As far as the degree of learning the acrobatic elements is concerned, mention should be made that in initial testing the boys, as well as the girls, recorded low results in performing the compulsory elements, the average being of 5.9 for both groups. The improvement recorded in the final testing was significant, both groups attaining an average of 8.1., that is, a 2.2 points higher value, with a medium homogeneity of the results.

CONCLUSIONS

6. After processing and interpreting the data collected from the comparison of the two groups of 14-15 years old students, the assumption that motor qualities may influence the performance of the acrobatic elements provisioned by the secondary school curriculum has been proven valid.
7. The motor qualities development also contributes in the balanced physical growth of the performers and in the formation and development of motor skills. At the same time, learning and performing acrobatic elements help in increasing the performers' motor qualities, ensuring easiness in accomplishing various specific tasks.
8. Assigning actual motor tasks, in accordance with students' age, sex and learning level, careful activities planning, and using carefully selected means and acting systems contribute in acquiring and improving specific motor skills and in the accomplishment of the proposed aims.
4. The means of acrobatic gymnastics used in the technical-material conditions available in the school in which the research has been conducted have contributed to an increase in the number of motor skills and abilities transposed in "acquisitions" and have led to the consolidation of students' physical and psychic balance.

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A STUDY ON THE LEVEL OF PHYSICAL, TECHNICAL AND ARTISTIC TRAINING OF JUNIOR GYMNASTS

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Abstract
The present paper aims at finding the opinions of the experts in the field of gymnastics with regard to the level of physical, technical and artistic training of junior female gymnasts by applying a survey.
Keywords: *gymnastics, trainers, technical, artistical, physical level*

INTRODUCTION

Describing the direction of the feminine gymnastics evolution, N. Vieru (1997) asserted that *"it develops in the sense of constant increase in the difficulty of exercises, by introducing a large amount of difficult and extremely difficult elements, by increasing amplitude and dynamism in execution, and by the originality, complexity and momentousness of the movements"* (Vieru N., 1997*).*

The group of experts questioned has consisted in a number of 83 professors and specialised trainers who carry out their activities in specialised centres in the country. The gender distribution is 60% female trainers, 40% male trainers.

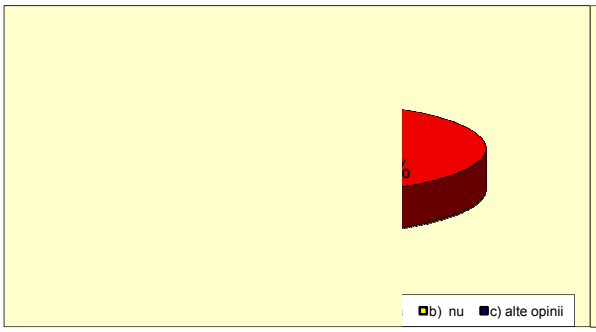
The questionnaire contains 10 questions with 3, 4, 5 or 6 predetermined choices, the respondent opting for one single choice in relation to the issue's relevance and his/her personal opinions with regard to sport training in gymnastics – see Table 1.

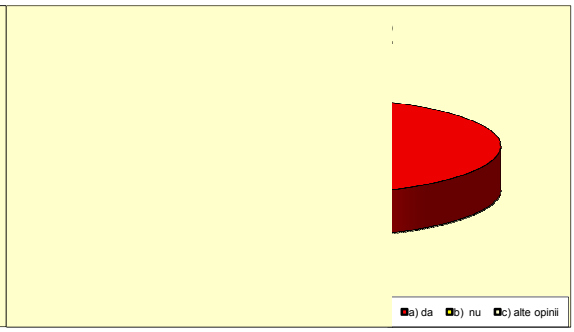
Table 1

No.	Question	Choices	No. of responses	Percentage (%)
1.	Do you consider that the technical training level of junior women gymnasts in our country is satisfactory?	a) yes b) no c) other opinion	51 20 12	62% 24% 14%
2.	Do you think that elaborating a unique curriculum for training gymnasts in various classification sports categories is necessary?	a) yes b) no c) other opinion	51 2 -	98% 2% -
3.	Do you think that such a curriculum would influence the working routine and training efficiency?	a) yes b) no c) other opinion	41 12 -	73% 27% -
4.	In your opinion, could gymnasts training be made in the absence of previous careful planning?	a) yes b) no c) other opinion	7 75 1	8% 91% 1%
5.	What is, in your opinion, the most rational ratio of sports training in artistic women's gymnastics?	a) physical training b) technical training c) tactical training d)theoretical training e) artistic training f) psychological training	17 40 1 10 8 7	20% 49% 1% 12% 10% 8%
6.	What is, in your opinion, the best workload for junior women gymnasts during a weekly cycle?	a) 10 – 12 hours b) 18 – 20 hours c) 20 – 30 hours d) more than 30 hours	4 24 40 15	5% 29% 48% 18%
7.	What is the time that needs to be allotted for rest between executions?	a) under 30" b) 30" c) 45" d) 60" e) more than 90"	18 44 10 10 1	22% 53% 12% 12% 1%
8.	How many training sessions do you consider necessary per week in order for the junior gymnasts to attain the best performance?	a) 5 training sessions b)7 training sessions c)10 training sessions d) more than 10 training sessions	19 36 21 7	23% 44% 25% 8%
9.	Are the requirements of the RGF with regard to the performance of compulsory technical elements useful in your opinion?	a) yes b) no c) other opinion	64 19 -	77% 23% -
10.	What is the optimal number of technical elements that have to be performed by junior gymnasts during a weekly cycle?	a) 375-450 b) 500-850 c) more than 1000	24 38 21	27% 43% 25%

