

THE STUDY OF THE OPTIMIZATION OF THE ACROBATIC GYMNASTICS ELEMENTS IN SECONDARY SCHOOL

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Abstract:

Acrobatic elements complex in structure and technique, hence they like students, is very spectacular and attractive. Are available at an early age can practice outside or in the gym, but also in the classroom or in smaller spaces and requires no complicated apparatus and equipment. Gymnastics, along with other means of school physical education contributes to raising the level of preparedness of students in secondary schools in physical education lessons by optimizing the educational process. The large number of exercises, equipment and facilities make this discipline specific practical work to be done in a certain order, which is required to be respected discipline is a characteristic of gymnastics.

Introduction:

Through this paper I want , using materials specialist on the subject and based on the observations made to help improve and streamline the teaching elements of acrobatic gymnastics in the gymnasium by finding the most optimal ways and means to learn every element of acrobatic properly programei. Dat the fact that educational programs aim to adapt learning content to the interests and abilities of children , in pursuit while we tried to select the most optimal drive systems, thus helping to optimize the teaching of these elements in acrobatic gymnastics.

Therefore, after observation, we developed the following hypothesis: Elements of acrobatic gymnastics school can be learned quickly if we use elements of the item or items close enriching experience positive performer for transfer

Material-method:

Our research aims to improve the teaching elements of acrobatic gymnastics in the cycle gimnazial. Experimental was conducted over a period of 5 months at High Technology " Oltea Doamna " Dolhasca in

the research included pupils VI A - control group and sixth grade B - experimental group.

The school has a material basis acceptable, gymnasium showing an endowment that allows physical education activities during winter in optimal conditions.

Initial testing took place in the first half, November, and the final semester, March. The research results will be reported at baseline achieved by pupils progress confirming the hypothesis validation. The research has been used several methods were proposed ways of solving tasks:

- method of studying the documents
- observation method ;
- teaching experiment ;
- comparative method ;
- method of processing and interpretation of data (mathematical statistics)

Control samples applied:

1. Measuring the distance between hands and heels (bridge)

We know that the bridge is better appreciated when the distance between the hands and heels is less. The bridge was made of lying and measuring the distance in cm , using a metric tape.

2. Measuring the distance between the pubis and soil (string)

Each student before running string (sagittal) with dexterous foot forward, measuring the distance between the pubis and ground cm, using the same metric tape.

3. Vertical jump with 360 degree turn in 15 seconds

For carrying items such as turn standing on his head, sitting on hands, students must master very good balance. Were performed in the standing position rotary jumping vertically 360 degrees, landing being made as close to where the beat. It records the number of executed jumps in 15 seconds.

4. Measuring the length of the tail wheel

It is known that a wheel right side should be as long. This element was executed twice, measuring the distance in cm from the place of departure to the place where it was sitting on the ground last leg.

5. Simultaneous lifting of lying dorsal trunk and legs in 30 seconds

It was made of lying back, extend arms body, legs stretched, simultaneous lifting the torso and legs until the hands touch the feet. It records the number of executions in 30 seconds.

6. Lifting the trunk of facial slept in 30 seconds

Was executed from a lying face, legs held by a partner, hands behind your head . It records the number of executions in 30 seconds.

7. Push-ups in 30 seconds

Were executed from a lying face, the palms and support tiptoes, stretched body, eyes forward, bending your arms to chest near the ground and return to start position. It records the number of executions in 30 seconds.

Models of media used :

SITTING SCAPULA

From sitting with knees bent, running back, raising the pelvis with legs stretched vertically support position on the shoulder blades, hands on hips, chin on his chest.

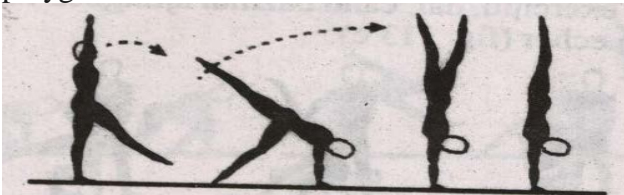


Common mistakes:

- failure vertical thrust of the pelvis
- carrying and bending their legs over his head

HEAD SITTING

Body overturned rests on the head (forehead) and hands that are placed on the ground, shoulder-width apart (equilateral triangle). Vertical lowered the center of gravity should be above support base. Regardless of the starting position, the basin should be exalted above the support polygon.



Common mistakes:

- uneven distribution of weight on the arms and head;
- exaggerated extension of the spine;
- bending legs.

ROLLING BEFORE

Rolling forward the squat squat. From sitting huddled with the laying on of hands on the ground, raise your seat. Neck sits on the ground between his arms before running back, legs are grouped hands gripped legs to help the group. Returning to squat is performed by pulling the shoulders forward and head.



