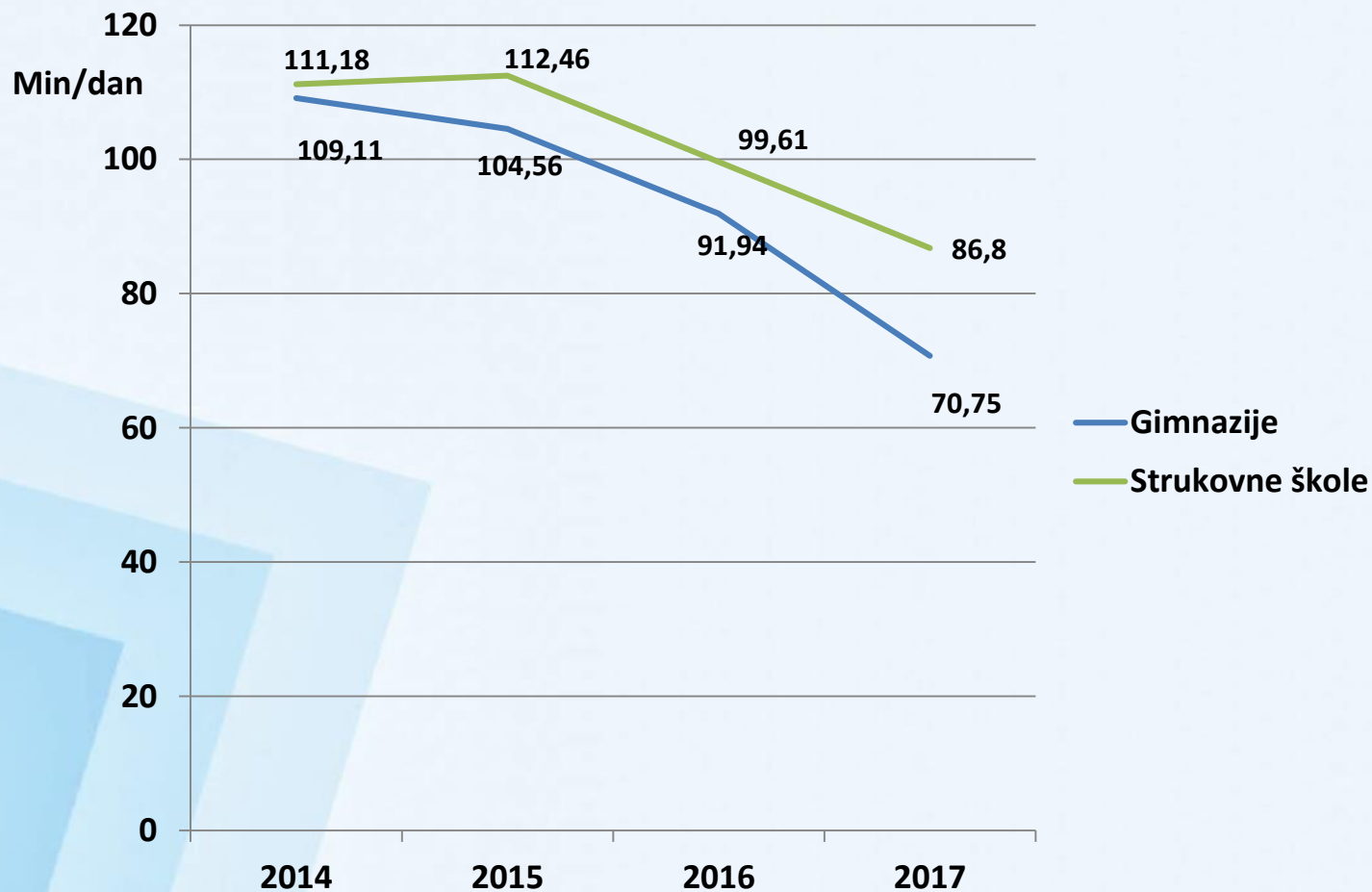
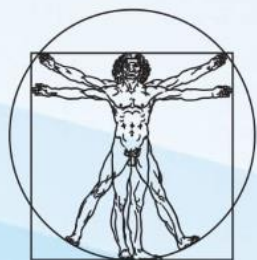


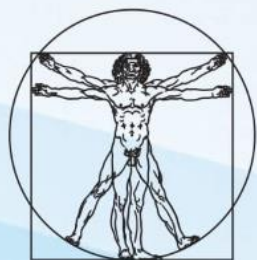


Razlike prema vrsti školovanja

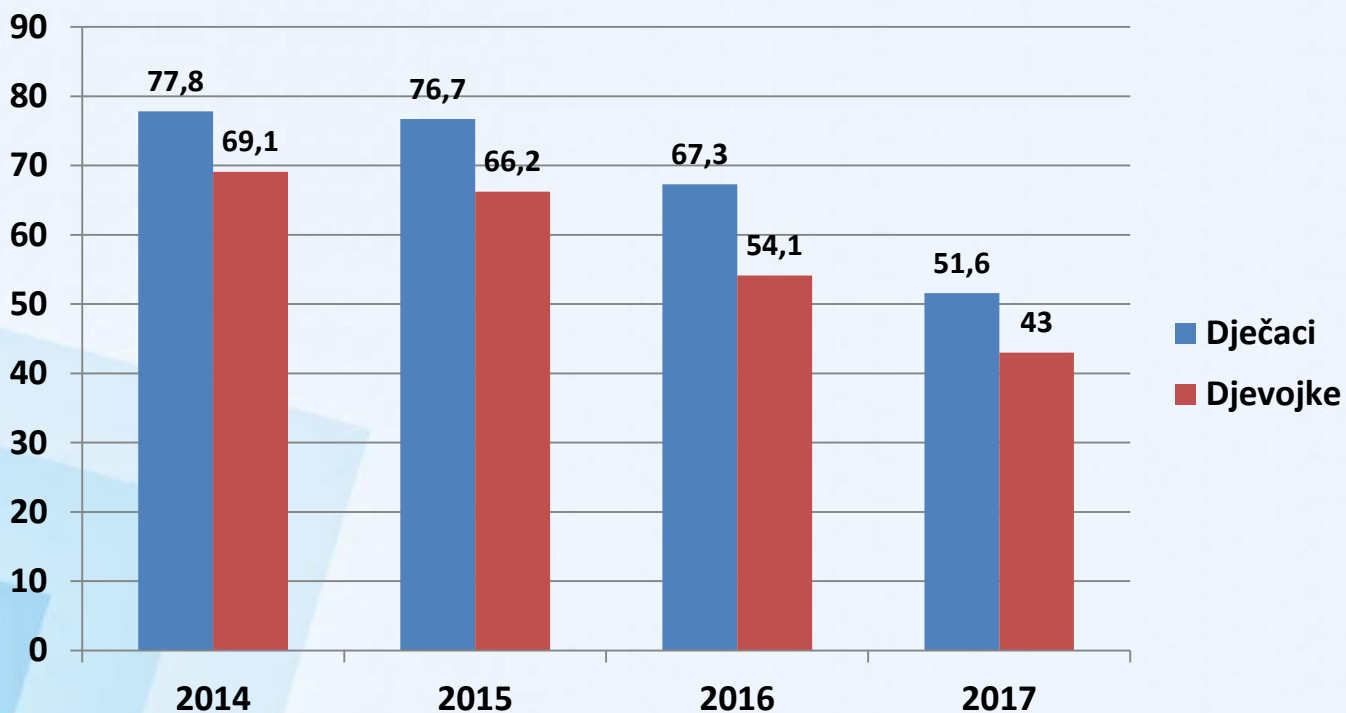


Umjerena do žustra tjelesna aktivnost-djevojke



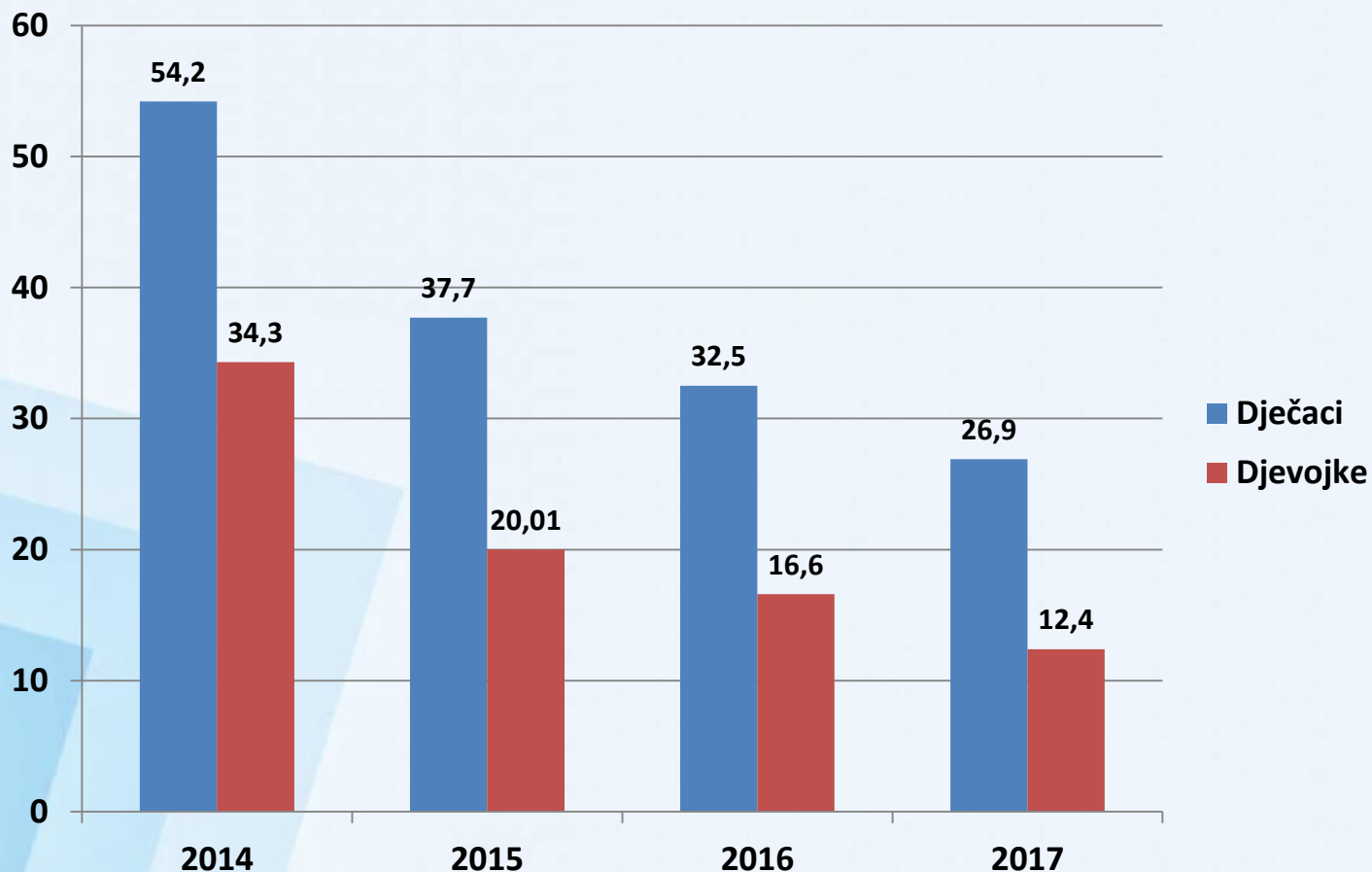
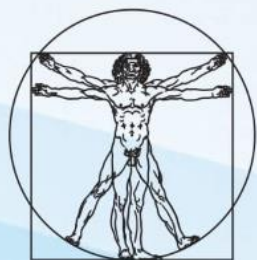


