

PLANNING AND CONTROL THEORETICAL – METHODOLOGICAL CONCEPTS OF THE TRAINING PROCESS OF THE PERFORMANCE GYMNASTS

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Abstract. In this article are exposed some theoretical-methodological concepts about the complex approach of the “control-planning” system in the practice of training in feminine sportive gymnastics. It is also described the structure of an instructive approach as a “tree of information security”, thanks to which, the process of training could achieve a more superior level in obtaining performances by the gymnasts. By the way, there are exposed the detailed components of each type of planning and control, that constitute a technological and methodological support with a considerable importance in the “control-planning” system of the training process.

Keywords: the methodology of planning, the process of training, complex approach, types of preparation, performance.

The strategic elements of contemporary sport aims upward trend of improving training systems for the athletes in all Olympic samples.

The imperative of bringing in exclusive accordance the technological, methodological, structural and content aspects with elements of psihomotric potential becomes a fundamental constant of preparing athletes industry for modern science.

Increasing competition in the international sports arena, commercialization and professionalization of some evidence and other factors asserts to the specific training of athletes systemic approach with a high degree of effectiveness.

Multiple scientific research [1, 3, 5] made in the theory and practice of modern sport shows that to achieve performance in any sport sample is necessary the interdependence or organizational edge consent and training process monitoring with the highlighting of talent expression of each athlete by applying obvious certain techniques and tools.

In this context the scientific research carried out in the sphere of sport were and are dedicated to different anatomical and physiological, psycho-pedagogical biomechanical problems etc., of

optimal arrangements to structure multi-annual athletes preparing process, training process periodization [2, 4], of problems related to individualization the preparation of athletes and other for all Olympic samples.

Artistic Gymnastics count as sports that has undergone essential changes of the competition rules, the Points Code (2005 – FIG) of structural elements and content, fact that awakens a special **motivation** with the purpose of a thorough study of these problems. Obviously this goal in recent years has led to intensification of training process and competitive activity considered together.

Due to the complex nature of the exercises fulfillment related to the rigors of a high level of technical training, artistic gymnastics requires athletes maximum mobilization of body reserves and the full functional potential, of the psychomotor balance, other qualities and capabilities in terms of enhancing the training process itself.

In this regard it have been and are undertaken research of specialists in the field who argues the complex side of this test with various information of morpho-anatomical and physiological, kinetic, biomechanical, psycho-pedagogical type, issues related to indices of technical, tactical, physical training, problems relating the selection, some forecasts, the study of the gymnastic exercises technical bases etc.

Thus the theoretical and methodological arsenal and the technical and practical artistic gymnastics contain a vast amount of theoretical, methodological information and obvious experimental-practical.

However it appears that scientific approaches of many problems are not always related to the

size of concerning the control and planning of the athletes training in several preparation cycles such as micro-cycles, mezzo-cycles, macro-cycles and by all means the Olympic one (4 years) as well as for a longer period than those, according to the length (multi-annual training) or macro-preparation.

The study of some problems in this context, can lead to the establishment of an systemic interconnection and a direct interdependence between specific elements of control and planning activities of all actions and specialized sports training components, which ensures monitoring of the athletes preparation, or the high level of sports performance it is strictly proportional to the programming process and influenced exactly by the training component control and fair planning of the process.

Obviously, this means that namely the establishment of an accurate scheme in monitoring of the training process can provide greater efficiency in terms of functionality organic system based on specific elements of control over the preparation of the athletes in women's artistic gymnastics and planning activity training of art exercises which will lead to:

- Continuity of sports training throughout the Olympic cycle and career-sport determined by the accuracy of organization and conduct of the training process based on elements of logic arrangement and direct interdependence of all actions and forms of sportswomen manifestation as equivalent stringency control and planning the whole process and set of specific actions;

- The timing and delivery of all provisions, actions and specific interventions characterized from the positions of predicting available sports performance based on a specific methodology of forecasting long-term performance and through obvious connection of training efficient types, both within a multiannual cycle as and in major sports competitions;

- Developing characteristics - model of ath-

letes / elite gymnasts by highlighting the particularities and identifications required by the sample "artistic gymnastics" in the Olympics.

- Development, concretization and setting forms to the entire current and tabulation pedagogical control system, with positive exponents on preparing specific performance gymnasts by direct or indirect measurements of assessment and evaluation;

- Development, concretization and determination of the planning system forms estimated by regularities, principles, conditions and other specific features of organization, control, monitoring, management, ongoing and assessment training activity;

- Optimizing the structure and content of sports training by linking dependent competitive system (competitive calendar of the International Gymnastics Federation), acting here with optimal scheduling and control variants for the purposes of updating the structure, content, size effort, intensity and volume of the specific means alphabet of routing superficial scheme of training process, and other practical discipline cutouts;

- Selection of athletes / gymnasts at different stages of training (in our research in an Olympic cycle) for the national team (team of the Republic of Moldova) at major competitions evident for participation in the Summer Olympics, this being based on theoretical-methodological and content aspects of the training system.