Common mistakes:

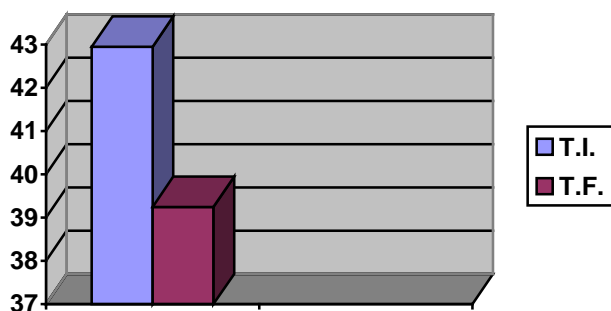
- thrust lack standing to raise the seat;
- settlement neck crown in place;
- opening group runtime back;

Data collected and interpreted statistical and mathematical then were tabulated, creating a synthetic image of the main values envisaged. Based on these tables, we went to analyzing and comparing data, noting the following: At the first trial, the experimental group progressing on average 3.70 cm compared to the control group who progressed on average by 1.28 cm. At the second trial, the experimental group progressing on average by 2.20 cm, 1.09 cm compared to the control group. No test. 3, there is a progressive increase of the average of 2.65 in the experimental group compared with the other group, which has progressed by 0.95 .

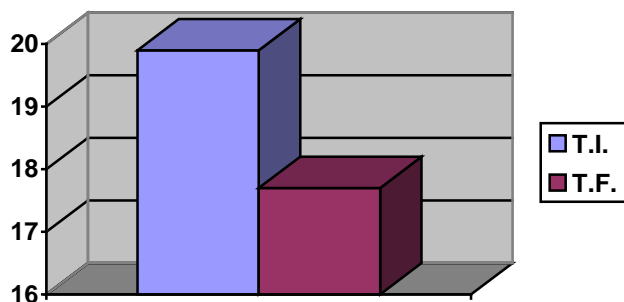
Test and measurement	Arithmetic mean				t	p
	Experimental group		The control group			
	Test i.	Test f.	Test i.	Test f.		
1 (cm)	42,95	39,25	45,28	44	2,14	<0,05
2 (cm)	19,90	17,70	18,23	17,14	0,31	>0,05
3 (nr. rep.)	8,35	11	8,14	9,09	3,41	<0,05
4 (cm)	258,10	262,20	261,80	264,19	0,36	>0,05
5 (nr. rep.)	10,25	13,60	10,19	11,38	3,12	<0,05
6 (nr. rep.)	25,40	28,90	22,28	23,85	3,55	<0,05

7 (nr. rep.)	15,95	18,50	11,52	12,80	2,68	<0,05
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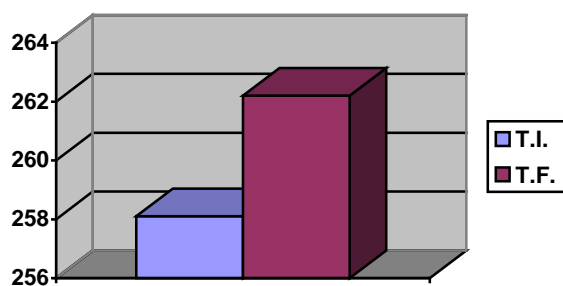
Measuring the distance between hands and heels



Measuring the distance between the pubis and soil



Measuring the length of the tail wheel



No proven. 4 experimental group progressing to an average of 4.10 cm, while the control group only 2,39cm.

No progress test. May is on average 3.35 - 1.19 experimental group and others.

Also, in tests 6 and 7 of the experimental groups in mean progressed 3.50, 2.55, respectively, and the control group with an average of 1.57 or 1.28 .

Conclusions:

Experiment conducted, can draw the following conclusions:

1. From the battery of tests and measurements applied proposed experiment, those who only significant differences between groups in final testing experiment subject were:

- measuring the distance between hands and heels to the bridge
- number of vertical jumps back 360 grade 15 ';
- simultaneous lifting of the dorsal trunk and legs lying 30 "
- trunk of lying facial lifting 30 "
- pushups 30”.

2. From statistical processing of recorded parameters observed during the experiment shows that the standard deviation values between 1.86 and 17.09, which is a large dispersion and variability coefficient has values between 10 % and 30 % , implying a very low homogeneity .

3. The superior results obtained from the experimental group compared to the control samples and tests validate the proposed methods and means, of course, associated with other methods used to achieve the objectives and tasks of physical education and sport .

4. According to the analysis results through objective statistical processing of data, it can be concluded that the hypothesis is confirmed stated.

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OPTIMIZAREA PREDĂRII ELEMENTELOR DIN GIMNASTICA ACROBATICĂ ÎN CICLUL GIMNAZIAL

Keywords: gimnastică acrobatică, mijloace, gimnaziu

Abstract: Elementele acrobaticice sunt complexe ca structură tehnică și, prin urmare, ele plac elevilor, fiind foarte spectaculoase și atractive. Sunt accesibile de la o vârstă fragedă, se pot practica afară sau în sala de gimnastică, dar și în sala de clasă sau în spații mai mici și nu necesită aparate și materiale foarte complicate. Gimnastica, alături de celelalte mijloace ale educației fizice școlare, contribuie la ridicarea nivelului de pregătire al elevilor din ciclul gimnazial în cadrul lecțiilor de educație fizică, prin optimizarea procesului instructiv-educativ. Numărul mare de exerciții, aparate și instalațiile specifice acestei discipline fac ca activitatea practică să se desfășoare într-o anumită ordine, care se impune a fi respectată, disciplina fiind o caracteristică a gimnasticii.