For *question 1*, concerning the "junior gymnasts' technical level of training", 51 experts have opted for choice a), considering that the technical training level is satisfactory, 20 experts have opted for choice b), considering the technical training level unsatisfactory, while 12 experts have chosen c), having other opinions – fig. 1.

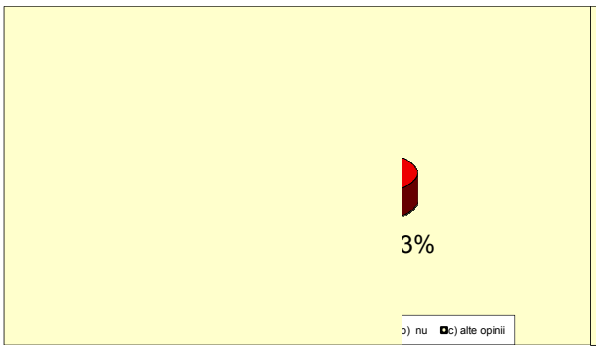
With regard to *question 2*, concerning "the elaboration of a unique curriculum for training gymnasts in various classification sports categories", 98% of the respondents have chosen a), that is to say they considered the elaboration of a unique curriculum useful, while 2% of the specialists have opted for b), considering that the elaboration of a unique curriculum for training junior women gymnasts is not necessary – fig. 2.

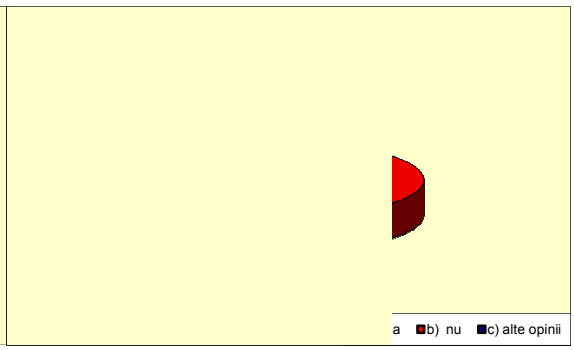




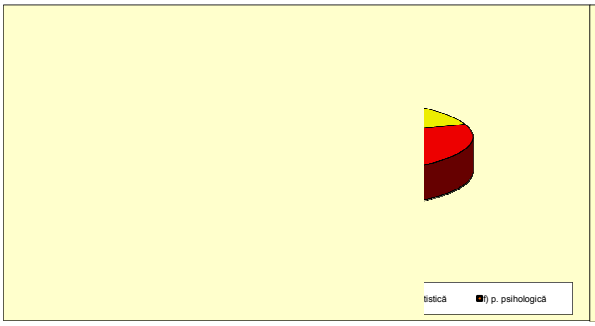
For *question 3*, most of the experts (73%) consider that a unique curriculum for training on various classification categories would be beneficial, while 27% of the respondents consider that it would not influence their training routine and the training efficiency (fig. 3).

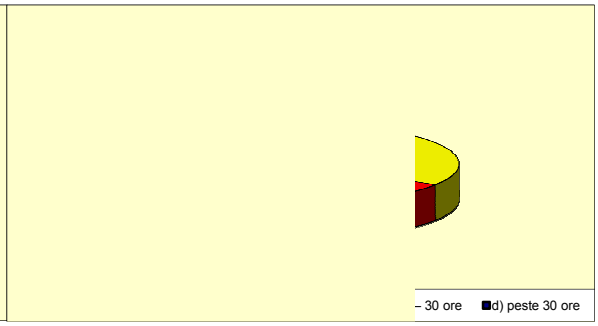
Question 4 – "whether gymnasts' training can be realised without previous planning", 7 experts have chosen a), which means that 8% of the trainers consider that they are able to conduct training without previous careful planning. 91% of the specialists consider planning necessary and have opted for choice b), while 1 expert has a different opinion – fig. 4.





