

## REVIEW

**on the monograph “The theory and didactics of sports training in gymnastics: control and planning”, author Bufta Victor**

The monograph “The Theory and Didactics of Sports Training in Gymnastics: Control and planning” of Mr. Bufta Victor is a scientific work that reveals a comprehensive study on the training of performance female gymnasts in an Olympic macrocycle. The subject of this investigation is fully and multilaterally approached and has provided the development of a didactic strategy based on the control and planning system of the multiannual training process in order to obtain a high level of sports mastery by the female gymnasts. Currently the monograph has a theoretical, applicative and experimental character caused by the complexity of the training activity of the performance female gymnasts. The elaborated strategy highlights the essence of the control and planning factors of the training process that underlie the experimental research methodology.

In the analytical compartment, the author describes the situation in the research field. A number of arguments are identified that confirm the need to improve the guidance and projection system with training activities. Both the theoretical, conceptual and didactic peculiarities, as well as the technological and methodological peculiarities on the basis of which a well-designed system of specific training actions of the high performance athletes can be built are taken into account.

The later compartments of the monograph are related to the interpretative, creative and resultative aspects, by which is exposed and valorised the elaborated experimental program.

Thus, in the second compartment of the monograph are described the characteristics of the specific training forms of the female gymnasts at this stage (over 15 forms), which constitute the necessary elements for a highlighted integral training. Design patterns are reproduced in all of the Olympic macrocycles, meso-cycles and micro-cycles with detailed description of the training activities.

In the following section are described the experimental research studies, models of the performance gymnast's training, subordinated to the control and planning system of the exercise activity. There are described the specific action modules and algorithmic prescription schemes, as well as the technology of using this program.

The last chapter shows the obtained, statistically and dynamically interpreted results.

The author highlights a number of fundamental laws and principles that can underpin the organization and performance of the multiannual training process. The author suggests useful recommendations for the theory, didactics and practice of sports training in the researched discipline. These achievements can serve as constructive benchmarks both for gymnastics trials and for other Olympic sports trials.

The text of the monograph is well structured and includes all the compartments established by the regulation on scientific and scientific-didactic publications.

On the basis of those that we mentioned, the monograph “The theory and didactics of sports training in gymnastics: control and planning” by Mr. Bufta Victor is recommended for publication in accordance with the planned requirements.

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