

THE FINAL RESULTS OF THE SPECIALISTS ON THE PHYSICAL PREPARATION OF THE RUNNERS OF SEMIFOND OF JUNIOR III (14-15 YEARS OLD) IN AN ANNUAL TRAINING CYCLE

Lucica SAVA

"Dunărea de Jos" University of Galati, Romania

Abstract

Both beginners and advanced, the physical training is a basic starting point and a foundation for addressing the other components of your training. A good workout, on scientific grounds, rely on a training program organized and planned well, which eliminates the hazard and gives a goal to each exercise realised.

Keywords: *investigation on the basis of questionnaire, physical training, macrocycle training.*

INTRODUCTION

Physical preparation to encompass a whole system of measures which ensure high functional capacity of the organism, by the high level of development of basic motor skills and specific, optimal values of the morpho-functional indexes, full possession of exercises used and a perfect health condition [Platonov, 1984; Harre, 1973; Şiclovan, 1985; Dragnea, 1996; Alexe, 1993].

In the macrocycles, physical training has an important role in the early period of training, in order to ensure the development of a driving background and increasing the bodies functional in general. Ford [Mitra&Mogoş, 1972, Harre&Dietrich, 1983, Scholich, 1986, Epuran, 1995, Neumann, 1991, Verhoşanski, 1994] defines specific physical preparation as a "process of selective processing of major functions and disorders according to the characteristics of the specific sports that effort, according to performance requirements".

WORKING HYPOTHESIS AND ORGANIZATION RESEARCH

The sample image has answered the questions of the questionnaire was made up of specialist coaches in the 32 counties: Neamţ-4 (12.5%), Iaşi-3 (9.37%), Vrancea-7 (21.8%), Tulcea-4 (12.5%), Brăila-4 (12.5%), Buzău-1 (3.13%), Galaţi-9 (28,13). Research methods used were: the study and generalization of data provided by the literature, on the basis of the questionnaire survey, statistical and mathematical methods, graphics and tabular representation [Gagea, 1999, Epuran, 1995]. For graphs used graphics editor Microsoft Office Word. The questionnaire comprised a total of 18 questions about the role and importance of general physical training in process of sports training in the runners of semifond of 14-15 years, being a combination between alternative questionnaire and the questionnaire (the answers). These are:

1. What are the factors that give rise to the stagnation of progress in preparation of the sports athlete of sportswomen 14-15 years in semifond samples? -High intensity effort; Large volume of

work; Inconstancy in preparation; The influence of family; Redirecting to other sports; Lack of attractiveness and variety of preparation; The use of unilateral dominant programs of physical effort; Early specialization.

2. Do you think that the degree of interest of sportswomen from 14 to 15 years for semifond samples is very high; High; Middle level; Weak; Very weak.

3. What do you think would be the main ways of attracting sportswomen from 14 to 15 years for semifond samples? Material stimulation; Attendance and media coverage of the performance; Influence on your long-term health; Financial incentive; Getting star status; Awareness of the effects of training on the personality traits; Others.

4. Do you think that excessive use of means to develop specific resistance in semifond samples affect progress (path) has performance at senior? Yes; No; It depends on a case to another depending on Adaptive potential.

5. List the main methods for driving quality development of resistance (the resistance power of short and medium-specific) from a group of 14-15 years.

6. What is the share of the use of specific methods for the development of resistance in semifond samples for 14-15 years? Continuous efforts method (Marathon); The method of repeated efforts (at the same intensity); Progressive efforts method; Method variable efforts; Efforts method on intervals.

7. Do you think that the poor performance in the semifond samples are due to an insufficient and assimilation of the art treadmills? Yes; No.

8. Do you consider that a technical training, along with physical training less strictly specialized multilateral favouring positive transfer between motor skills can improve getting performance (progress) in samples of semifond? Yes; No.

9. What do you think are the qualities semifond samples, nonspecific which have an influence on the development of specific resistance

of this evidence? The Speed; The Force; Mobility; Skill.

10. During the course of professional activity you've found redirect situations (rehabilitation) other troublesome hurdling, as a result of excess training strictly specialized in puberty period in semifond samples? In a small degree; Frequently; Never.

11. Do you think that physical preparation of runners 14-15 years should be focused on: high volume; High intensity; A rational connection between the two parameters depending on the stages of the process shape.

12. The preparatory group in which you work and apply individual learning process? Always; Sometimes; Constantly; Never.

13. Do you think (you believe) that an initiation in parallel and in technical athletic tests can optimize performance in semifond and why? Yes; No; In small measure; To a large extent.

