

Differences in Motor and Functional Abilities between Female Students of the University of Zagreb

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ABSTRACT The aim of this paper was to determine the differences in motor and functional abilities of female students of the Faculty of Kinesiology (FK), Faculty of Medicine (FM), and Faculty of Teacher Education (FTE). The sample consisted of 255 female students (78 FK, 84 FTE, 93 FM), tested by six motor tests and Astrand test. Statistical analyses showed significant differences between groups. The best results were achieved by the FK students. FM students were better in strength, more flexible and had a better aerobic capacity than FTE, who had faster movement and better coordination. Students FK, who conducted systematic physical activity, had a significantly better motor-functional status, while FTE and FM students, as a result of more sedentary lifestyle, showed a lower status. This research points to the need of the student population for organized and systematic physical exercise during the entire educational period.