

## ANALYTICAL AND PERSPECTIVE ASPECTS OF ARTISTIC GYMNASTICS IN THE REPUBLIC OF MOLDOVA

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**Abstract.** *In this article are described a number of observations regarding the actual situation of the Artistic Gymnastics in the Republic of Moldova. There are exposed the results of the sociological survey of the specialists from the field of the Republic and some statistic dates regarding the athletes distribution in sports samples. In order to improve the existing situation, there are highlighted the opportunities that may determine the essence of effective changes based on the system functioning of principles, policies and other structural and organizational elements intended to improve "the industry" of athletes training in the performance artistic gymnastics in the Republic of Moldova.*

**Keywords:** *artistic gymnastics, analysis, situation determination, ways of improvement, principles, structural elements, development policies.*

According to the development strategy of physical culture and sport in the Republic of Moldova for the 2013-2020 period, is ascertained that this requirement establishes the directions identification and insurance, promotion and creation methodologies of new, motivational factors for systematic practice of physical exercises in order to increase the population health and the growth of athletes competitiveness in all the samples practiced in the country [5, 6]. At the same time, making an analysis of the functioning national system of physical culture and athlete in the Republic of Moldova is found that the athletes training at present stage meets a number of non-conformities, especially:

- the weak assurance of the technical-material and financial side of the sport activity;
- essential decrease of population (the age of children) as a result of the demographic crisis, which has caused and continues to cause difficulties to selection and training process of the athletes with perspective;

- the lack of a mass training system of the children with specific elements of the sport Olympic samples ;
- the considerable reduction of the children and young people health condition, but as a result, the number of people has decreased, being able to bear significant efforts of physical exercises and to be able to achieve high results in different sports Olympic samples.

Both these factors, as well as a set of other factors, also important, causes the insufficient level of athletes competition in the great international competitions.

Artistic Gymnastics in the Republic of Moldova is enumerated among the sports / samples that has also met changes both by statute and as well as by other criteria, losing its strong correlation with the training unified system of athletes, and, as a result, and with the international competitive calendar plan.

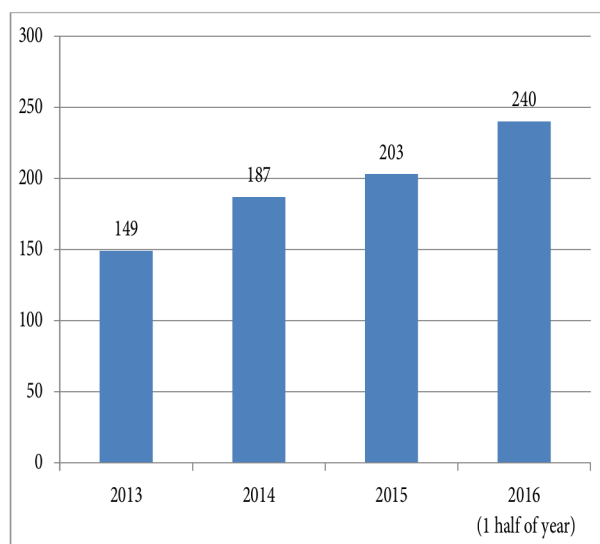
It is noted the fact that this sample particularly complex by structure and content [1, 2, 4, 5], but to achieve significant results at a high level of mastery is required a long period (of 10-12 years) of intensive specialized sports training. Along with all in practice it is found that a good part of the children who want to do sport enroll in oriental fighting samples (47.8%), sports games (24.3%), 14.1% – sports dances, 10, 4% – other samples, and only 3.4% in gymnastics samples (the survey was carried out on a sample of 409 respondents, error margin  $\pm 1.7\%$ ) (these data coincide with the data recorded at the diagnostic center "Atletmed "Chisinau, Republic of Moldova).

Also working practice shows another situation: from 323 specialists of the field of physical education and sport questioned within the National Instructive – Methodical Seminar. “The Sport Reconceptualization as a healthy factor of the Republic of Moldovan population”, held on December 17-20, 2015 (Vadul lui Voda), the majority (98.2%) claim that the institutions sports halls which they represent (from all the pre-university centers from the Republic) are not equipped with special of competitive polyathlon in gymnastics. In some cases it is found (1.8%) that sports halls

contain some apparatuses, which are outdated.