14. The poor results obtained in the semifond samples is due to deficiencies in training: Physics; Technique; Competition tactics; Psychological; Theoretical.

15. What are the nation's driving qualities of 14-15 years of age obtain satisfactory performance (or special) and subsequently observed stagnation or decline? Speed; Resistance; Skill (coordination capacity); Mobility.

16. Do you think that the measures, restorative nutrition and medication use in the process of training for the physical preparation of junior groups-de14 15 years ensure the liquidation of the effects of fatigue and thereby achieving the phase of overcompensation for optimizing results? Yes; No; Most times Yes; There Is Not Enough; Partially sufficient.

17. What other means except for race use often to educate the forms of manifestation of resistance in semifond samples?

18. List the methods they consider to be the most effective in the development of resistance in other combinations the driving skills and the favourable results of influencing market in semifond samples. For example: intensive circuits or with repetitions, stretching, etc.

RESULTS

The question no.1 56.25% of managers believed that one of the factors with great clout in the stagnation of progress athletes of sportswomen 14-15 years in semifond samples is high intensity effort, inconstance % TBA 53.12, 43.75% early specialization, 37.5% lack of attractiveness and variety of means of preparation, 37.5% using programs with unilateral dominant physical exertion, the sheer volume of 21,87% work 15.62% family influence, and 12.5 percent to the reorientation of other sports.

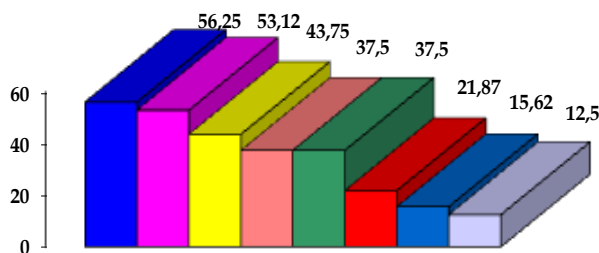


Fig.1. The factors that give rise to the stagnation of progress

In respect of sports interest of sportswomen from 14 to 15 years for semifond samples, the answers are: average 40,62%, 40,62%,

weak very weak high, 12.5% 6.25%. No one believes that the degree of interest is very high.

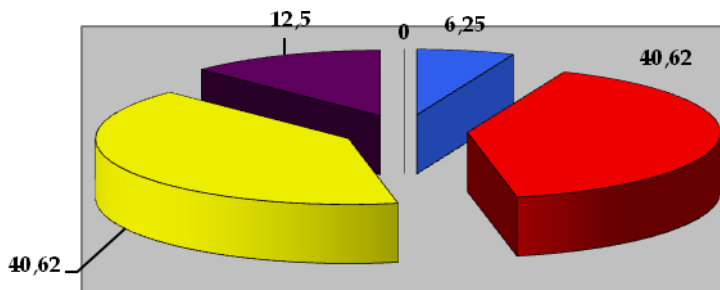


Fig. 2. According to the degree of interest of sportswomen from 14 to 15 years for semifond samples

In terms of main ways of attracting sportswomen from 14 to 15 years for semifond samples are multiple responses: 56.25% considered the most important way to stimulate substantive 53.12% of star status, presence and coverage 34.37%

performance, boosting financial 34.37% 31.25% awareness of the effects of the training on the personality traits 21.87% influence, on your long-term health, 18.75% other causes.

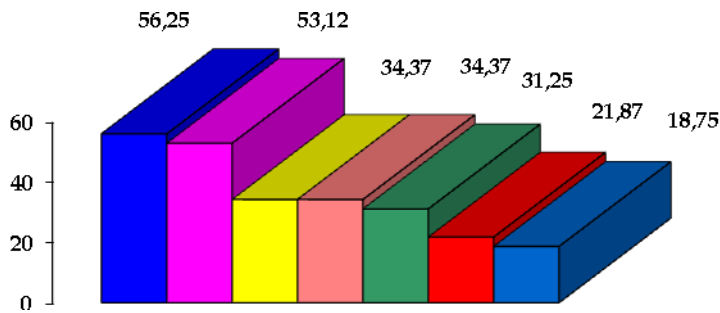


Fig. 3. Main ways of attracting sportswomen from 14 to 15 years for samples of semifond

Excessive use of means to develop specific resistance at the race of semifond at the age of 14-15 years old is considered 50% of specialists as being the main cause affecting the performance of

downlink at senior age, 3.13% believed it would cause and 46,87% consider that it depends on a case to another depending on the potential adptativ.

