

REVIEW

**on the monograph “Theory and didactics of women’s sports”,
author Manolachi Veaceslav**

The thematic palette of those published by the author in the monograph is part of research on the theoretical-methodological and conceptual foundation regarding the management of the training process of female athletes, the pedagogical control means and methods, applied in the didactic process, the principles of optimizing the content of the training process of the female athletes. Also, the issue concerning the planning of the training process and application of the system of pedagogical control means and methods was approached in order to assess the level of training of the women-athletes.

In the monograph are experimentally argued the process of selecting the tests for carrying out the pedagogical control of the sports training level of the female judokas.

In the third chapter of the paper are outlined the main ways of realizing the experimental program of pedagogical control of the training level of the performance female judokas, but also the level indices dynamics of the female athletes physical training.

The basis of the monograph content is the basic theoretical principles of the precompetitive training of female athletes, the essential characteristics of this stage, but also the specific complex diagnostic model for examining the judokas during the precompetitive period in the annual training cycle.

Also, the nutritional characteristics correlated with the tasks of sports training are illuminated and the principles and recommendations regarding the aspects of sports nutrition are successfully reflected.

The monograph is intended for the students of the 1st, 2nd, 3rd cycles of study, for the scientific and didactic staff, for the managers of sports organizations, federations, clubs, associations and coaches in the field of physical culture and sports.

In conclusion the scientific, rich and varied content of the publication, its graphic presentation, determines us to consider it a success, and by realizing it, we highlight a high level of professionalism in this field.

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