

OPTIMIZATION OF PREPARATION ON ALPINE SKIERS LAND BY IMPLEMENTING PROGRAMS BASED ON GYM MEANS

PAȚA Oana Cristina¹

¹*Stefan cel Mare University of Suceava, Romania*

Keywords: alpine skiing, programs, training, gym means.

Summary

Optimize training and recovery by developing appropriate programs, consisting primarily of Gymn means, determine possible development of a training complex and rationalized to meet performance targets proposed for Alpine skiing at the age of 7-10 years.

Study of specialized materials and information covered by the survey were the basis for ways to maximize search performance capacity and their adaptation to the Alpine skiers from 7-10 years. It was intended also to identify the characteristics of training, which could be developed to Alpine skiers by means Gymn.

Need to update the concept of modeling to prepare the current Alpine skiing but also assess the preparedness of the sports Alpine skiers from the application of experimental approaches have provided the basis of this study.

Developing and testing programs using Gymn means respecting the specific features of the Alpine skiers aged 7-10 years, were aimed to increase the effectiveness of sports training. According to the survey which is the process of training and sports training in preparation features that skiers and training model developed and proposed training programs in current period using public TRAINING (Gymn) is a specialist concern, since it means that it is the component that contributes to the development and improvement of Alpine skiing competition samples. Following investigations carried out so we made the following assumptions:

1. Alpine skiers use in training programs using mijiloace Gymn is of decisive as enhancing performance, use the appropriate preparation means Gymn to alpine skiers aged between 7 and 10 years may lead to increased behavior performanțial.
2. By linking the objectives and content of training will be able to design optimal training programs.
3. Using the evaluation of athletes contribute to feedback your business (planning, implementation and evaluation), with the effect of improving the entire business.

Material - method

The work is part of an extensive study on the general preparation of basic alpine skiers 7 -- 10 years. Highlight the importance that should be given land pegătirii of skiers and focus in developing psycho-motor skills: mobility, balance and orientation in space.

Research methods

Research methods used in this study were: observation, experiment certifying, testing method, the method of statistical, mathematical and graphical method.

1. Dynamic-active exercises develop suppleness of the upper
2. Dynamic-active exercises develop trunk suppleness
3. Dynamic-active exercises develop suppleness legs in the conduct of research in application programs Gimm means, we used a series of control samples to assess the preparedness on land:

TEST	INTENTION OF MEASUREMENT
1. Test Wells and Dillon, complex mobility assessment: trunk bending from sitting on the bench before gymnastics.	Muscle flexibility and muscle back rear legs.
2. Rotary-assessment test dynamic balance and orientation in space.	The ability to move the line marked by the five rotations
3. Dynamic balance assessment test: walk in balance on the bank of gymnastics.	Ability to balance and space-time orientation.

Control samples and measuring their intention

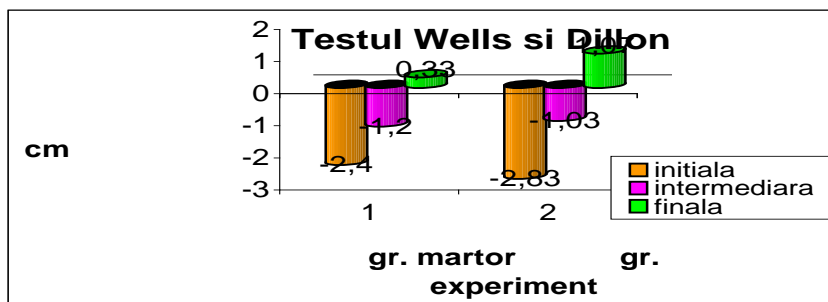
Statistical indicators in the control group, the initial-final test

Test	Trunk forward flexion (cm)		Balance and orientation in space		Dynamic equilibrium		
	T ₁	T ₂	T ₁	T ₂	T ₁	T ₂	
n = 30	X	-2.40	0.33	25.33	26.47	T ₁	11.27
	S	3.35	3.19	8.50	7.88	10.27	3.59
	Cv	139.53	956.29	33.56	29.76	3.92	31.87
	S _x	0.611	0.582	1.552	1.437	38.19	0.655
	„t”	3,24<0,01		0,54>0,05		1,03>0,05	