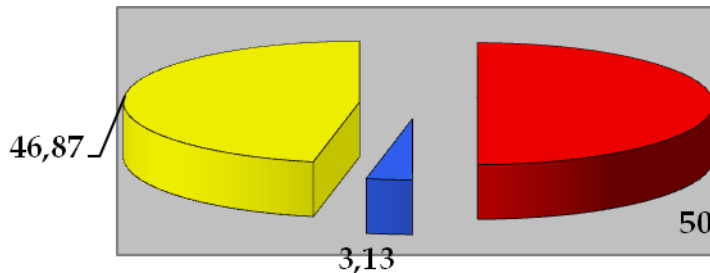


Fig. 4. The causes affecting the performance of downlink at senior age

The main methods for quality development in resistance of the driving speed in a group of 14-15 years old are considered to be specialists in the

method 56.25 efforts 56.25% of repeated efforts by the method of 40.62% variable, method and intervals of efforts in 37.5% progressive efforts method.

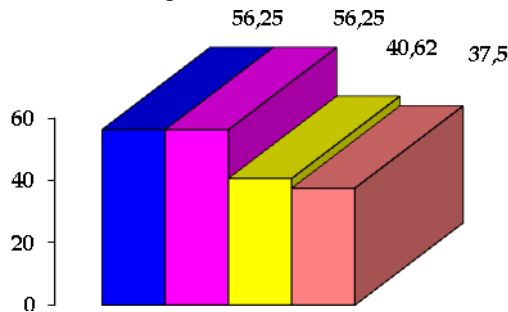


Fig. 5. The main methods used to develop the quality of the driving resistance in group 14-15 years

The main methods used to develop specific resistance in the semifond for runners samples of 14-15 years old are: 71.87% progressive efforts

method, 62.50% variable effort method, method of repeated efforts by 50% and 40.62% effort on every method.

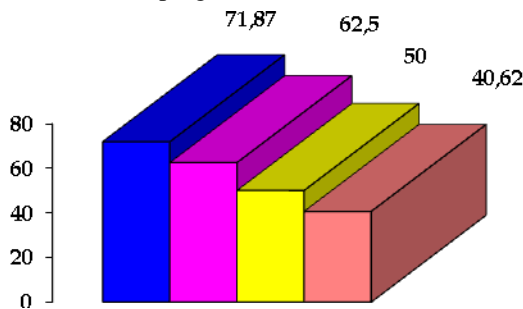


Fig. 6. Main methods used for the development of specific resistance in semifond samples for 14-15 years

56,25% of experts believed that the poor performance of the semifond samples are due to an

insufficient and assimilation of the art treadmills, 43.75% does not find an important technique.

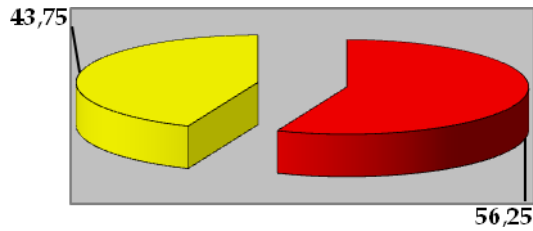


Fig. 7. Influence of running over the performance of the semifond

Technical training, along with a physical training less strictly specialized multilateral can optimize performance in obtaining samples of semifond for

68.75% while for 31,25% it would not make a question.

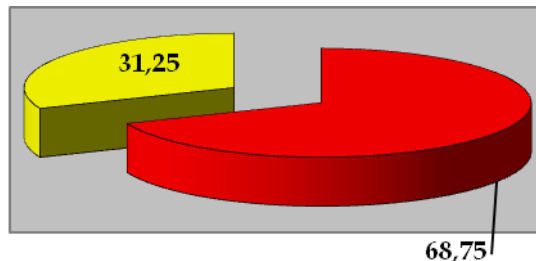


Fig. 8. Influence of physical training and running over the performance of the multilateral semifond samples, nonspecific

Qualities that influence the development of specific resistance are: 93.75% speed, 53.12% strength, mobility 46.87% and 6.25% skill.

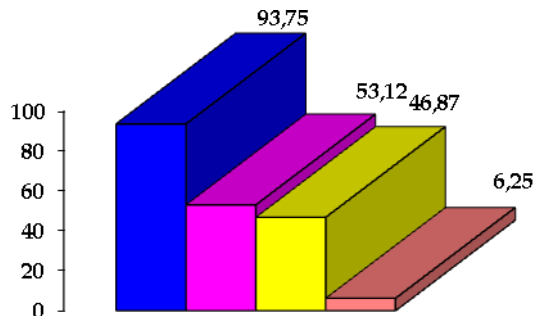


Fig. 9. Nonspecific samples semifond qualities that influence the development of specific resistance

Excess training strictly specialized in pubertary period in semifond samples constitute cause for the difficult readjustment to other athletic in small

measure for 59,37% frequently for 37.5 percent and 3.13 percent did not have encountered such cases.