Udjel dovoljno aktivnih adolescenata



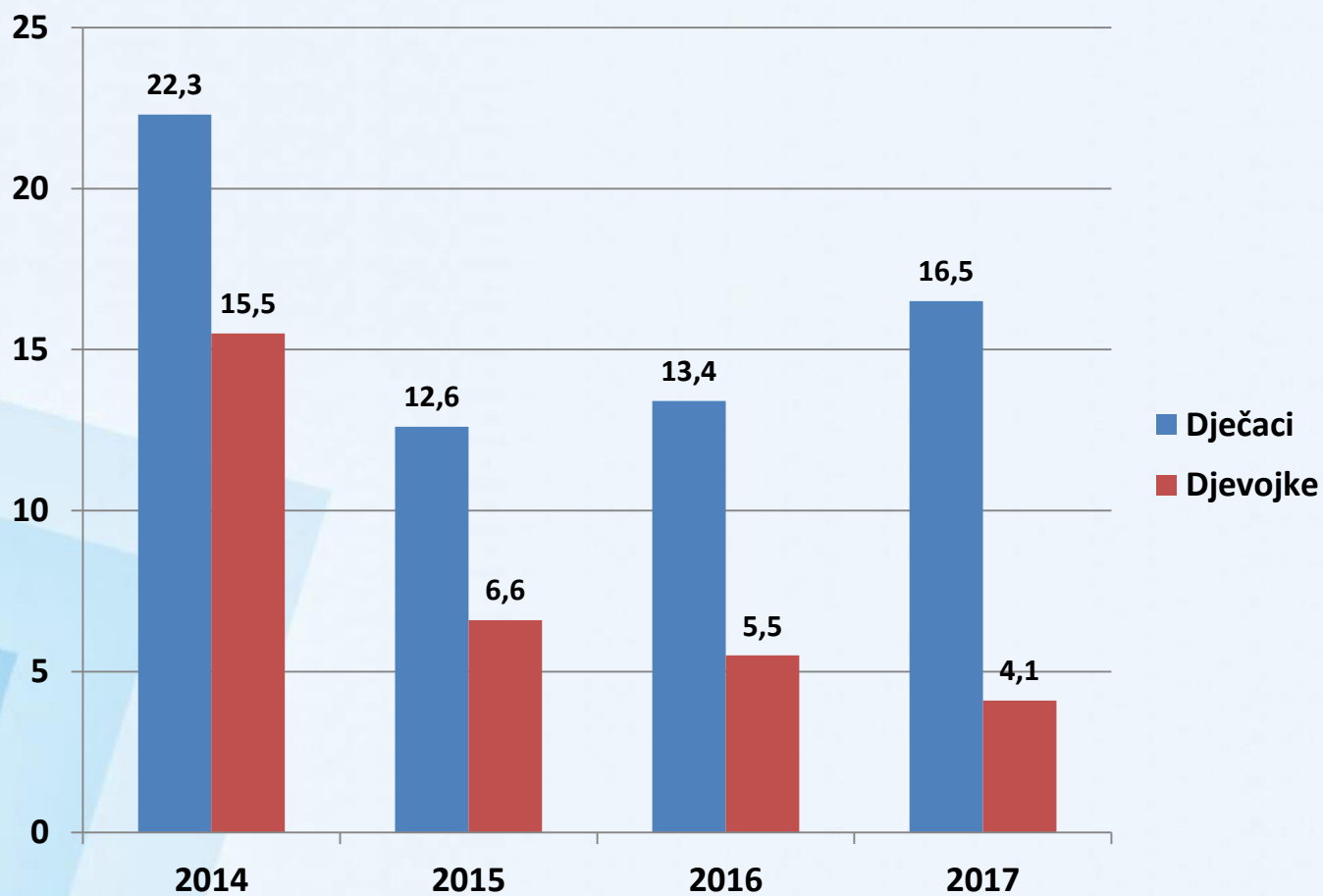
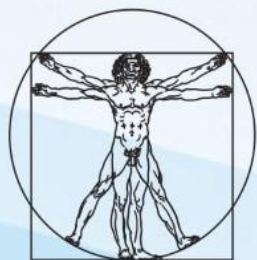