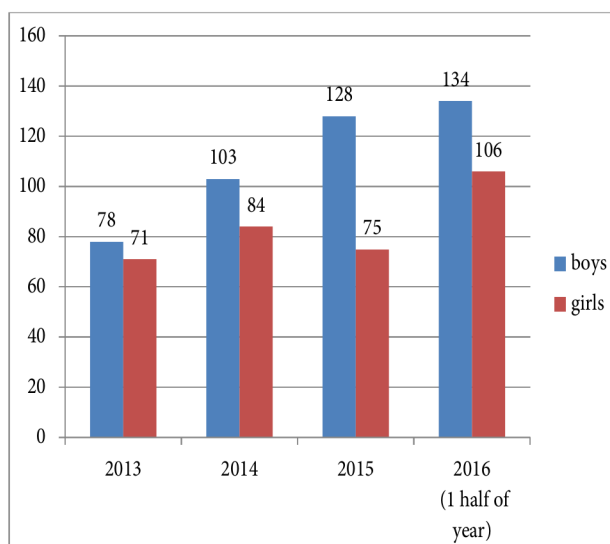
Consequently, the specialized sports schools for children and youth (four in number) are also not equipped with modern apparatuses and the existing ones do not offer the opportunity to learn the elements’ technique with high degree of difficulty, as required by the competitive regulation of the International Federation of Gymnastics and the European Union of Gymnastics.

However, it is noted that compared to previous years, the number of people wishing to do sport has increased in the sample of gymnastics.



Note: 2013 = 149 (78 boys, 71 girls)

2015 = 203 (128 boys, 75 girls)



2014 = 187 (103 boys, 84 girls)

2016 = 240 (134 boys, 106 girls)

**Fig.1.** Statistical data regarding the number of athletes enrolled in the „Artistic Gymnastics” sample in the Republic of Moldova in the last 4 years

Recently statistical data show that the tendency to increase the number of people wishing to practice artistic gymnastics both among the boys and girls, but these figures are not constant because some children practice workouts few months after they are transferred to other samples or abandon the process of training for personal reasons. Furthermore for the commercial groups of beginners are provided only three workouts each week, which is a fourth of time required of an efficient process of preparation. Also here, the

children sports selection system suffers, because most of those enrolled do not target to a multianual process of preparation and do not meet the Sports selection requests for the later stage.

If to look at the things, analyzing the practice of foreign schools of gymnastics (Ukraine, Russia, Romania, Georgia, Belarus, Estonia, France, Spain and others) it is found that this takes place using the three levels of selection system and sports orientation and namely: preparation, selection and the reserves orientation from the pe-

ripheries, close reserves and squads at the national level team. But, once again each of these levels are based on a multiannual process of preparation. Finally the instructional activity of these structures becomes organically linked by the system of multiannual preparation and therefore the number of young athletes who are constantly interested into this preparation system is able to ensure the formation of a contingent well trained of athletes in order to complement the teams at the national team level and successfully able to participate in competitions of any type.

Despite to all of these nonconformities and failures, artistic gymnastics in Moldova continues to “survive” due to the high enthusiasm of a small group of coaches and specialists who strive that the Republic of Moldova to not “lose” the contact with the “outside world” of the gymnastics.

For this purpose it is required also a number of other approaches of the situation improvement, such as the study of the theoretical-conceptual and methodological-practical aspects, regarding the redirection of this sample on the way of coherent development, as more operative and more rational .

Obviously on the basis of this “redirection” it can be placed the himself planning technological system of the training and control activities of these activities.

This planning-control mechanism must trace and outline the entire instructional and training approach namely according to basic principles that describe the set of concepts, theories and ideas within the meaning of prognosis, planning, provision, organization, course, analysis, assessment and evaluation in order to a good participation of athletes in competitions at any stage of preparation.

