

**THE IMPORTANCE OF COGNITIVE PROCESSES
REGARDING THE PROGNOSIS OF TRAINING FOR
SWIMMERS-GIRLS, 14-16 YEARS - SEARCH
REPRESENTATION**

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Key words: prognosis, cognitive process, questionnaire.

Summary:

This paper is the analysis of subjects of the investigation on the contribution of the future swimmers-girls, which may have information on specific coach certain athlete's cognitive processes and mechanisms.

Introduction

Sport is one of the most dynamic social activities aimed at improving the human being. For this reason appears to be justified concern specialists to conduct regular analysis forecast in order to detect trends. We refer mainly to sport performance whose social role has grown continuously, a phenomenon that it led some experts to assert that the peak will be followed by an impending crisis or decadence, A. Dragnea, 1993.

At present research is ongoing on the prediction problem in sport, a constituent part of complex goals of training programs of athletes at a high level (Rîșneac B., Duck's, 2003).

The concept of forecasting is defined in **DEX** as "hypothesis emitted the possibilities for the deployment of events, actions or events based on knowledge of the circumstances it generates, forecast".

Encyclopedia of Physical Education and Sport in Romania, Volume IV, explains prognosis in sports as "forecast, anticipating the deployment or development of sports phenomenon as a whole, in terms of dynamic development trends, the spread of a sport and the foreshadowing of the trajectory results of records and charts in the immediate or distant perspective".

The future always interested in coaching athletes. To achieve the objectives of the ongoing calculations were targeted in some way based assumptions, forecasting.

To this end, we used the survey method by the sector, and respondents were 104 in number of professionals in the field: teachers and coaches.

Results of questionnaire analysis - statistical data and their interpretation

Statistical analysis of raw data was performed using SPSS 10.0 computer program (O. Lungu, 2001) and covered three levels of analysis:

1. Identification of relevant issues through descriptive statistical analysis at the frequency of responses to questionnaire items;
2. Identification of significant relationships between research variables by calculating the Pearson correlation coefficients;
3. Identification of significant differences between groups determined by the independent variables on dependent variables of research through the significance of the difference between average calculation method One Way ANOVA.

Investigating the representation of the contribution of subjects investigated predictions of training swimmers-girls, which may have information on specific coach certain cognitive processes and mechanisms sportsman item proposed subjects to assess the prognostic value of information about the sensations, perceptions, attention, memory, thought, imagination and communication (language).

As shown in Figure no. 1, register information on skills-based single player features of sensations is considered as having a strong prognostic value: over 60% of subjects stated that this information contributes to a large (50%) and heavily (14%) to forecasting training swimmers-girls.

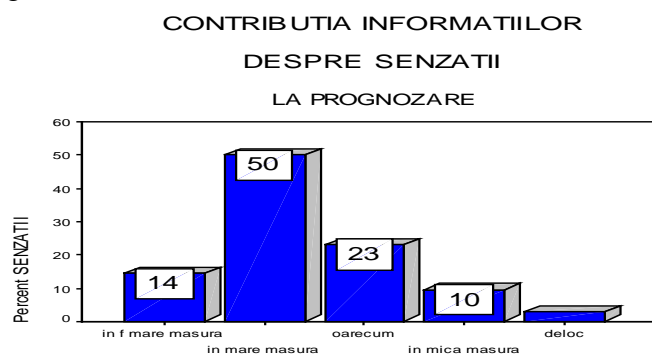


Fig. 1. Contribution information about sensations in forecasting

Similarly, perception, sensory components that summarize the basic mechanism is considered as a benchmark in the forecasting

business, 56% of subjects giving it a large and very large weight in the forecasting business activity of the swimmers-girls.

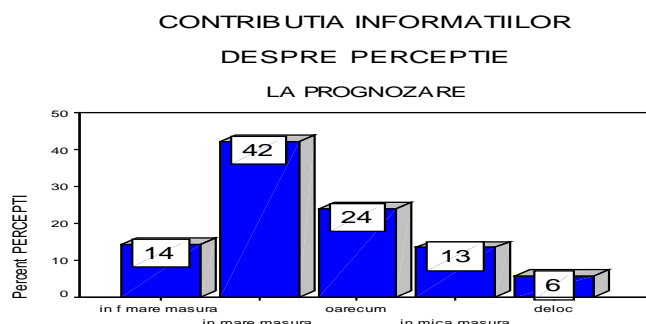


Fig. 2. The contribution of information about understanding the forecasting

Sensory register domain involves the basic skills to support and included both essential qualities of sports activity (strength, speed, endurance) and those adjacent (spatial orientation, sense of observation, etc.). The investigated subjects show awareness of this fact embodied in the assessments conducted by questionnaire items.