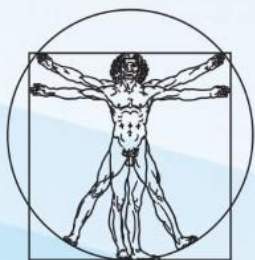
Sudjelovanje u sportu izvan škole



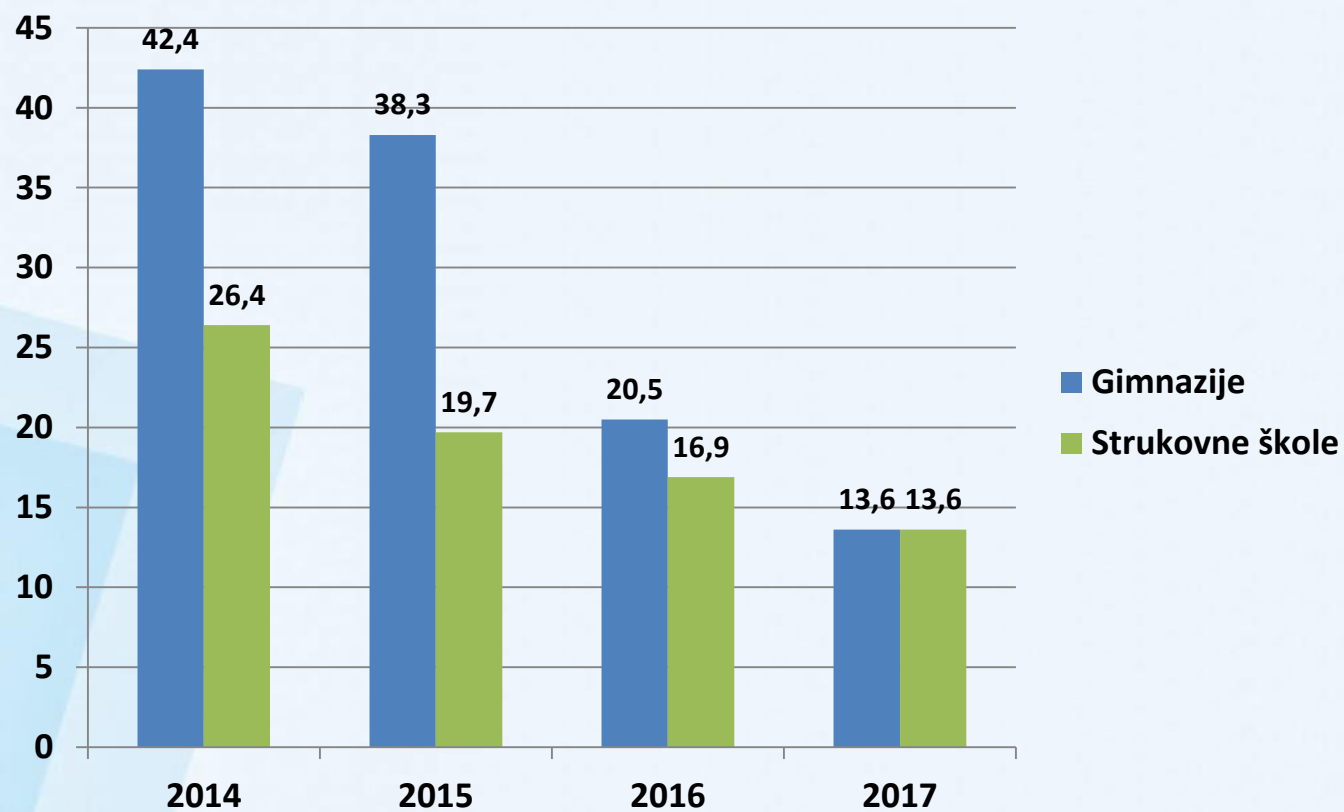


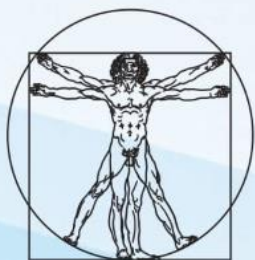
Sudjelovanje u školskom sportu



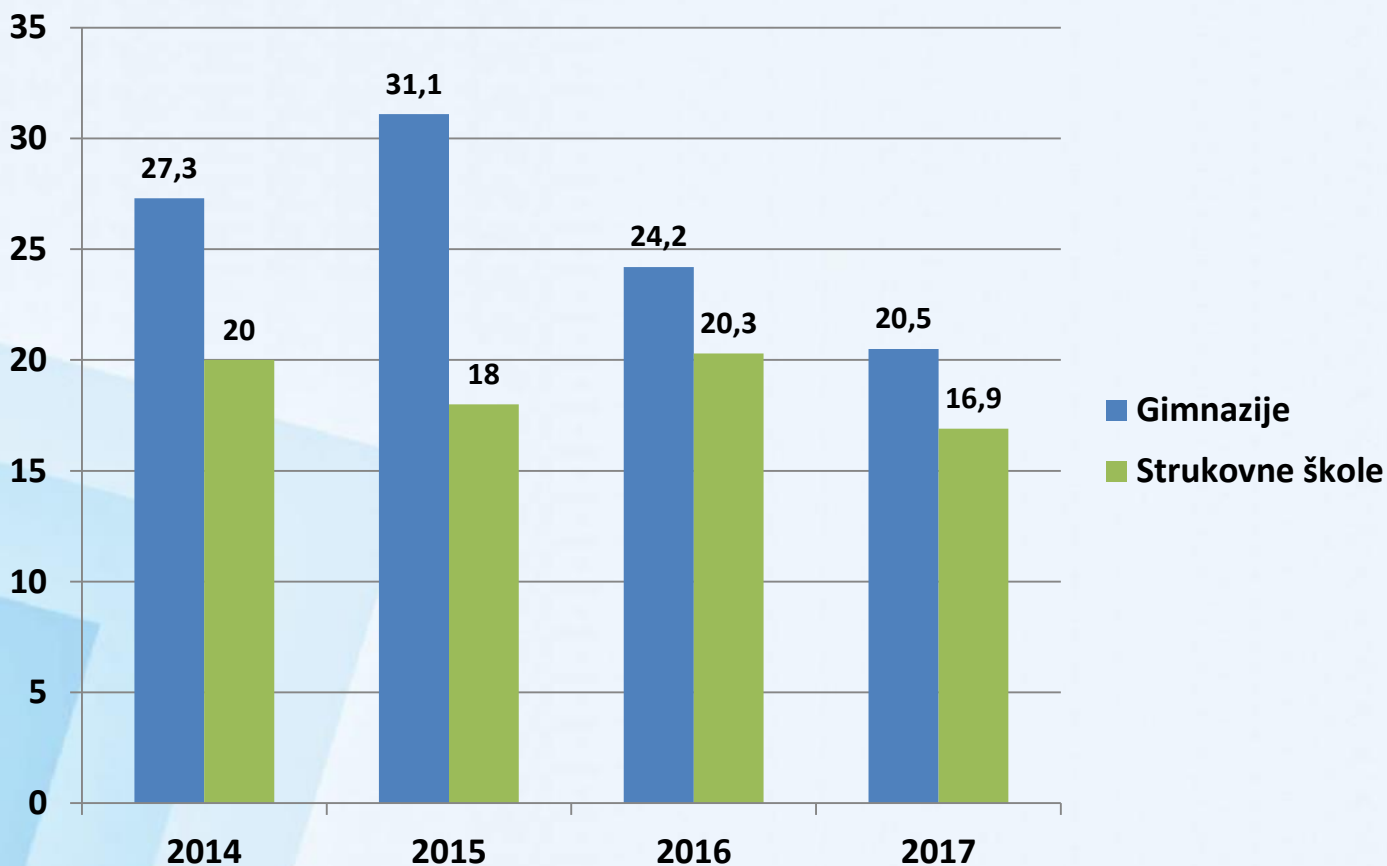


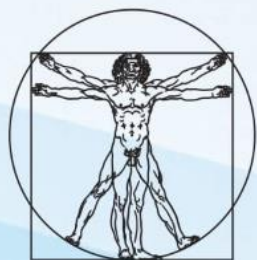
Sudjelovanje u sportu izvan škole-dečki



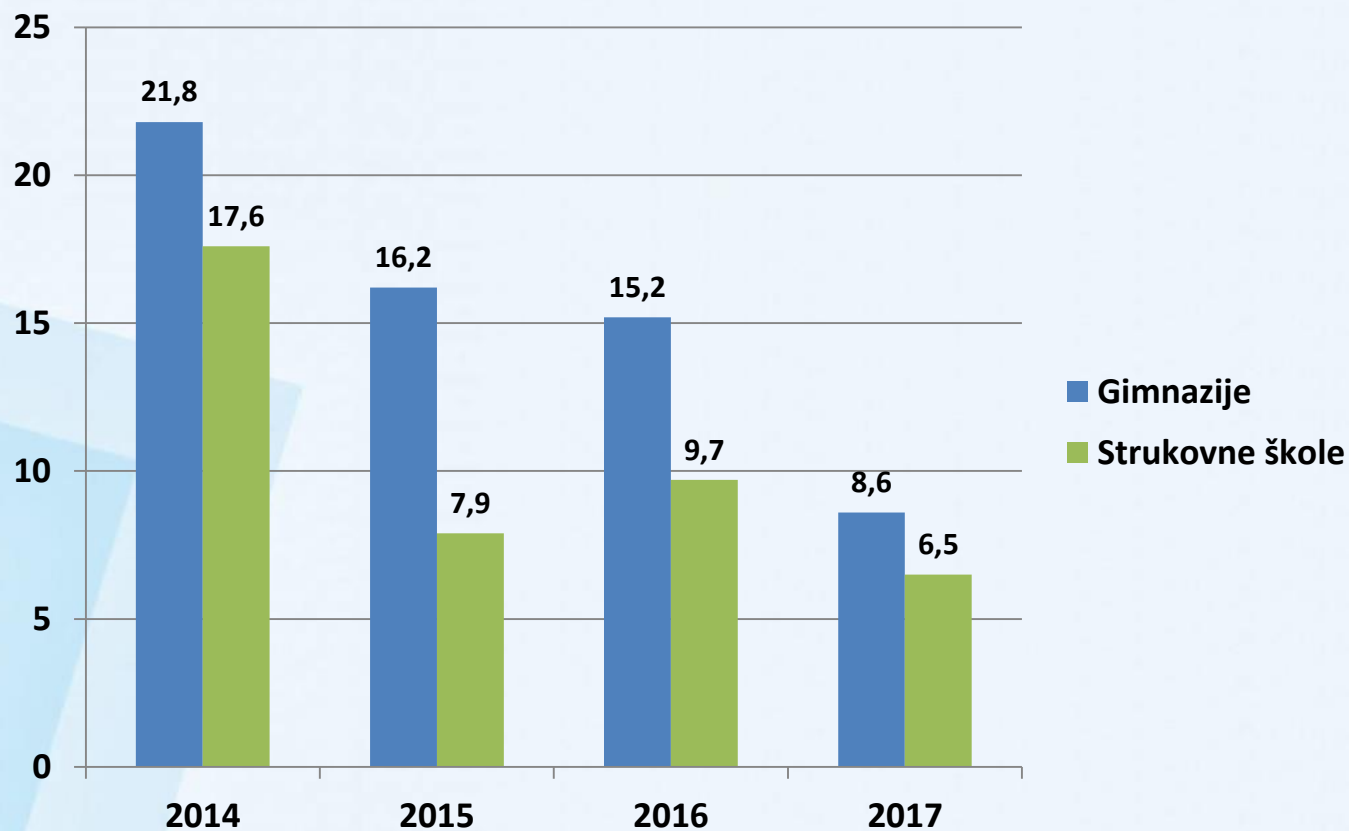


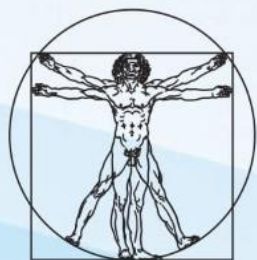
Sudjelovanje u sportu u školi-dečki



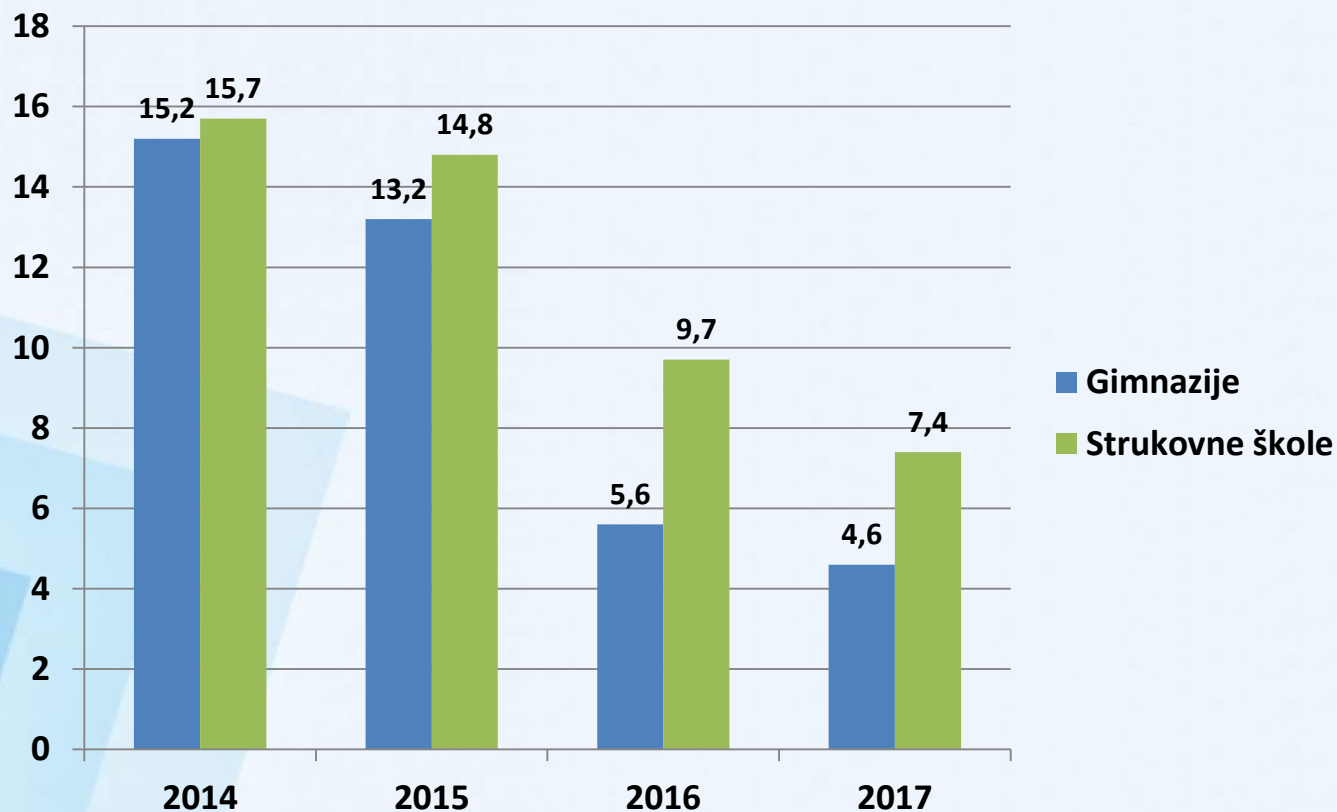


Sudjelovanje u sportu izvan škole-djevojke

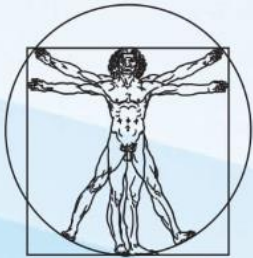




Sudjelovanje u sportu u školi-djevojke



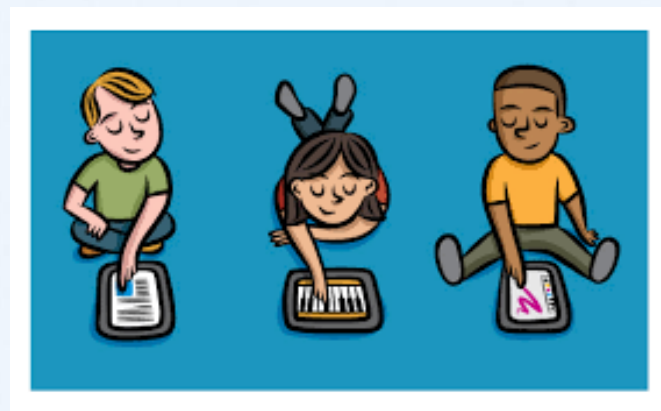
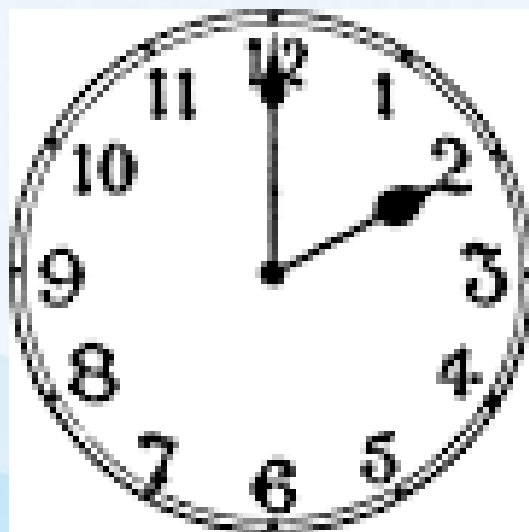
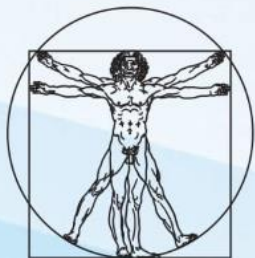
Sedentarno ponašanje

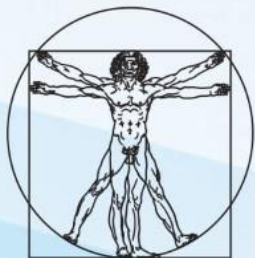


- Sjedenje ili ležanje
- Ne i spavanje!