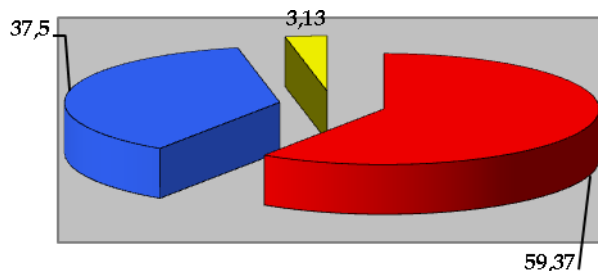


Fig. 10. Strictly specialized training influence from the period pubertary in semifond the samples on other athletic restructuring

In terms of physical preparation of runners 14-15 years 81.25% considers should be based on a rational connection between a volume and a high

intensity work and 18.75% on a high volume of work, no one believes at this stage high intensity of a parameter's effort to be persisted.

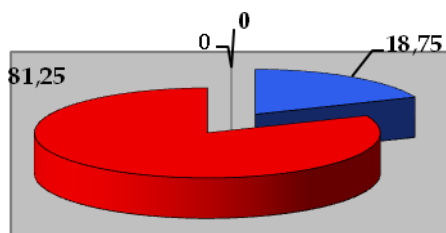


Fig. 11. Influence of the parameters on the preparation of physical effort to runners 14-15 years of training

Is individualisation process always 31.25% applied from specialists, sometimes of 31.25% consistently 31.25% and 6.25% is applied.

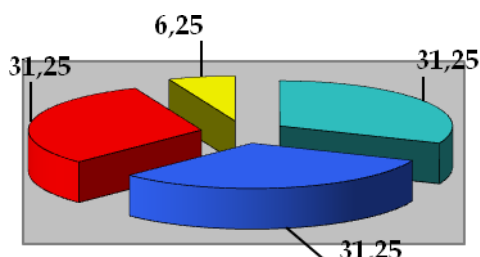


Fig. 12 Opinion concerning the individualisation of training

53.13 process% agree that a parallel initiation and other athletic sports performance would improve, 9.37% disagree, 28.13% are of the opinion that

would influence in small measure and 9.37% consider that influence would be largely.

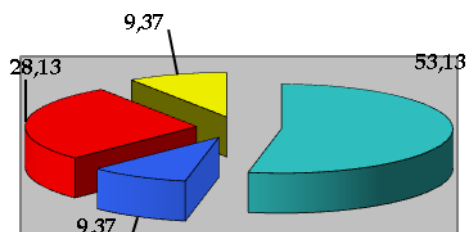


Fig. 13. Influence of initiation in parallel in other athletic

Causes which is due to the poor performance in the semifond samples of gaps in the preparation: 90.62% natural 71.87% psychological

tactics of 31.25%, technical contest 31.25% to 9.37% theoretical.

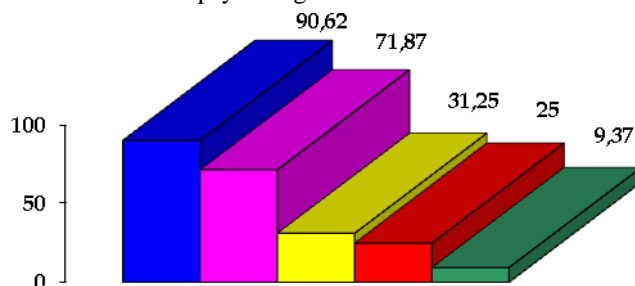


Fig. 14. Weak performance causes in semifond samples

The question No. 15 with respect to the driving qualities of the nation's 14-15 years satisfactory performance and producing the

observed stagnation or decline further are: 78.12% speed, 62.50% resistance, mobility, skill 34.37% 3.12%.