Statistical indicators in the experimental group, the initial-final test

Test	Trunk forward flexion (cm)		Balance and orientation in space		Dynamic equilibrium		
	T ₁	T ₂	T ₁	T ₂	T ₁	T ₂	
n = 30	X	-1.03	1.07	25.33	27.30	10.27	12.03
	S	3.54	3.19	8.50	7.25	3.92	3.49
	Cv	342.24	299.45	33.56	26.56	38.19	28.99
	S _x	0.646	0.583	1.552	1.323	0.716	0.637
	„t”	2,39<0,05		0,96>0,05		1,84>0,05	

Graphic representation of developing indices suppleness torso and legs to control and experiment groups

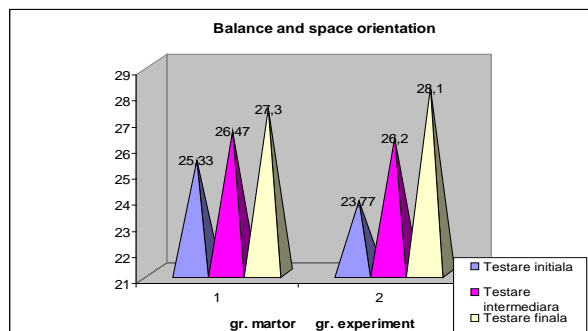


Results

Following application of Wells and Dillon test, test "bending of standing" to assess the development level of suppleness torso and legs, there was a growth in the final tests, initial results from both the control group and the group to experiment. If the first tests between the control group and experimental group were not significant differences in intermediate tests the experimental group observed an increase in what follows from calculating the average from each group. In initial testing, the control group showed an average of -2.40 cm, while the average

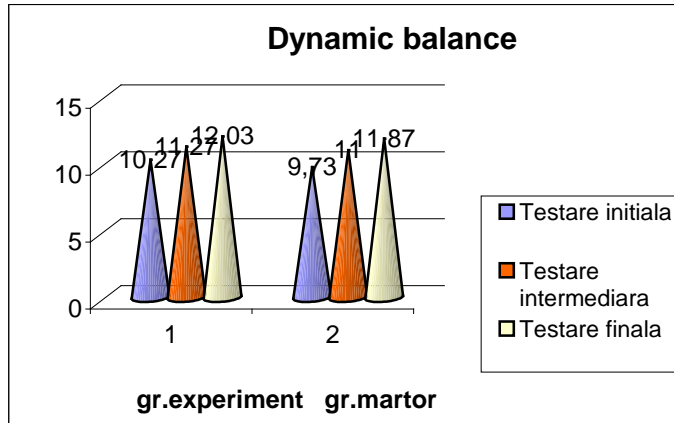
experimental group was -2.83 cm. The interim tests, two months after the implementation of training programs means Gimn, the experimental group recorded improvements in results from the control group, experimental group mean being -1.03 to -1, average of 20 control subjects. At the end of the experiment were significant differences between the two groups, the final tests registering an average of 1.07 in the experimental group compared to 0.33 in the control group.

Graphical representation of balanced development indices and orientation in space to control and experiment groups



The rotary test measuring balance and orientation in space, skiers in the experimental group scored lower than control subjects after initial testing. Experimental group average of 26.20 cm at intermediate tests against the control group average of 26.47 cm, showing the development of indices advanced ability to balance and orientation in space to the control group experimental group. But the final tests demonstrate improved capacity measured at the end of the experiment the experimental group with a mean of 28.10 cm, from 27, 3, media control group. Implementation of training programs means Gimn was beneficial in order to develop balance and orientation in space.

Graphic representation of developing indices dynamic balance control and experiment groups



The dynamic balance assessment test in the initial tests were recorded higher values in the experimental group average of 10.27, compared with the control group average being 9.73. The tests showed intermediate levels close to capacity building of dynamic equilibrium, the average of 11 normal controls from the experimental group 11.27. The final tests are observed evolution of the experimental group average 12.03, from 11.87 recorded as the control group.