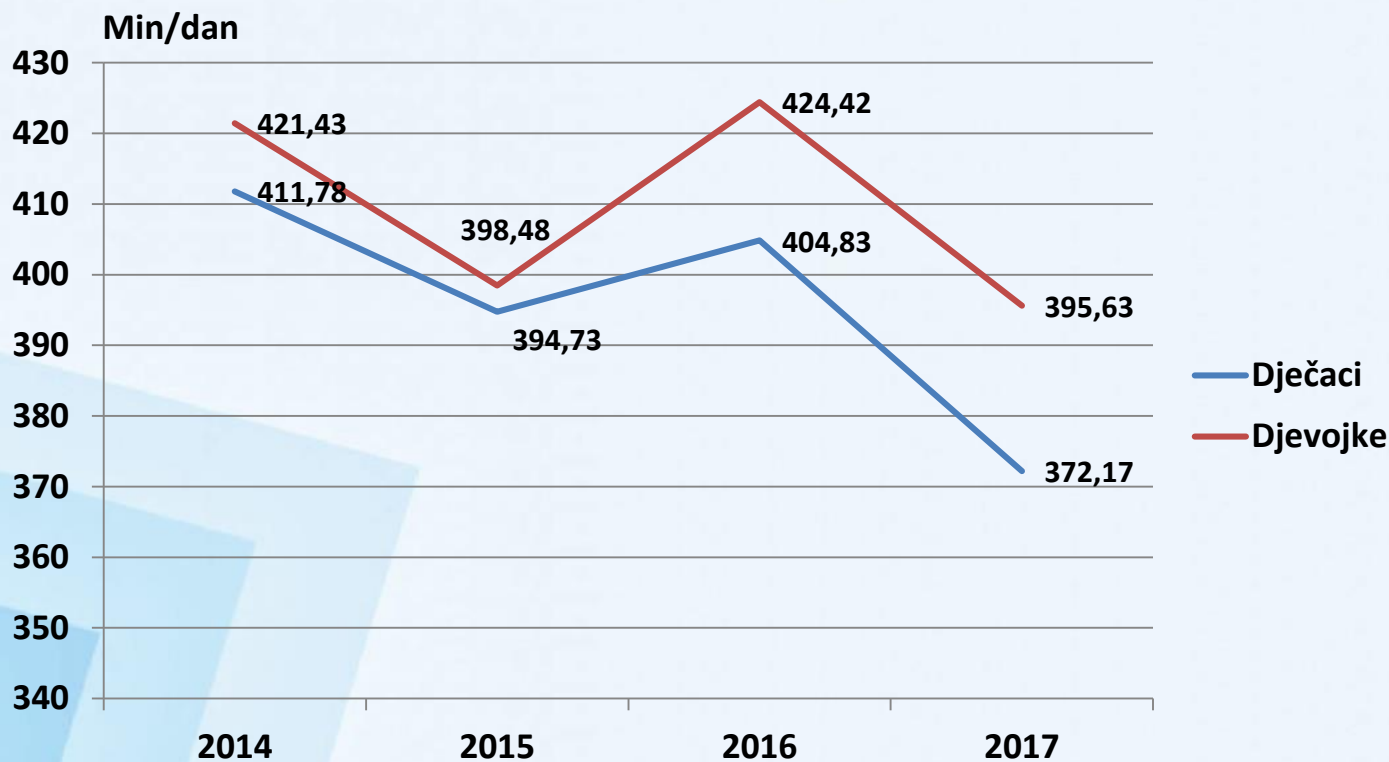
Koliko je previše?

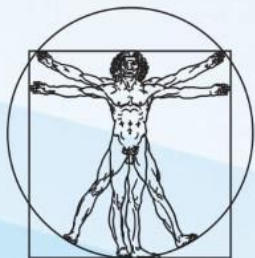




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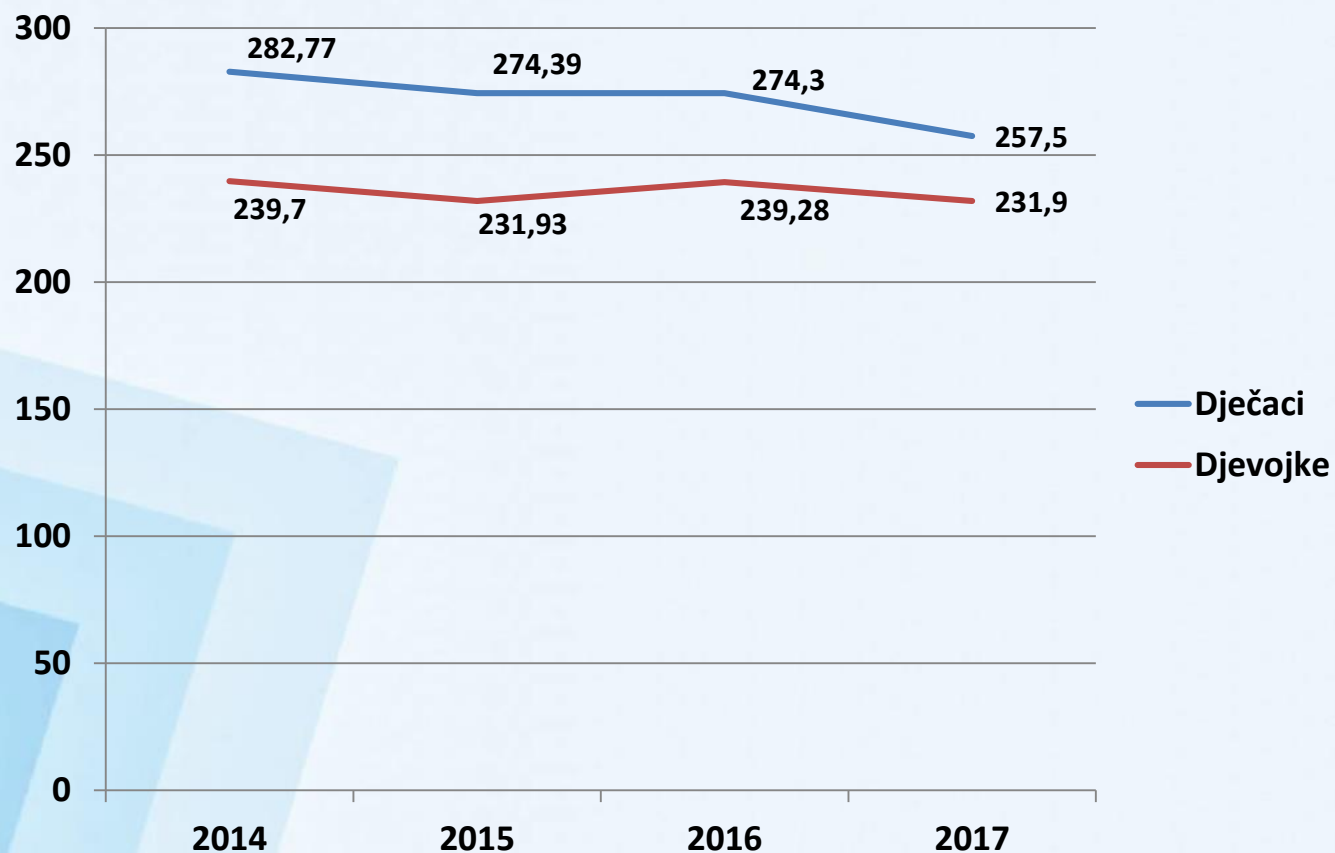
Ukupno sedentarno ponašanje