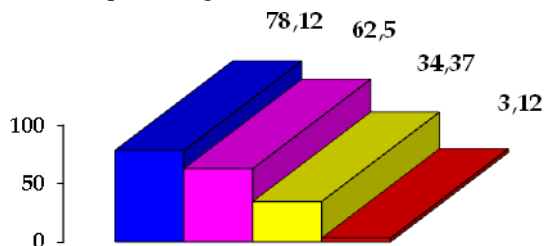


Fig. 15. Main motive qualities stagnant or fall in the categories superior results (juniorII, junior I)

Regarding the measures, restorative nutrition and medication used during workout 46.88% believes that they are sufficient, % 21.87

most often are insufficient 15.63% considered that insufficient, 9.37% are partly insufficient and 6.25% is not considered to be sufficient.

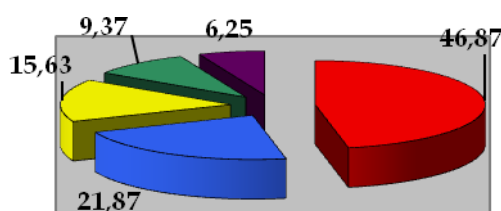


Fig. 16. The contribution about the liquidation of the effects of fatigue used during workout

Other frequently used means for educating the forms of manifestation of resistance in semifond samples used are: 59.37% Games Sports,

swimming, biking, 31.25% 6.25% tourist and tourism orientation.

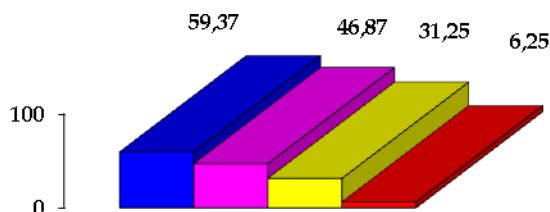


Fig. 17. Other frequently used means for educating the resistance in semifond

The most effective ways and means of developing resistance combined with other driving skills with positive influences in the semifond samples are considered to be 75% of the circuitry for workforce development professionals and 62.50% straching.

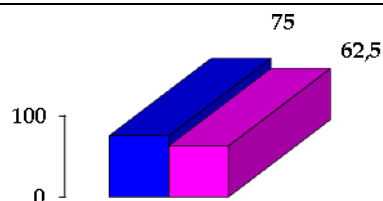


Fig. 18. Ways and means for development of resistance combined with other driving skills

CONCLUSIONS AND RECOMMENDATIONS

-All the specialists are realizing the importance of physical education plays in the annual cycle of training.

-The results obtained cannot be raised, however, but can provide a high degree of confidence, taking the side of the category of employment and employment of respondents: category I-13 (40,63%), category II-12 (37,5%), while category III-12 (37,5%), and in relation to the age of 8 (25%) were under 10 years old, 12 (37,5%) a length between 10-20 years and 12 (37,5%) have more than 20 years), however the answers obtained in the application of the questionnaire are a reflection of the quality of work carried out within the framework of the nation's long-distance runner sports training of semifond, Junior category III.

-The views expressed by the coaches, this activity may be constant, eliminating the improving or bettering the problems reported.

REFERENCES

1. Alexe N. și colab. (1993), *Antrenamentul sportiv modern*. Editis, București, 530-531 p.
2. Dragnea A. (1996). *Antrenamentul sportive*, Editura Didactică și Pedagogică, București, – 352 p.
3. Epuran M. (1995). *Metodologia cercetării activităților corporale în educație fizică și sport*. București: Fundația România de mâine. 494 p.
4. Gagea A. (1999), *Metodologia cercetării științifice în educație fizică și sport*. București: Fundația România de Mâine. p. 15-342.
5. Harre D. (1973). *Teoria antrenamentului sportiv*. Stadion: București. 302 p., 20p.
6. Harre D., Dietrich M. (1983). *Teoria antrenamentului sportiv*. Editura Stadion, București. 217 p.
7. Mitra Gh., Mogoș Al. (1972). *Metodica predării educației fizice*. Stadion. București. 338p
8. Neumann G. (1991). *Sportul de performanță*, nr.320, Centrul de Cercetări pentru Probleme de Sport, București, P. 5-22
9. Platonov N.V. (1984). *Teoria și metodica antrenamentului sportiv*. Glavizdatelsvo, Izdatelskogo Obedenia, Visa, Skoda, Kiev, P. 60-95
10. Scholich M. (1986). *Structura și efectele antrenamentului în circuit // Sportul de performanță* nr. 260, Centrul Cercetări Educație Fizică și Sport București, P. 22-33
11. Șiclovan I. (1985). *Teoria antrenamentului sportiv*. I.N.E.F.S., București, 132, 287 p.
12. Verhoșanski I.V. (1994). *Fiziologia efortului//Centrul de Cercetări pentru Probleme de Sport*, București, P. 113-145.