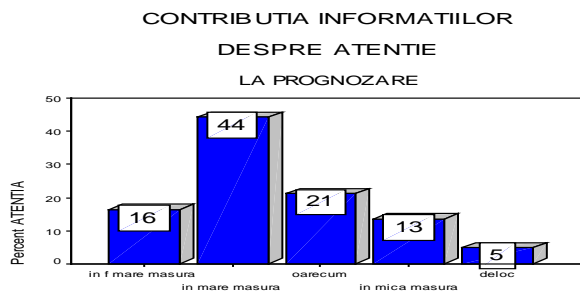


Fig. 3. The contribution of information about attention to forecasting

Similarly, subjects assessed value for forecasting information on the qualities of attention. 60% of subjects carefully placed information as essential for the activity of forecasting coach. Knowledge of the athlete in terms of its ability to focus concentration, stability of attention, the coverage (volume) and mobility or distribution of attention can be a basic premise of his sporting forecasts.

Field higher cognitive processes, particularly those related to memory and thinking, is considered by the subjects investigated an area resource for activity forecasting. Both in terms of memory and in terms of thinking, most subjects (66% to 72% for memory and thinking) believes that the forecast can and should benefit from this kind of information to ensure extra performance in sports activity of the swimmers-girls. Possible interpretation of this mode of organization of the scores obtained can come in representation of the activity pool, an activity which requires not only skills based on sensory component but also an intense cognitive engagement for addressing specific cyclical field. Memory qualities (volume, plasticity, durability, accuracy, timeliness) gives possibility to build permanent player experience and specific thought, manifested in its functional aspect - understanding the specific situations facing the sport in competition - and the - practical problems involved in work Sports offers sports activities at a high level marked by a logical approach and accuracy. The investigated subjects showed a high level of appreciation of the value of this information for carrying out the forecast in preparation of the swimmers-girls, Figures 4 and 5 below, illustrating the relevance of such matter.

In the assessment of information about language and imaginative contribution, record findings are to remain high, even if scores do not indicate rates as high as in thinking or memory.

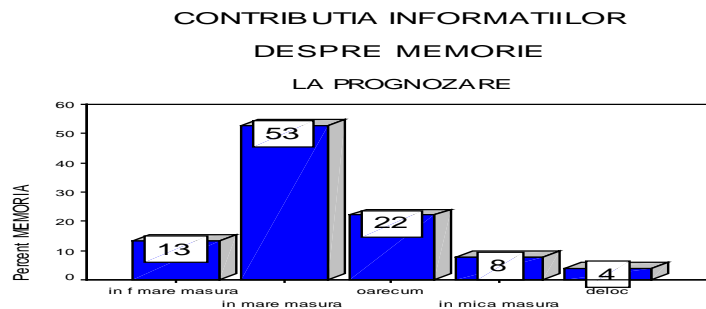


Fig. 4. Information about memory contribution to forecasting

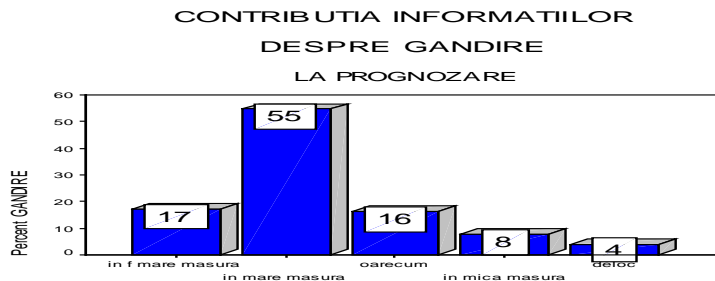


Fig. 5. The contribution of information thought of forecasting

Field imagination is still considered a level compared with sensory field, suggesting a representation that sports activity (swimming, in this case) involves mechanisms designed imagination, mechanisms that have an undeniable role in supporting and regulating psychic behavior and power.