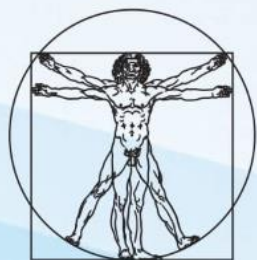
Vrijeme pred ekranima

Min/dan

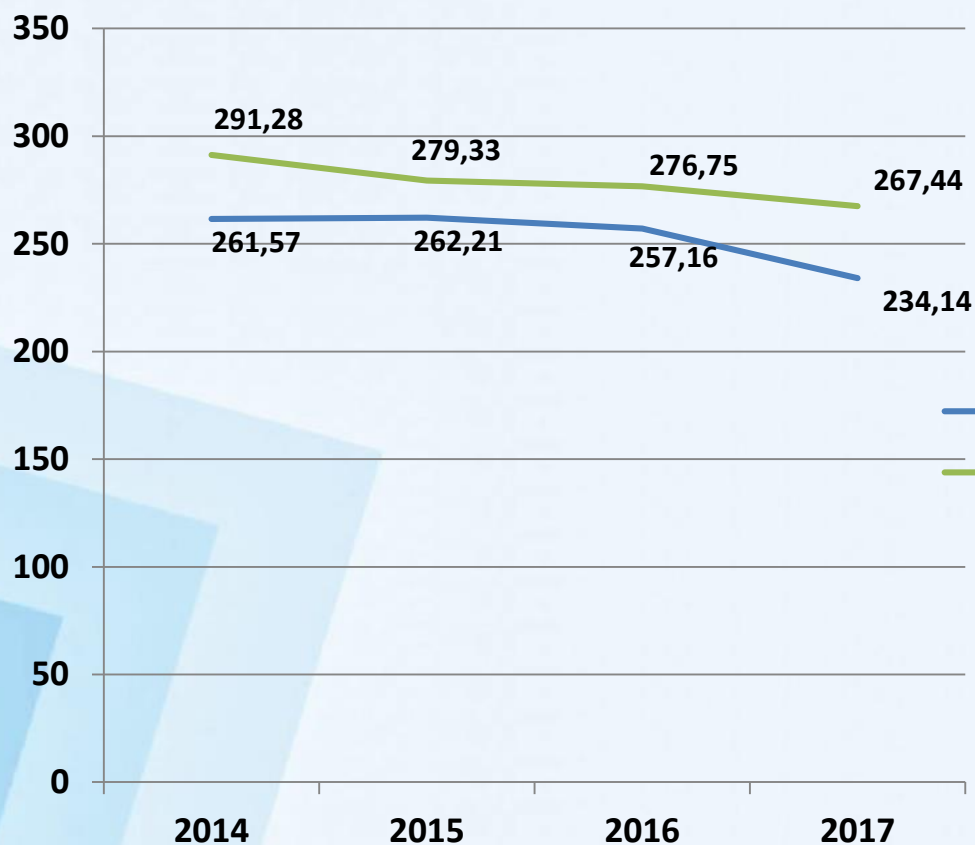




Vrijeme pred ekranima - dečki



Min/dan

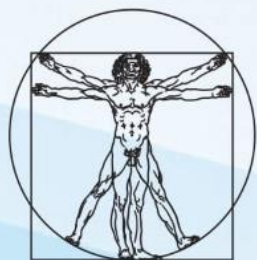


— Gimnazije

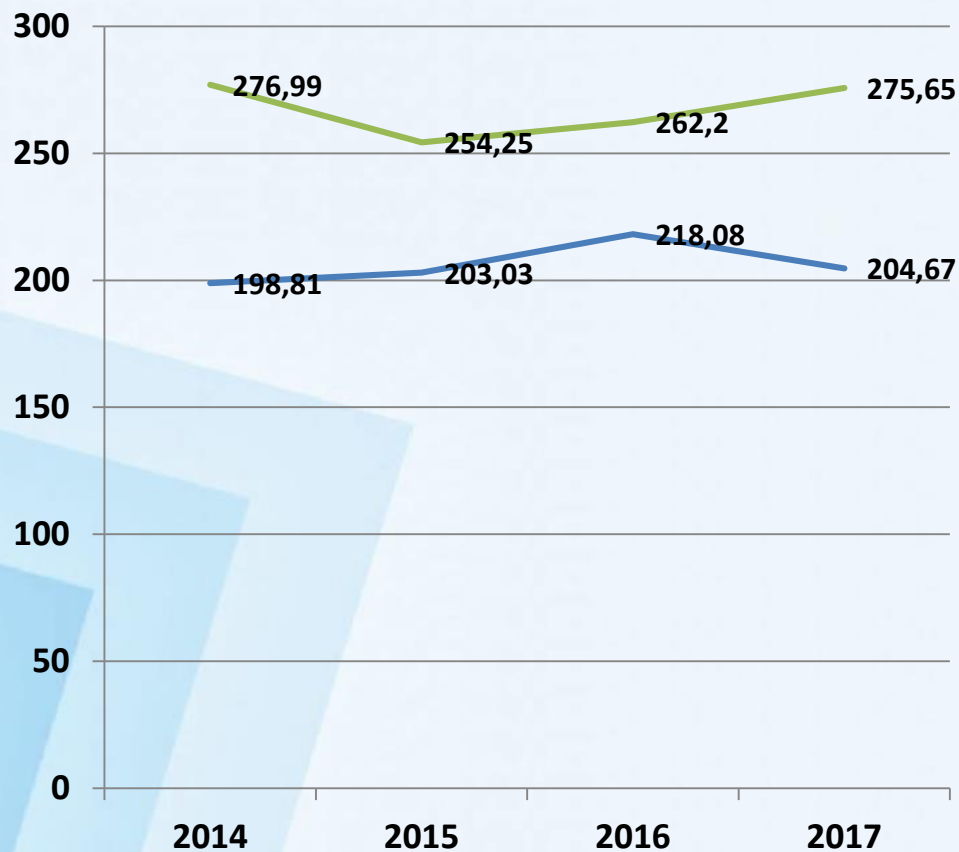
— Strukovne škole



Vrijeme pred ekranima -djevojke

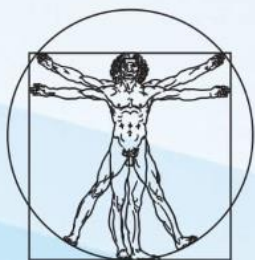


Min/dan

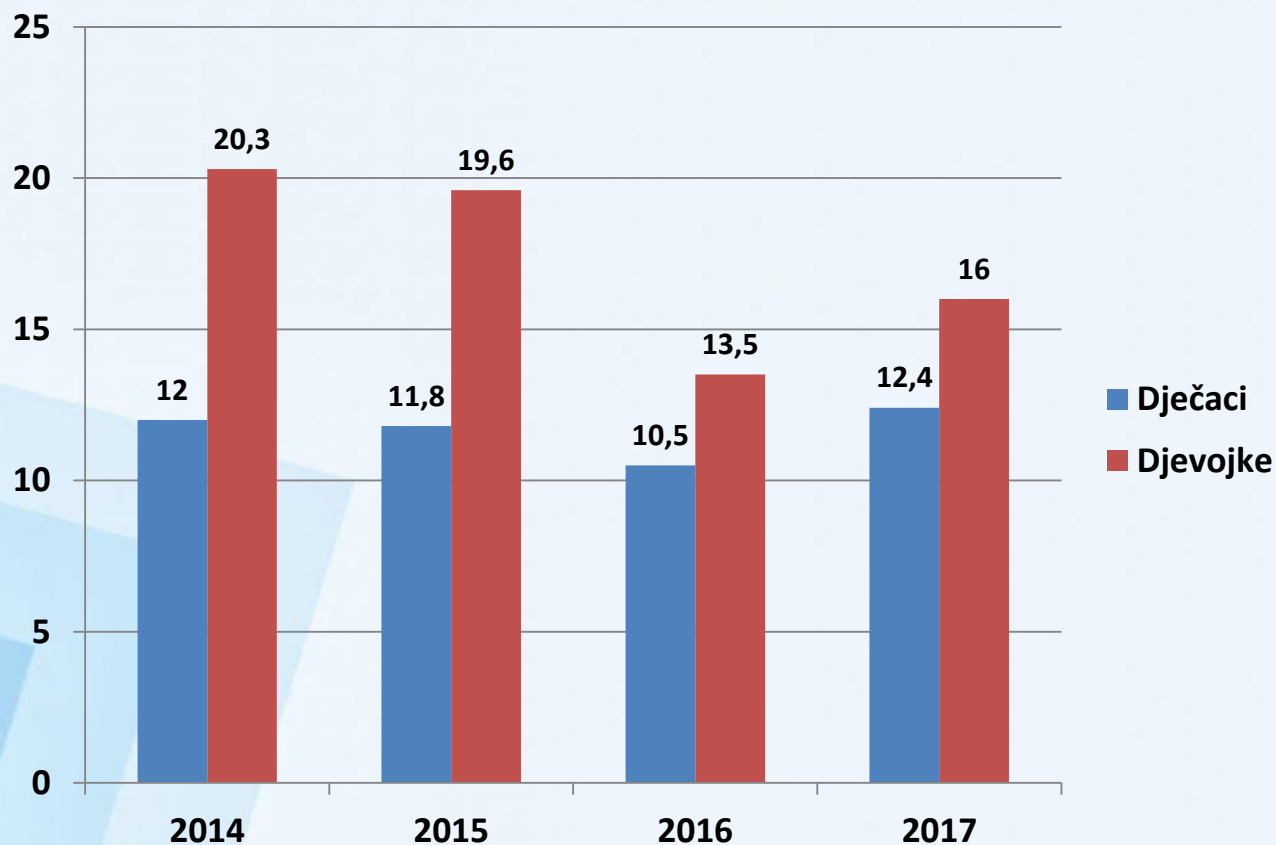


— Gimnazije

— Strukovne škole

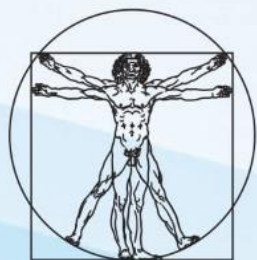


Udjel adolescenta koji provode <120 min/dan pred ekranima

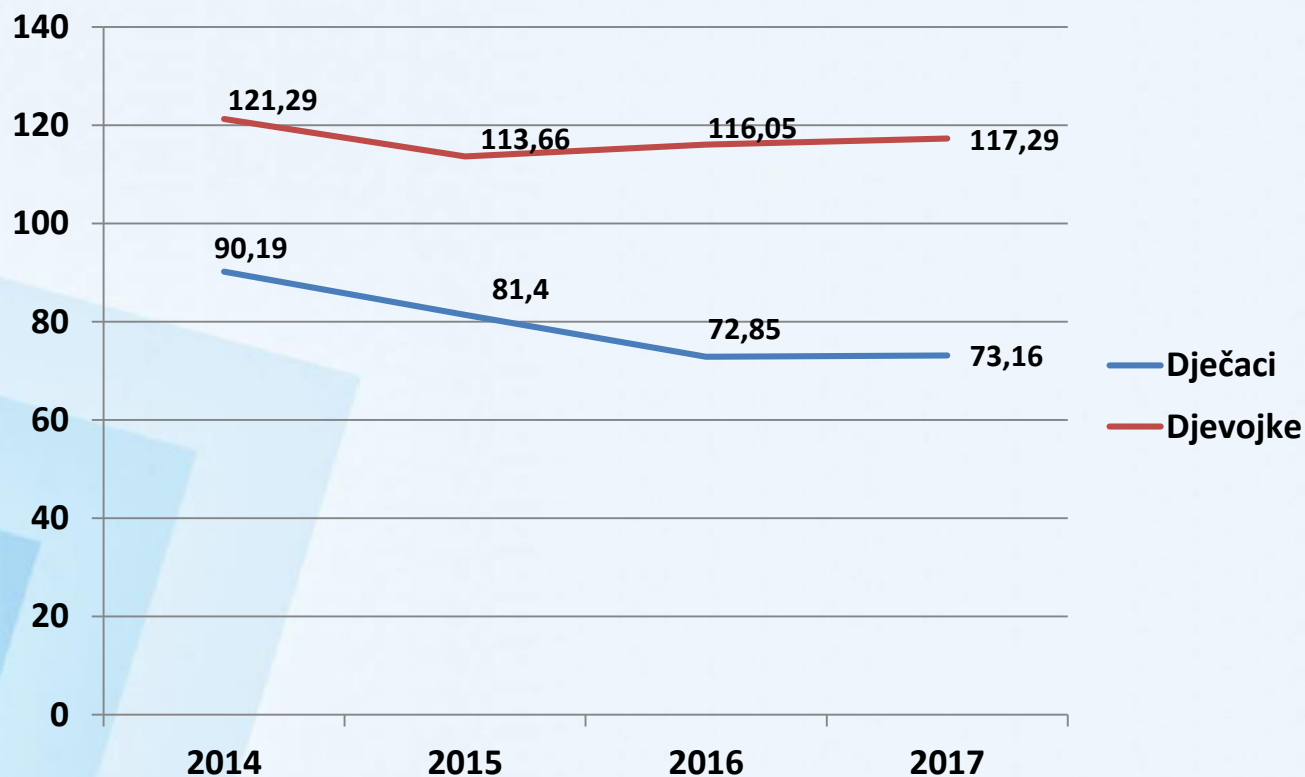




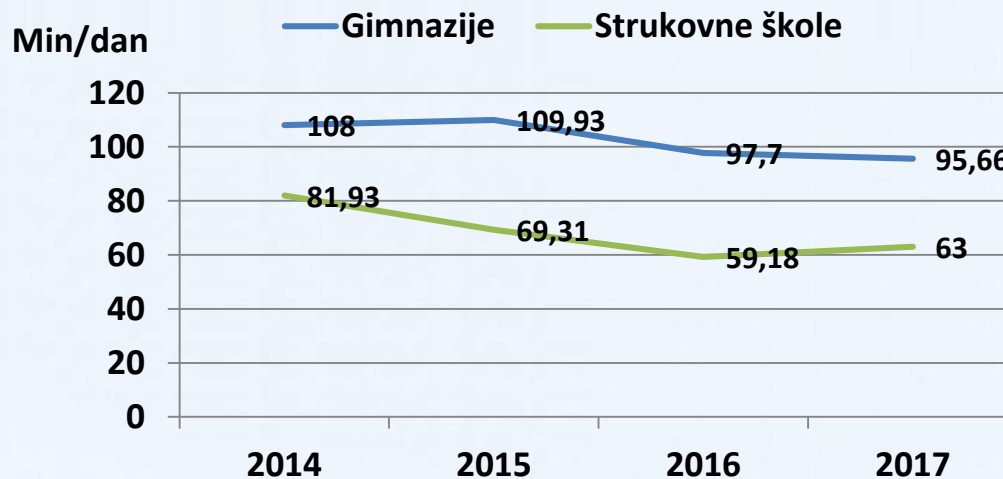
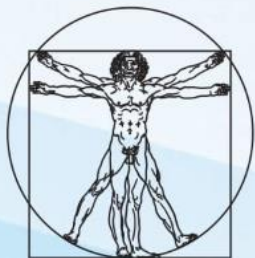
Zadaća i učenje