Taking into account those exposed it's seen the idea of resizing control and planning components of the training process to prepare the performance gymnasts in an Olympic cycle with components of categorical importance: - resizing that can change fluctuation of technical preparation of athletes' values and starts exclusively on strategic, technological and methodological positions of control and planning. Namely in relation control -planning, within the training process is provided the finding of a profound reality that

reflects the essence of training the outstanding gymnasts to obtain a high performance, so that all these could make possible the participation of gymnasts in major sports competitions and obvious the Olympic Games.

According to the research ideas it is also claimed that the development of a holistic view of planning control and consistent high level of performance athletes can afford the most relevant results from this sample in a multi-annual training cycle.

Control and planning elements are part of the requirements category with influences that should change over time and act differently and objectively namely in periods of primary importance for participation in the competition, following the approach of psycho-motor and technical capabilities growth and development for the athlete effective evolution on all competitive polyathlon devices.

These elements enable the flexible pathways for training, while providing the same time maximum exploitation opportunities of emotional and motor experience, having also the mutual influence.

Namely with these elements (control and planning) it becomes possible the realization of a activity training complex program, despite of all the factors complicated because if in the training program are committed any irregularities or deviations from the side of fairness, then it will suffer the throughout training system.

By elements of:

- – **knowing:**
- 1 – knowledge regarding the technique of making movements;
- 2 – knowledge of special terminology;
- 3 – knowing the rules and principles;
- 4 – knowing classifications, types and category of information;
- 5 – knowing appreciation principles;
- 6 – knowing the methods and procedures of

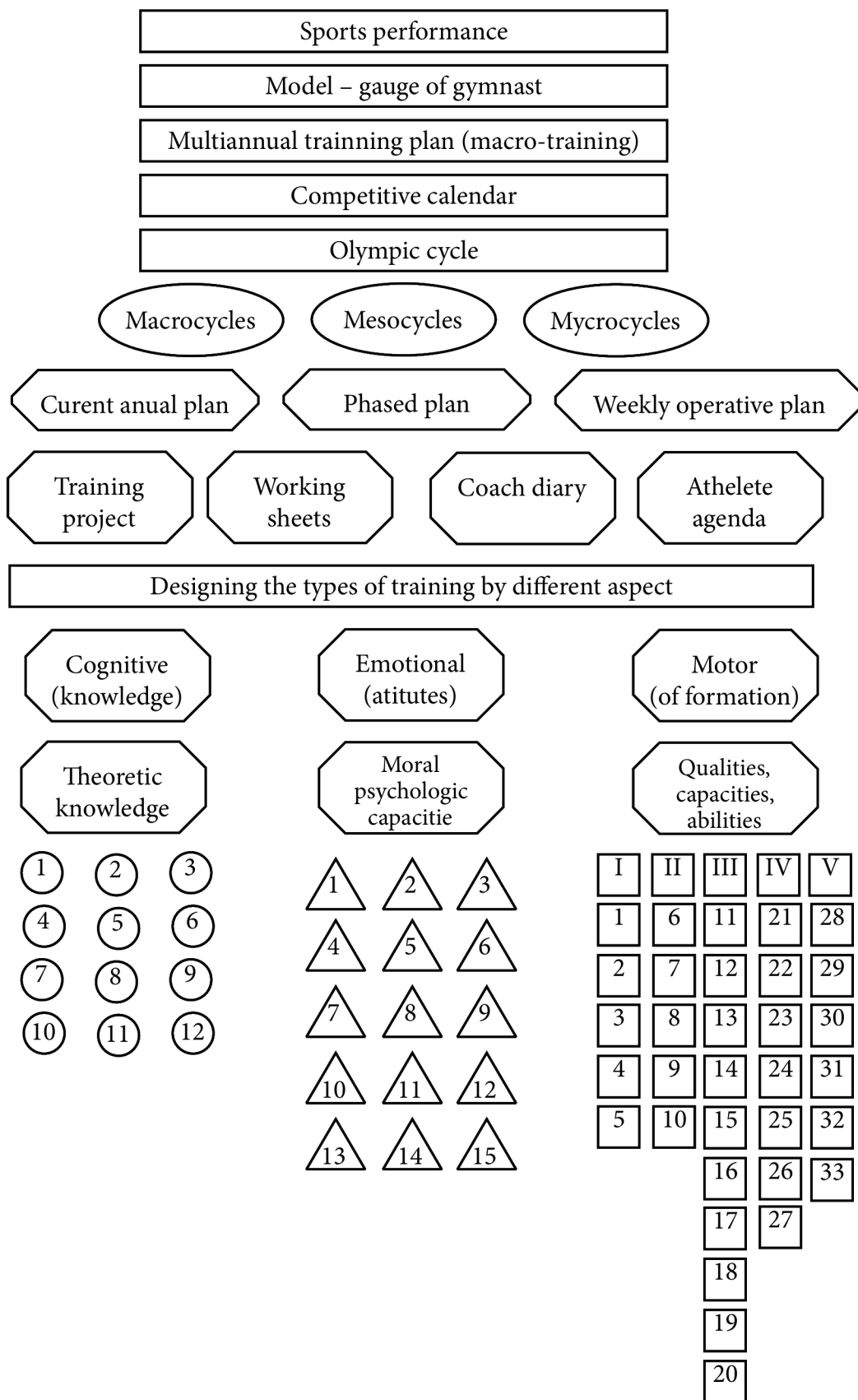
action;