In this context the spectrum of activities should provide the structural and content elements to achieve a high level of the athletes mastery in the

artistic gymnastics and can be focused on:

- a) Basic principles of organization and functioning of training activities based on the strategic previsions of development, education and training and namely:
  - the principle of the organization and conduct scientific character of the training process, applying in practice the basic regulations of development and multidimensional education of the athlete (results of the preparation study from the positions of the sports pedagogy science, of anatomical-physiological and biological aspects, of biomechanics, psychology and other sciences which directly or tangentially contribute to the efficiency of the training system, as well as are the sciences about the operational regularities of the training process regarding the content study, of the physical, technical training forms etc.);
  - the propagation and application principle of some results obtained from the scientific researches to solve the problems emerged in the athlete’s training;
  - the relevance principle, according to which the intensive activities of training should be adjusted to the possibilities and capacities of the subjects involved in this process;
  - the principle of respecting the right to thinking and opinion of each participant in the preparation process (in the process of training) within the limits of interdependence towards the requirements of this process;
  - the quality principle according to which the athletes training activities relate to some benchmark standards, of some model features or standard along with the increase of the practical activity efficiency ;
  - the principle of transparency and participation with the responsibility of all members of the training process at all the training activities of the Athlete;

- the principle of efficient promotion of athletes from a preparatory stage to another, as well as the pressing respect of other principles such as: the principle of unity and integrity, principle of activation, accessibility, individualization, intuition, systematization, consecutiveness, progression, continuity etc.
- b) The organizational structural elements (of effective administrative - management capacity) in order to be able to assure a qualitative and quantitative functioning of the multianual preparation process of the athletes:
  - the establishment of a high level of professionalism of an appropriate composition of the teaching staff of coaches and specialists with clear visions on the missions which they pretend to direct it;
  - the establishment of committees of the quality assurance on the activity of coaches and the training process of athletes;
  - the establishment of scientific-methodical laboratories and establishment of the functioning relations of these laboratories in order to integrate the efforts designed to a multidimensional preparation of the athletes;
  - the clubs, schools, departments extending which include samples of gymnastics on the whole territory of the Republic of Moldova, especially in cities and regional centers;
  - the completion of auxiliary services teams consisting of people that offer various services: professional (assistant coaches, choreographers, accompanists, psychologists etc.); medical (dietitians, nutritionists, traumatologists, kinetherapists etc.); psychologists, logistics services (spaces, transport, inventory, materials);
  - the assurance of the technical material base (classrooms, locker rooms, relaxation rooms, gyms, specialized inventory, technical apparatus, standard sports equipment, equipment etc.).
- c) the gymnastics development policies on the fields:
  - ensuring the functionality of specialized schools with the necessary documentary materials: competition calendars of the International Gymnastics Federation and the European Union of Gymnastics with regulations of the major competitions (European, world championships, Olympic Games); with the training multi-annual plans on cycles (macro-cycles, meso-cycles, micro-cycles); with materials and regulatory acts for organizing the training process with efficiency; with projects, files and elaborations for each ordinary training meeting or lesson;
  - creating the conditions for continuous professional training and experience exchange of specialists - coaches, in order to increase the high professional level of the training and development, according to the actual requirements submitted by the anticipated standards of the specialist's profession in the gymnastics field;
  - the liberty of professional spirit in the context of the permanent growth of the quality of the training process by combining the coherent technologies and methodologies of the Gymnasts training (of the most heuristic methods or more efficient approaches of problems to train);
  - the flexibility of the complexity degree regarding the athletes training through an integrated study and a close correlation between objects and subjects, as well as the cooperation as necessary with other sciences (centers, institutions, laboratories or similar establishments);
  - the concordance of real requirements regarding the creation of the sports training levels by strengthening the athletes training and education, interdisciplinary cooperation, the training of the skills set in order to enhance the technical mastery, educating the critical spirit, the highest improvement of operability;

- the modernization of the training contents and rational organization of an efficient practical work to give knowledge by coach to athletes which trains them by carrying out an active, innovative, creative process.

According to those said above, it should be mentioned that “the industry” of the gymnasts training in the Republic of Moldova should be a dynamic and extensively system through the establishment of cooperation relations with pre-school institutions, pre-university, profile federations both from the country and abroad in order to establish a trend of partnership, a logical

connection of obtaining of some potential candidates in order to prepare them on a high level of mastery for the common mission of centralized training of the future Olympic champions.

Thus, taking into account the restructuring period of the instruction and education in the Republic of Moldova, thereby the values described above, can contribute to the scribing of the most priority ways of the long-lasting development activities of gymnastics, directly contributing to the achievement of the purpose and objectives of the high qualified male gymnasts and female gymnasts training.

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