Min/dan



Zadaća i učenje

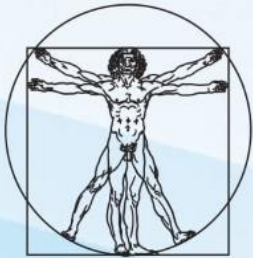


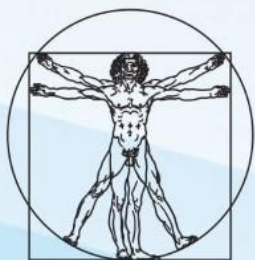
dečki



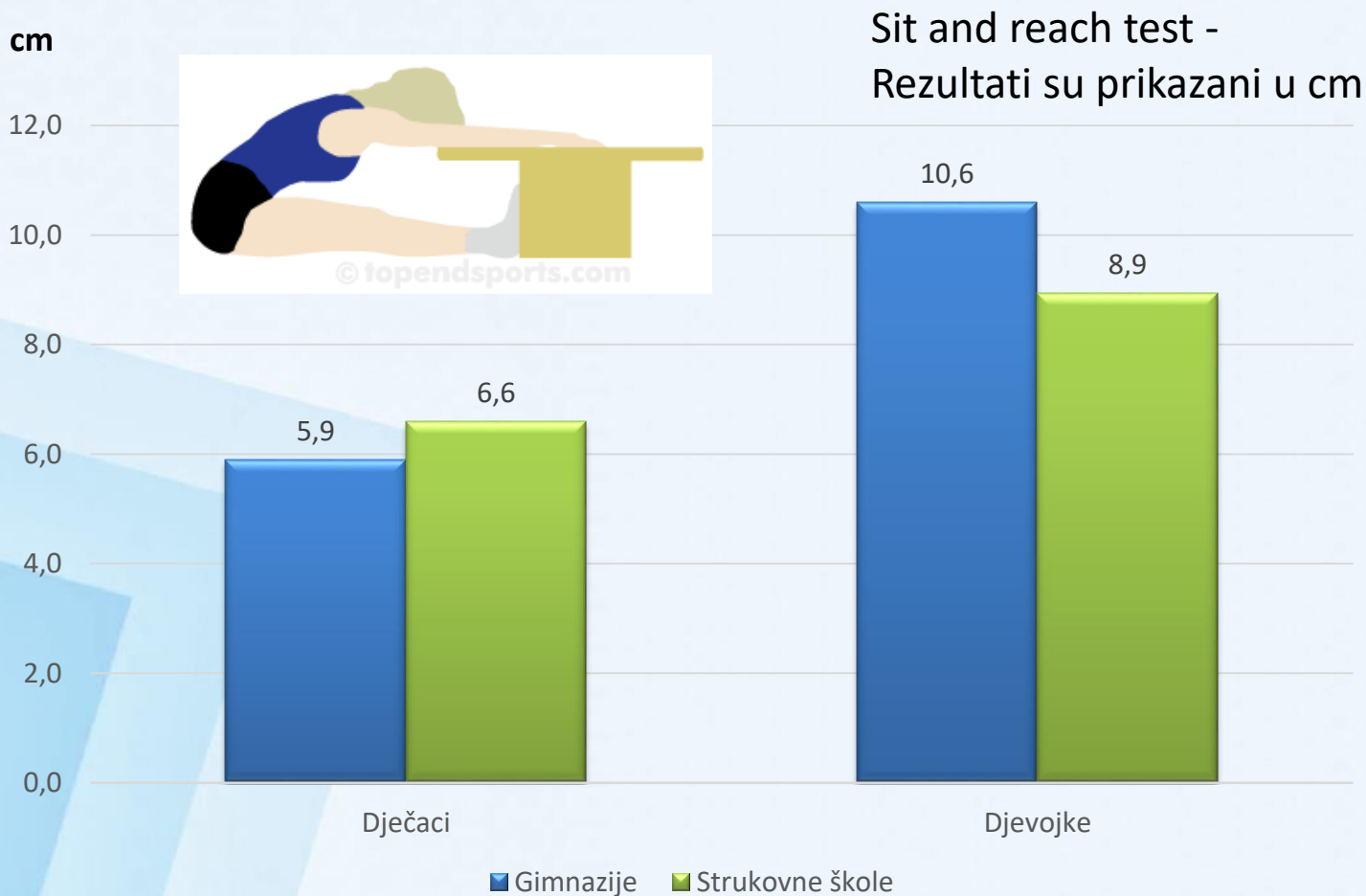
cure

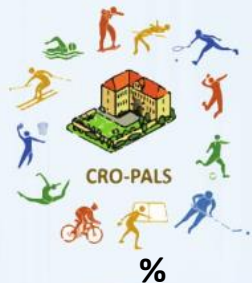
Fitnes



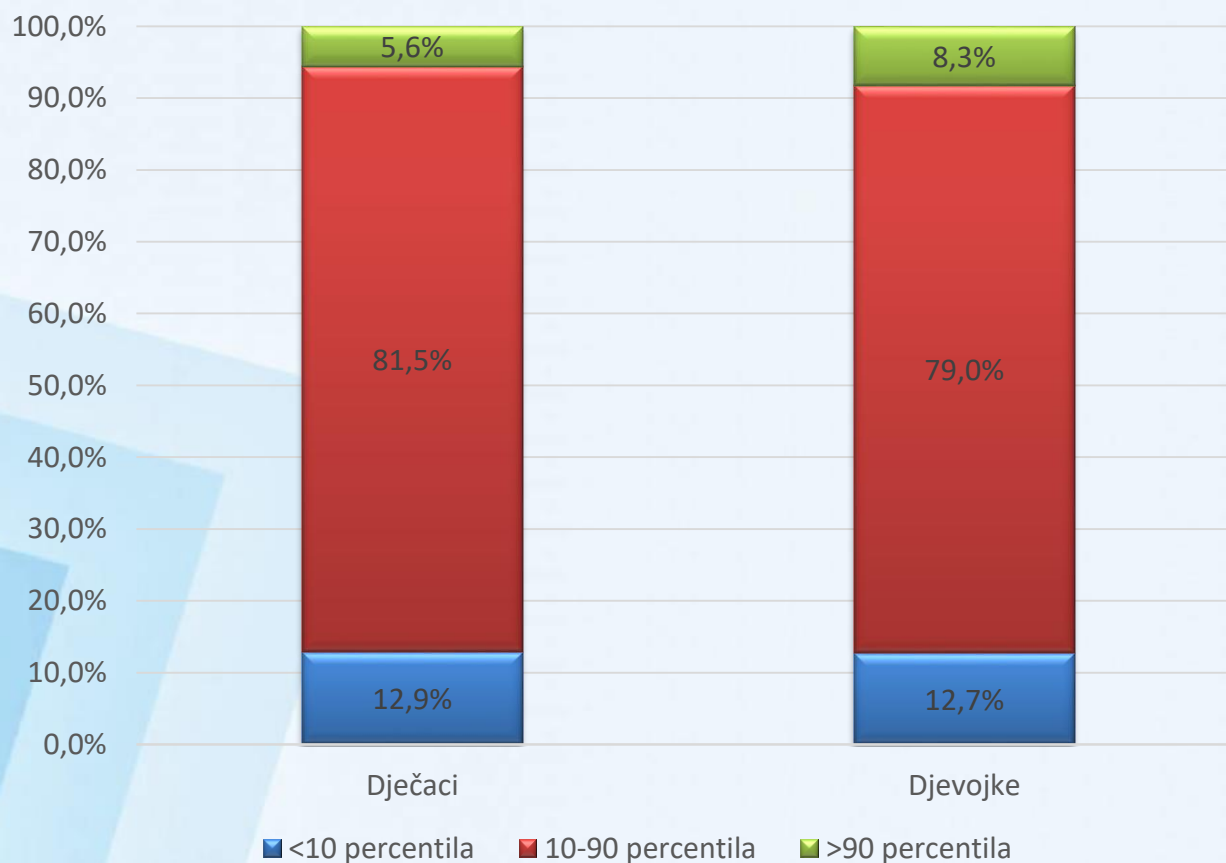
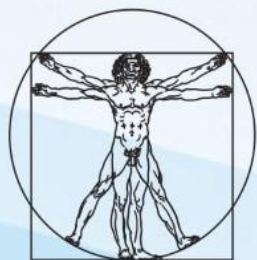


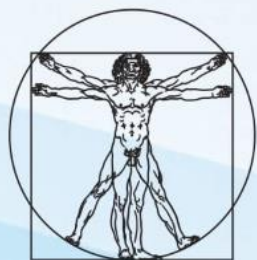
Razlike u fleksibilnosti između dječaka i djevojaka u gimnazijama i strukovnim školama



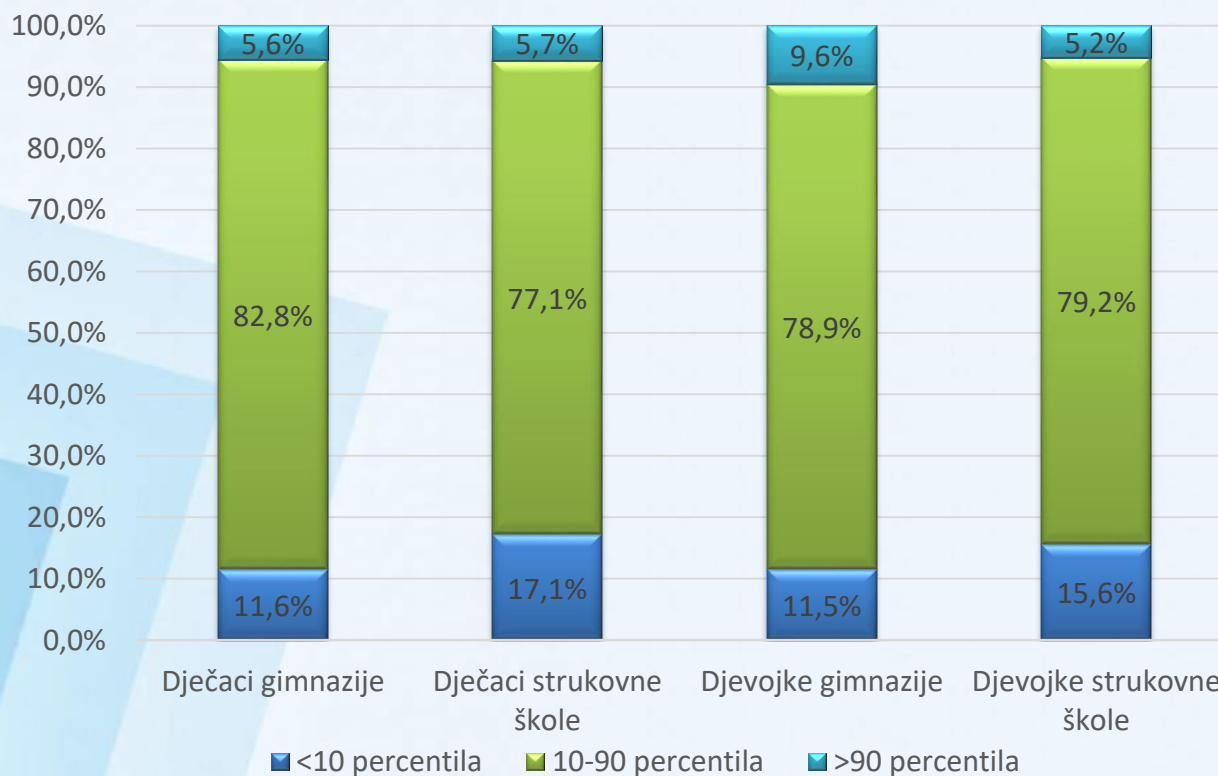


Odstupanja od normativa u fleksibilnosti kod dječaka i djevojaka



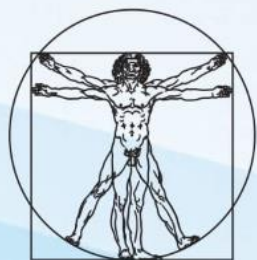


Razlike u odstupanju od normativa u fleksibilnosti kod dječaka i djevojaka u gimnazijama i strukovnim školama





cm



Razlike u eksplozivnoj snazi nogu između dječaka i djevojaka u gimnazijama i strukovnim školama