- 7 – knowing the special and helpful exercises;
- 8 – knowing the hygienic and medical aspects;
- 9 – knowing the granting of aid;
- 10 – knowing of recovery, rehabilitation, recreation and countervailing;
- 11 – knowing autoregulation of muscle tightness;
- 12 – knowing tactical training component.

By elements of:

- △ 1 – educating logical, analytical, deductive thinking;
- △ 2 – educating sense of responsibility, discipline;
- △ 3 – cultivating intellectual element;
- △ 4 – educating desire to externalize the aesthetic body;
- △ 5 – acquisition of accuracy to make all the movements and actions;
- △ 6 – education of concentration and awareness in every work situation;
- △ 7 – educating psychological equilibrium and balance;
- △ 8 – foster a sense to compare, judge, report and argue some situations;
- △ 9 – forming the motor imaginings and programming, training and correction functions;
- △ 10 – development of self calming and self appeasement;
- △ 11 – educating the capacity of overcoming defense reactions by self suggestion and self measures;
- △ 12 – educating the trust, firmness, the opportunity for decision-making;
- △ 13 – educating the ability to overcome emotional stress;
- △ 14 – developing the capacity to adapt to tense work situations (activity);
- △ 15 – acquiring active and explorative manner of obtaining experience in the study of complicated movements.

Informational safety tree in the system "Control-Planing" of gymnasts' training process
Control-Planning-Control



I. General physical training (multilateral):

- ☐ 1 – health strengthening;
- ☐ 2 – body annealing;
- ☐ 3 – increasing work capacity;
- ☐ 4 – activation of potential capacity;
- ☐ 5 – increasing the functional, durable status.

II. Special physical training:

- ☐ 6 – development and improvement of specific motor skills (strength, joint mobility, muscle elasticity, strength, speed, prowess, expansion, coordination of movements, orientation in space and time, adroitness);
- ☐ 7 – selective development of muscles and muscle groups which are assigned the main effort;
- ☐ 8 – removal of the deficiencies that impede the proper movements;
- ☐ 9 – increasing intensity, density and volume efforts;
- ☐ 10 – creating opportunities of acquiring technical actions.

III. Choreography training:

- ☐ 11 – correct posture forming;
- ☐ 12 – dynamic posture education;
- ☐ 13 – purity performing movements education;
- ☐ 14 – developing the capacity to perform complicated movements with coordinating complicated character attending several joints;
- ☐ 15 – educating the rationality of the body positioning;
- ☐ 16 – maintaining body comfort, work efficiency through minimal expenditure of resources;
- ☐ 17 – interaction of support and balance phases of body segments, preserving the kinematic chain;
- ☐ 18 – conscious change of the direction and intensity efforts sizes;
- ☐ 19 – educating the accuracy and rigor, keeping movements as programmed;
- ☐ 20 – acquisition of movements strategy by educating motric culture and background style

of sportswoman behavior.

IV. Artistic training:

- ☐ 21 – educating the expressive note of movements by executing with harmony, ease, virtuosity, plasticity and dynamism;
- ☐ 22 – educating sensibility and movement aesthetics;
- ☐ 23 – developing the sense of movements elegance and gracefulness;
- ☐ 24 – fulfillment of movements easily and with greater amplitude;
- ☐ 25 – educating the quality for creativity and perception of music through a close connection;
- ☐ 26 – compliance with the succession based on rules that would respect their body while performing the movements;
- ☐ 27 – educating muscular and communicative intelligence through movement of the whole body.

V. Technical training:

- ☐ 28 – forming the availability to perform in sequence (chain) several exercises with different levels of difficulty and motor structure;
- ☐ 29 – educating accuracy through high culture of performing movements;
- ☐ 30 – the rational organization of movements under complicated interaction of internal and external forces;
- ☐ 31 – educating quality to fulfill movements characterized by the ability to control muscle contractions, the complicated nature of the movements coordination, maintaining dynamic balance in situations with and without support;
- ☐ 32 – educating routing effectiveness with movements based on parameters set by time, space, power, speed;
- ☐ 33 – efficient exploitation of capacity for conducting competition or contest exercises without mistakes and deviations, keeping

the rational, expressive and aesthetic form of movements.

In the sense of those described it appears that scheduling and control elements can be placed at the base of coherent organization and conduct of all components of the training process and where these elements provide accessibility training pro-

cess fully and effectively in the development and achievement of results.

Along with all these in the content of gymnasts' preparation necessarily it is respected and specific training principles, as well the respect of all rules, current conditions and various provisions to ensure a higher level in achieving results.

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