Conclusions

Following the experiment conducted the following conclusions can be drawn:

overall land preparation started in evidence Alpine skiers must have a multilateral character, aiming at effective all natural qualities, coordination and motor ability of children aged 7-10 years.

instruments used in making training programs Gimn overall land skiers of 7-10 years, contributing to the growth indices of general motor skill development and specific skiers of 7-10 years. suppleness and capacity development

Coordination, dynamic equilibrium and orientation in space can be performed adequately by means of basic gymnastics and acrobatic gymnastics, general land preparation is accomplished best standards of quality and efficiency.

Coordination capabilities specific alpine skiers, with the master plan, development balance ability can be raised to higher standards of processing and development, through implementing programs whose content is based on driving systems Gimn.

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Titlu: Optimizarea pregătirii pe uscat a schiorilor alpini prin aplicarea unor programe bazate pe mijloace gimnice.

Cuvinte cheie: schi alpin, programe, pregătire, mijloace gimnice.

Rezumat: Optimizarea procesului de pregătire prin elaborarea și valorificarea unor programe adecvate, constituite în principal din mijloace gimnice, determină posibilitatea realizării unui antrenament complex și raționalizat, în vederea îndeplinirii obiectivelor de performanță propuse pentru schiorii alpini la vârsta de 7-10 ani.

Studierea materialelor de specialitate și a informațiilor care țin de obiectul cercetării au stat la baza căutării căilor de maximizare a capacității de performanță și adaptarea lor la nivelul schiorilor alpini de 7-10 ani. S-a urmărit de asemenea, identificarea caracteristicilor pregătirii, susceptibile a fi dezvoltate la schiorii alpini, prin intermediul mijloacelor gimnice.

Necesitatea actualizării conceptului de modelare a pregătirii în schiul alpin actual dar și evaluarea nivelului de pregătire sportivă a schiorilor alpini în urma aplicării metodologiei experimentale au constituit fundamentul acestui studiu.

Elaborarea și experimentarea unor programe ce utilizează mijloace gimnice care să respecte particularitățile specifice ale schiorilor alpini la vârsta de 7-10 ani, au fost orientate în scopul creșterii eficacității antrenamentului sportiv.

În conformitate cu obiectul cercetării pe care îl constituie procesul de instruire și particularitățile antrenamentului sportiv în pregătirea

schiorilor și potrivit modelelor de pregătire elaborate și a programelor de pregătire propuse, în perioada actuală utilizarea mijloacelor de pregătire complementară (gimnice) este una din preocupările specialiștilor, deoarece se consideră că aceasta este componenta care contribuie la evoluția și perfecționarea probelor de concurs din schiul alpin.

Titre: Optimisation de la préparation sur les terres les skieurs alpins en mettant en œuvre des programmes basés sur les moyens Gimn.

Mots-clés: ski alpin, les programmes, la formation, les moyens Gimn.

Résumé: D'optimisation du processus de préparation à travers le développement et l'amélioration des programmes appropriés, composés principalement de Gimn moyens, déterminent le développement possible d'un complexe de formation et rationalisé pour atteindre les objectifs de performance proposés pour le ski alpin à l'âge de 7-10 ans.

Matériel d'études spécialisées et informations relatives à l'enquête ont été la base des moyens de maximiser la capacité de recherche de performance et leur adaptation aux skieurs alpin depuis 7-10 ans.

Elle visait également à identifier les caractéristiques de la formation, ce qui pourrait être développé pour les skieurs alpins par des moyens Gimn.

Nécessité d'actualiser le concept de modélisation pour préparer les cours de ski alpin, mais évalue également l'état de préparation des sports les skieurs alpins de l'application d'approches expérimentales ont été programmes de base de cette étude. développement et d'essai utilisant Gimn signifie respecter les caractéristiques de skieurs alpins à l'âge de 7-10 ans, visaient à accroître l'efficacité de la formation sportive. Selon l'enquête, qui est le processus de la formation et la formation sportive dans les fonctionnalités de préparation que les skieurs et développé des modèles de formation et programmes de formation proposés dans la période actuelle à l'aide publique FORMATION (Gimn) est une préoccupation de spécialistes, car elle signifie que c'est la composante qui contribue au développement et à l'amélioration de la preuve de la concurrence dans le ski alpin.