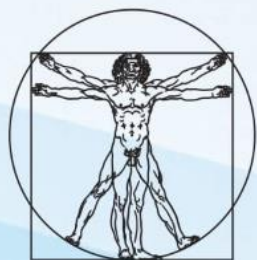


Skok u dalj s mjesta -
Rezultati su prikazani u cm

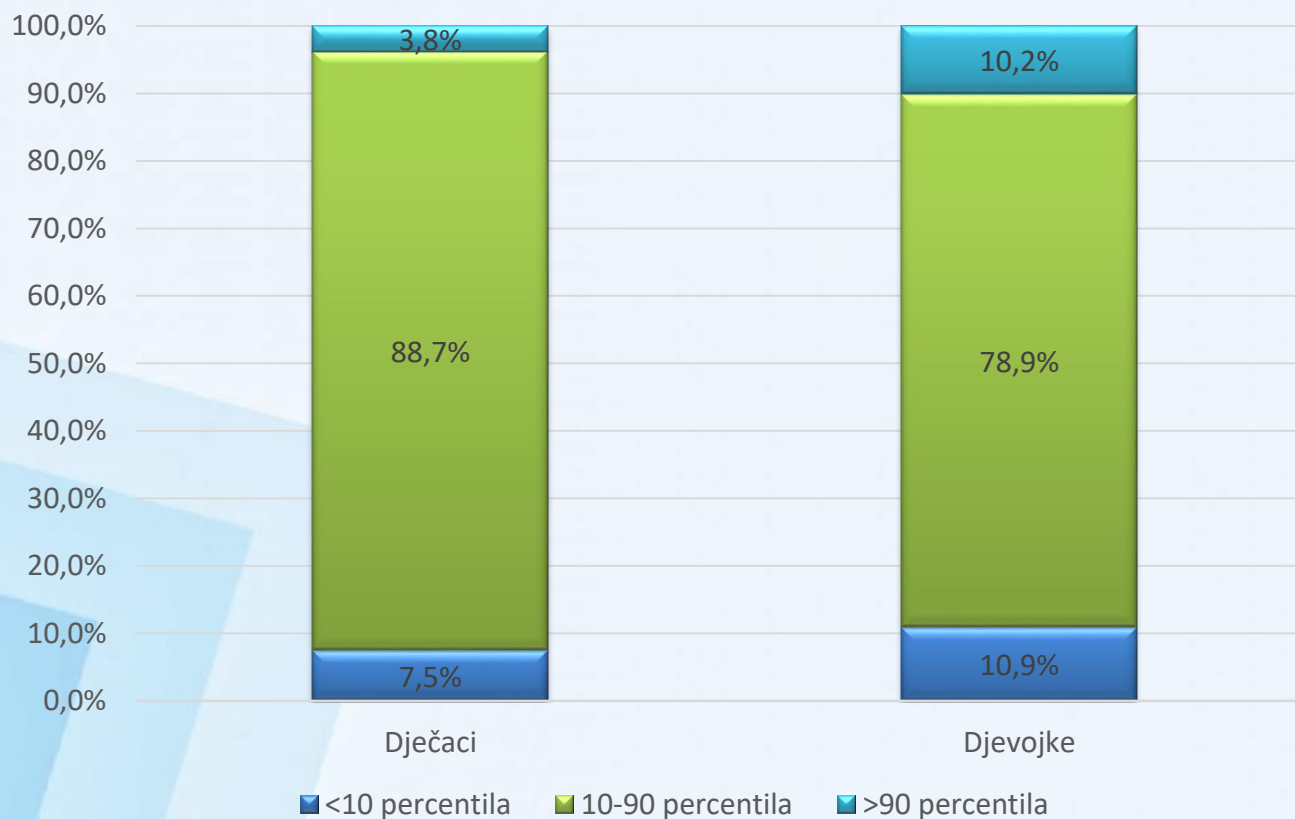




%

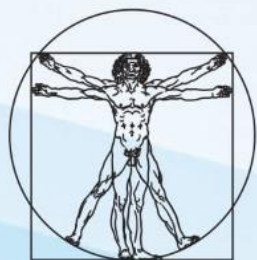


Odstupanja od normativa u eksplozivnoj snazi nogu (skok u dalj s mjesta) kod dječaka i djevojaka

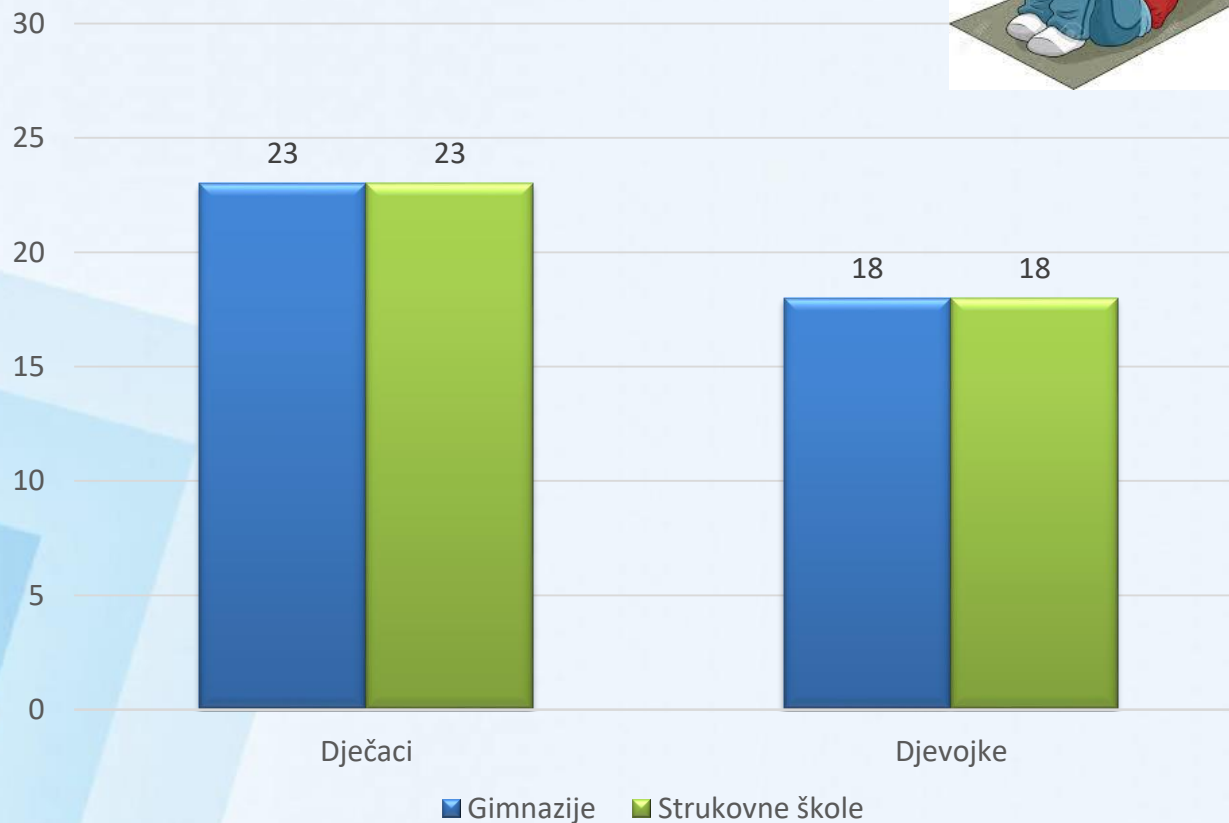


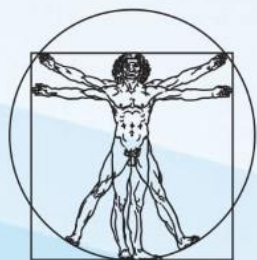
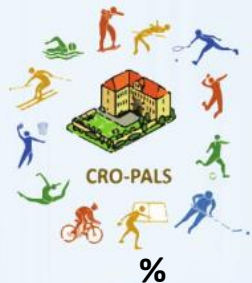


Razlike u repetitivnoj snazi trupa između dječaka i djevojaka u gimnazijama i strukovnim školama

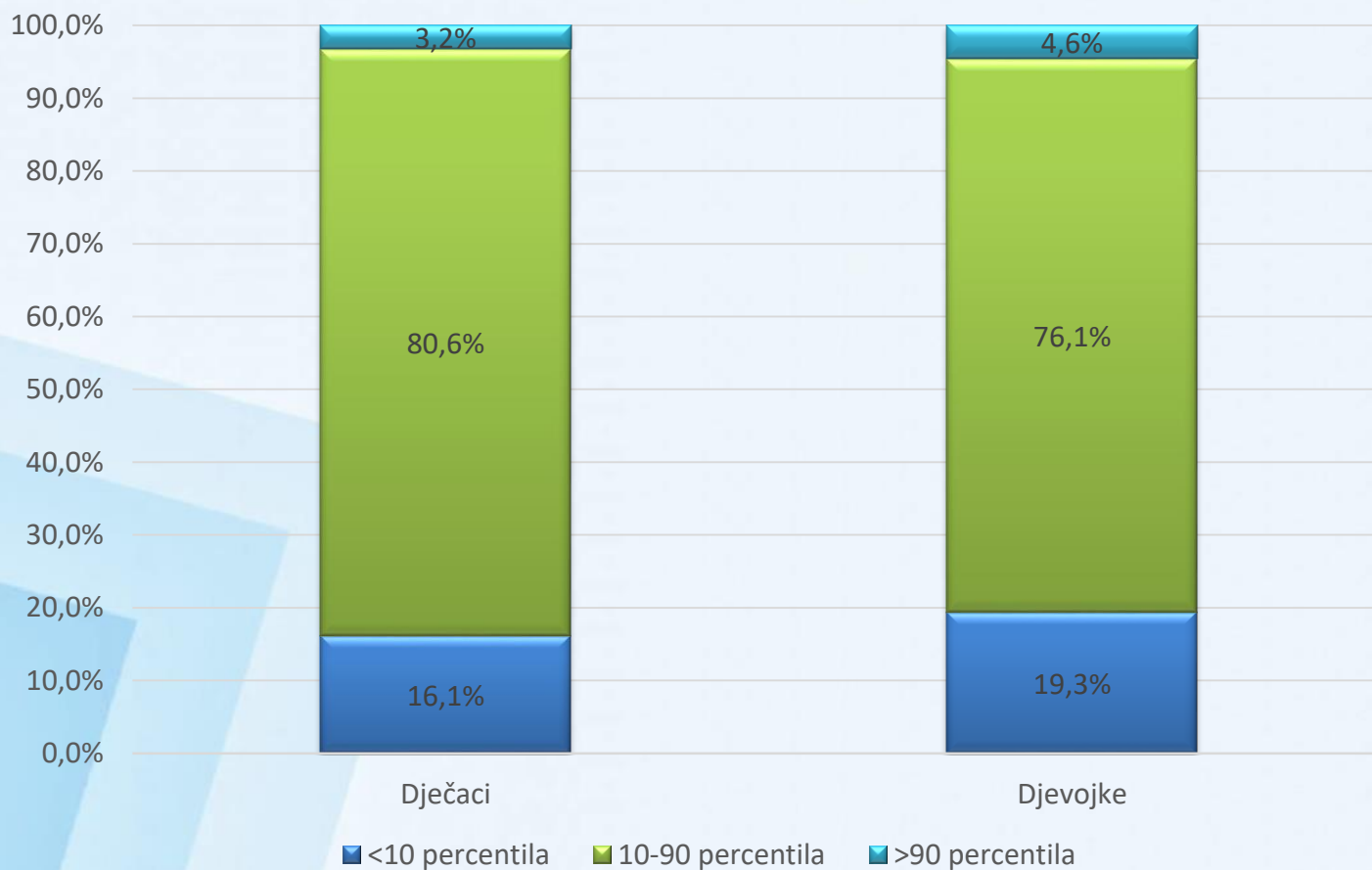


Trbušnjaci – broj izvedenih u 30s



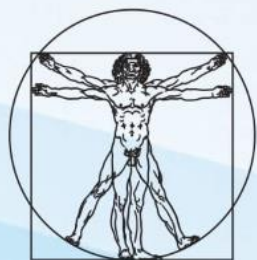


Odstupanja od normativa u repetitivnoj snazi trupa (trbušnjaci) kod dječaka i djevojaka