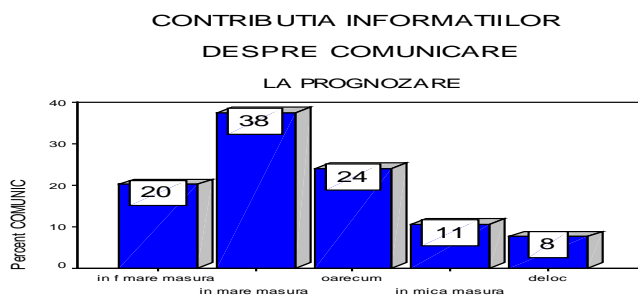


Fig. 6. The contribution of information communication forecasting

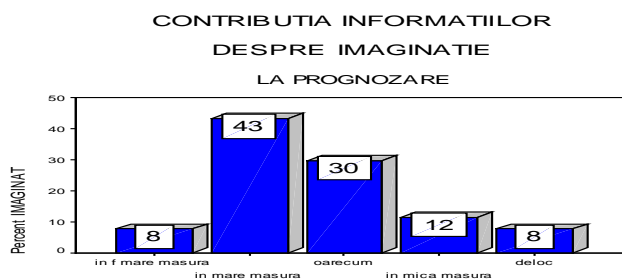


Fig. 7. Contribution information about imagination to forecast

Since this is swimming - a sport that requires a form rather than interpersonal intrapersonal intelligence - contributing information about the communication activity of the athlete to achieve forecast is

considered subjects less in scope compared to other mental processes involved more in self-management effort and psychic and motile skills. It can be noted, however, a polarization of 20% of very positive responses to the size scale, which may suggest an interpretation covering the importance of language in forecasting the intermediate variable represented by the Communication sports - coaching.

Results obtained adjacent covering other variables come to support and supplement those stated:

- The inclusion of forecasting methods in the daily activity correlated positively with the measure information assessing the contribution of the sensory field of athletes to achieve prognosis ($r = 0.229$, $P < 0.05$). Subjects who say the inclusion of forecasting methods in practice tend to consider important intelligence on specific sensory processes of athletes to achieve performance.

Between variables that measure the contribution of information about various mental processes and mechanisms to achieve forecast is statistically significant relationships:

- *Carefully feeling* - positive correlation ($r = 0.264$, $P < 0.05$). The subjects who consider important information on care tend to judge and value information on positive feelings (part supported by the theoretical dimension of the field, knowing that attention is a prerequisite for activity, a condition with characteristics determined by sensory area);

- *Attention to memory* - negative correlation ($r = 0.193$, $P < 0.05$). The subjects who consider important information carefully tend to reduce the importance of information on memory. The possible interpretation of this mode of organization of the responses can come from different representations of activity Athlete: coaches and teachers who stress the role of attention tends to focus the athlete to stimuli immediately present in sports, while coaches, and teachers who put more emphasis on the memory register, guided by representations of past experiences sportsman rather than to sensory register immediately.

- *Communication with imagination* - positive correlation ($r = 0.226$, $P < 0.05$). People who consider as being important such information about the player's imagination and put more emphasis on the ability to communicate information to athletes. Interpretative support of these choices may be to represent the sport of swimming activity, that activity, which, if it accepts the role of communication, it is closely, linked to that of imagination. Swimmers-girls that use the resource as individual projects, as a result of imagination, are subjects which are perceived as a necessary and ongoing communications relationship with the coach, which makes possible positive correlation between two variables.

Conclusions

There are significant differences between groups determined by the independent variables and dependent variables in terms of research knowledge and awareness of sports forecasting value.

Identify significant differences between groups determined by the variables of research on representation and awareness of the role of sports forecasting.

The level of importance of forecasting is also directly proportional to that of its use; the two issues are related to two-way effect. Although groups differ in relation to membership by gender (male - female) or membership in an age level in terms of forecasting issues, different groups are formed within the research, reporting to the level of familiarity of subjects with forecasting methods and the level of their use.

Besides outlining a specific batch of synthetic images investigated, the study results allow the shaping of strategic direction in this vast field, but unfortunately the least exploited of sports forecasting.

To achieve high performance in sport is the need to develop during training, all factors: physical, technical, tactical, theoretical and psychological and recovery lately. They are an essential part of any training program, regardless of age athlete, individual potential and the level or preparation period.

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Titlu: Importanța proceselor cognitive privind prognoza pregătirii înotătoarelor de 14-16 ani.

Cuvinte cheie: prognozare, procese cognitive, chestionar.

Rezumat: Lucrarea reprezintă analiza investigației subiecților cu privire la contribuția prognozării înotătoarelor pe care o poate avea informarea antrenorului cu privire la specificul anumitor procese și mecanisme cognitive ale sportivului.

Titre: L'importance des processus cognitifs concernant le pronostic de la formation pour les nageurs-girls, 14-16 ans - recherche de représentation.

Mots clés: pronostic, le processus cognitif, questionnaire.

Résumé: Cet article est l'analyse des sujets de l'enquête sur la contribution des nageurs avenir des filles, qui mai avoir des informations sur les processus cognitifs spécifiques coach sportif et certains mécanismes.