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Abstract

The authors developed a mobile unit with application software to record and process the GTO Complex 100m sprint test data. The mobile unit was tested at Elabuga Institute of Kazan Federal University to obtain and analyse the GTO Complex test data. The overall physical fitness rates of the students were tested by the statistical express test method, and the group test data showed a unimodal distribution close to normal. Comparative tests of the schoolchildren's group of inconsistent composition yielded a bimodal distribution of the test data. We believe that the new mobile unit with the application software could be beneficial for the physical education process for the reason that the system is effective in GTO test data real-time recording and processing and allows the physical progress paths being corrected on a timely basis.

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