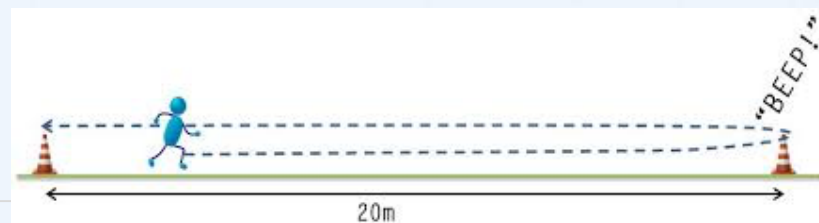
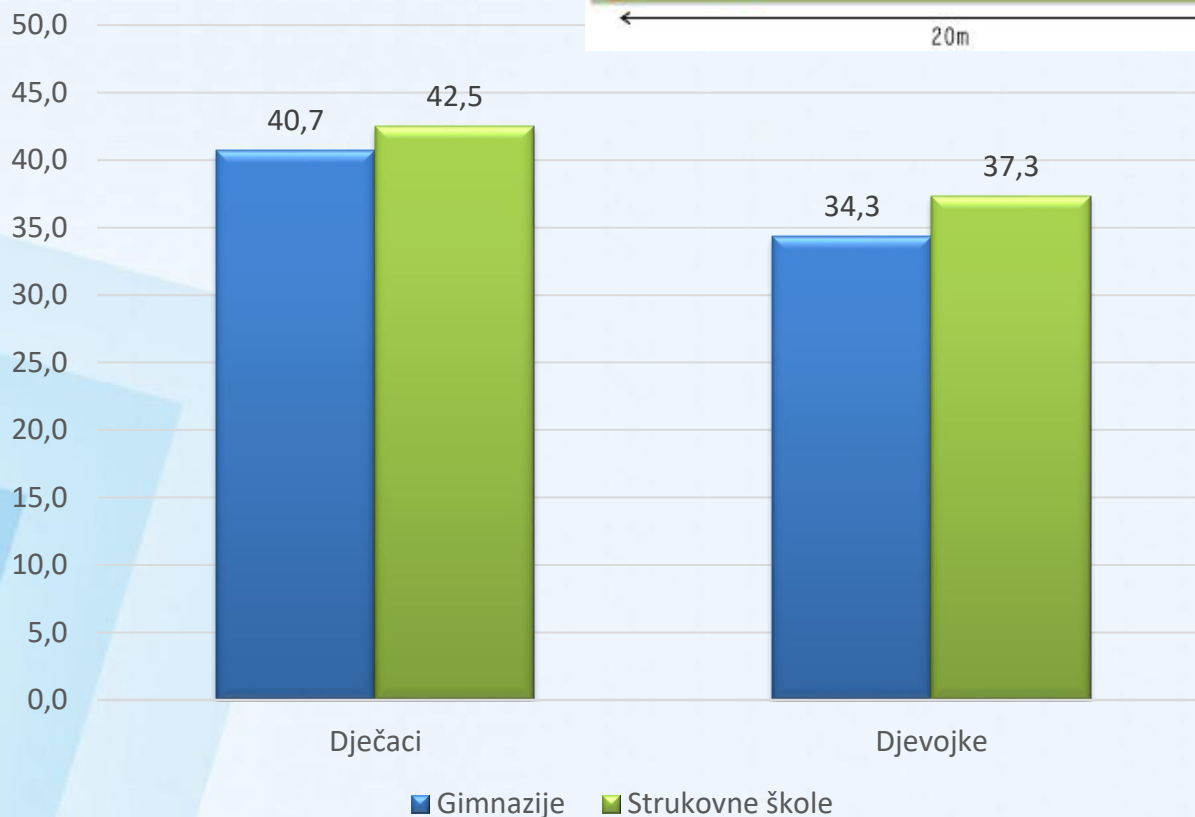


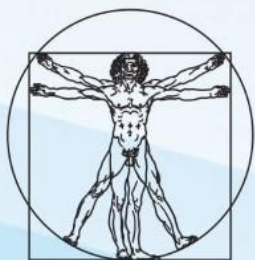
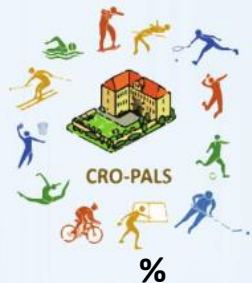


Razlike u izdržljivosti (Beep test - procjena $VO_2\text{max}$) između dječaka i djevojaka u gimnazijama i strukovnim školama

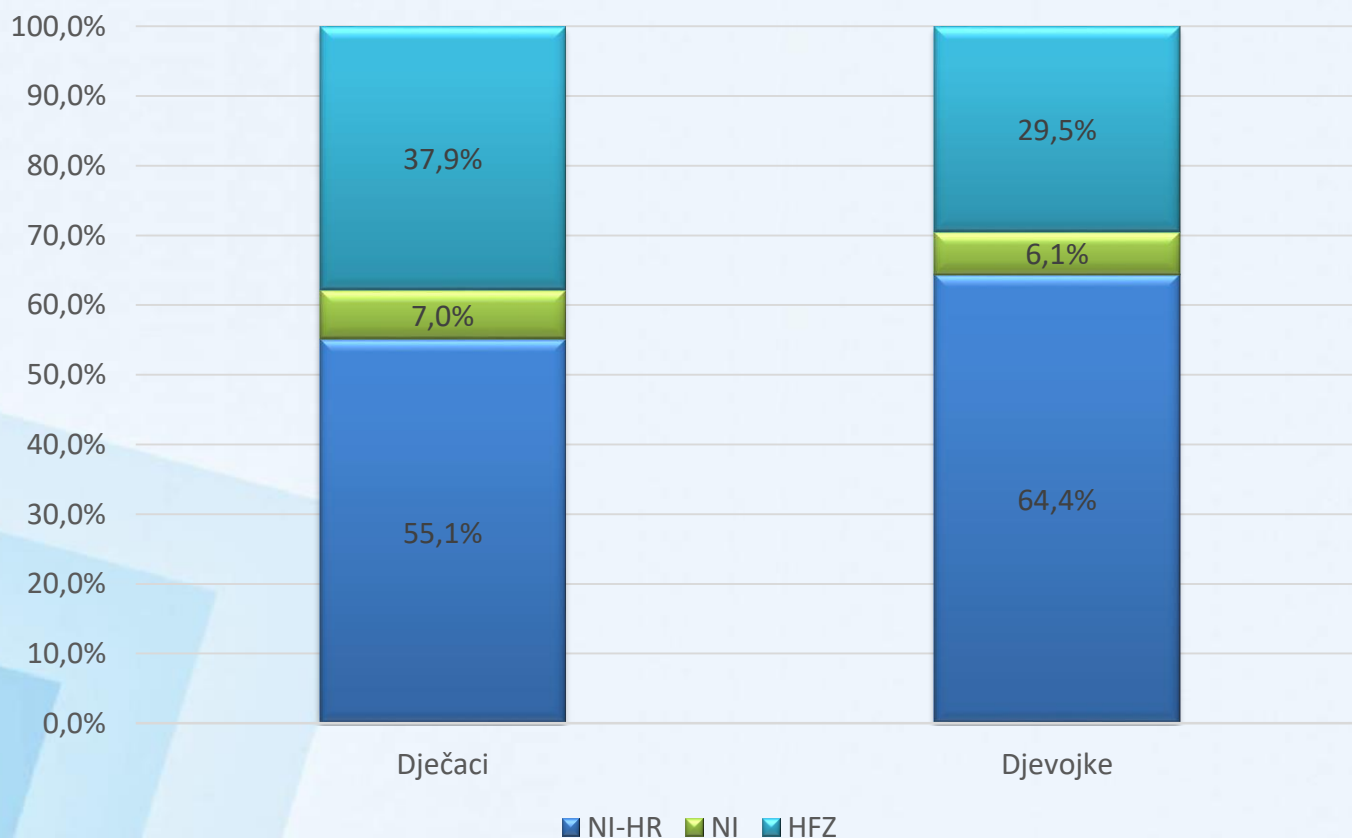


Procijenjeni $VO_2\text{max}$ (ml/kg/min)

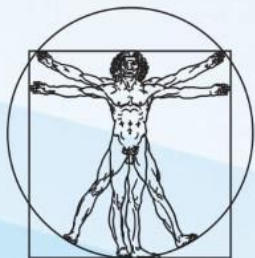




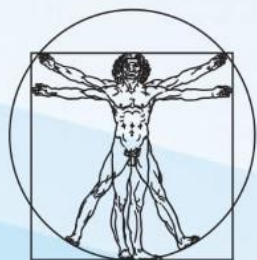
Zastupljenost pojedinih zdravstvenih fitnessa zona za izdržljivost (prema vrijednosti VO₂max)



- HFZ – zdrave vrijednosti aerobnog fitnessa (healthy fitness zone)
- NI – potrebno poboljšanje (needs improvement)
- NI-HR – zdravstveno rizične vrijednosti (health risk)



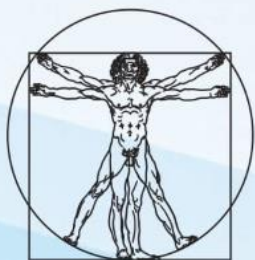
ZAHVALE



UKLJUČNE ŠKOLE

- II. GIMNAZIJA
- V. GIMNAZIJA
- VII. GIMNAZIJA
- X. GIMNAZIJA IVAN SUPEK
- GIMNAZIJA TITUŠA BREZOVAČKOG
- GRADITELJSKA TEHNIČKA ŠKOLA
- HOTELIJERSKO-TURISTIČKA ŠKOLA U ZAGREBU
- I. TEHNIČKA ŠKOLA TESLA
- PRIRODOSLOVNA ŠKOLA VLADIMIRA PRELOGA
- PRIVATNA KLASIČNA GIMNAZIJA S PRAVOM JAVNOSTI
- ŠKOLA PRIMIJENJENE UMJETNOSTI I DIZAJNA
- TEHNIČKA ŠKOLA RUĐERA BOŠKOVIĆA
- TREĆA EKONOMSKA ŠKOLA
- UGOSTITELJSKO-TURISTIČKO UČILIŠTE





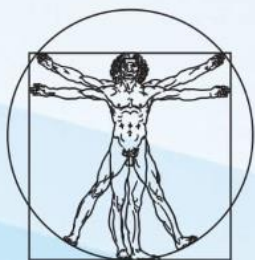
SURADNICI (PROF. TZK)

**ANA TITLIĆ
BRANKA DIMIĆ
BRANKA PAVIČIĆ
DIANA GREGURIĆ
ELSA FRÖEBE
GORDAN ŠNAJDER
GORDANA BJELIĆ
ILONKA RIS
IRENA MAROS
IVA KRANJČEVIĆ
IVANA PEČENIĆ
IVANA PERŠIĆ
KRISTIAN PLAZIBAT**

**MARINA ČOVIĆ
MARINKO CVITANOVIĆ
MARIO BORČIĆ
MARKO JURIČEVIĆ
MARKO LALIĆ
MICOLE ŽIĆ
MILAN KONČAREVIĆ
MIRJANA PLETIKAPIĆ
MIRNA RADOJIČIĆ
OREST ŽUNKOVIĆ
PERE MARKIĆ
PERO DALIĆ
PETAR PARADŽIK**



**PETRA BRITVIĆ
ROBERT MAGDIĆ
SANJA KOSKOVIĆ
SLAVEN KOSIJER
SMILJKA METZ-KOKIĆ
VEDRAN BERLENGI
VESNA VDOVIĆ-
FILAKOVIĆ
VJERAN ŠVAIĆ
VLADO BRŠANIĆ
ŽARKO BRATONJA**



SUDIONICI – 903 DJEČAKA I DJEVOJČICA!