After processing the answers received for *question 5*, concerning the ratio of factors of the sports training in women's artistic gymnastics, it has been observed that the experts' opinions were as follows: 40 experts (49%) considered that technical training is of the essence in acquiring performance in gymnastics, while physical training got 8 votes. In 8 experts' view, artistic training is the most important, while other 7 consider psychological training as the most essential in training women gymnasts. One trainer has chosen tactical training and other 10, theoretical training – fig. 5. The choices made for *question 6* are very relevant, as they verified the experts' opinion with regard to "the optimal workload during a weekly cycle" – fig. 6.





In order to discover the "optimal time for resting between repeats", 18 experts (22%) have chosen a) for the *seventh question*, allotting less than 30" for the resting time between repeats, 44 experts (53%) have opted for b), considering that 30'' should be allotted for resting between repeats, 10 of them (12%) have chosen c) (45'' rest between repeats), other 10 (12%) have chosen d), considering that 60'' are necessary, and one expert

has chosen e), opting for a time of over 90'' for rest between repeats (fig. 7).

Concerning the number of training sessions that need to be conducted per week in order to acquire performance – *question 8* – 19 experts have opted for choice a), considering that 5 training sessions per week should suffice, 36 experts have chosen b), asserting that 7 training sessions are sufficient for acquiring performance with children; 21 of them have selected c), considering that 10 training sessions should be ideally conducted in view of acquiring performance, and other 7 have opted for choice d), more than 10 training sessions per week with this purpose – fig. 8.

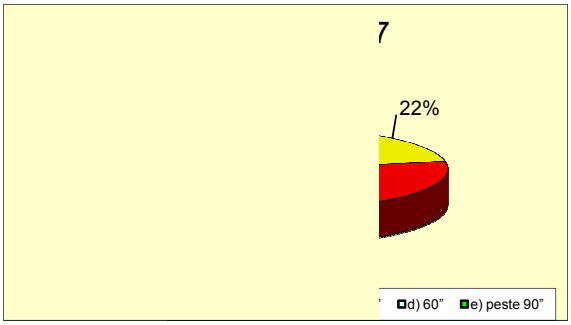


Fig. 7 The best period of time between repeats

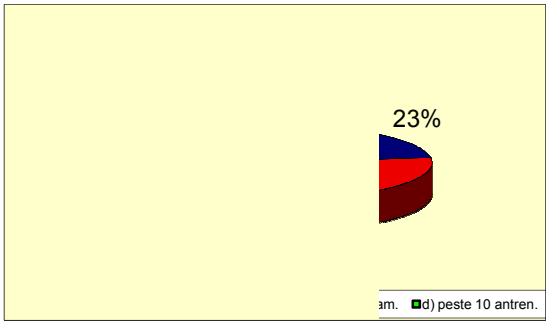
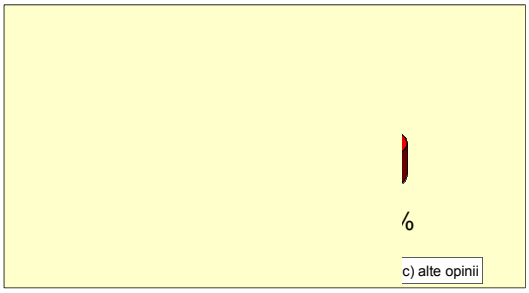
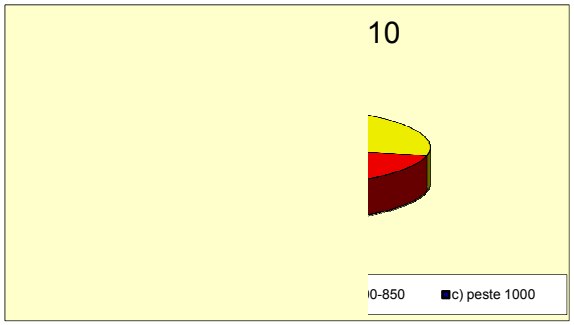


Fig. 8 The number of training sessions per week

In reference to the RGF (Romanian Gymnastics Federation) requirements for the execution of compulsory technical elements, the experts have opted for the following choices when responding to *question 9*: 64 of them have selected a), and 19 of them have opted for b), claiming that the RGF requirements are not useful – fig. 9.

The answers for *question 10* show that 41% of the respondents have opted for choice a), considering that 175-200 elements per week are necessary, 58% have chosen b), which means that they consider that 300-350 elements should be performed weekly, whilst 1% have chosen c), a number of 400-600 elements per week, as shown in fig. 10.





To **conclude**, after analysing the experts' opinion, one may notice that most of them consider that drafting contents for the training curriculum would be necessary, allotting various percentages to the factors of sports training and arguing that the gymnasts' training level is not satisfactory at this moment.

With regard to the number of training sessions and elements that need to be performed weekly, in accordance with the responses recorded, most of the experts consider that 7 training sessions per week and repeating a number of about 850 elements/ week would be necessary for increasing performance in junior women's artistic gymnastics.

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