

REVIEW

on the monograph "Relative indices of physical working capacity of freestyle wrestlers PWC_{170} (V) with the usage of specific loads", authors: Manolachi Victor, Mrut Ivan, Manolachi Veaceslav

Physical performance, maximum oxygen consumption (MOC), measurements, were and continue to be the subject of much research in the field of sports pedagogy, and sports medicine.

Thus, as it is known from a large arsenal of functional assays with exercise, reflecting a functional state of the human body in general, the most reliable and informative are Harvard step test, PWC_{170} and subsequent modifications (PWC_{150} PWC_{130}).

At the same time, when these tests determine the indicators of physical workability and MOC of athletes, a number of factors appear that significantly reduce the reliability of the results obtained, as well as the interest and attractiveness of specialists in this technique.

These, first of all, include the lack of simple and affordable methods of controlling the heart rate (pulse totalizers) and others. And the palpation method used to measure the pulse in the radial artery for 10 or 15 seconds, followed by recalculation of 1 m and chickpea, has, in most cases, a relative error of up to 10 - 15%.

To the complexity of a different order is greatly reduced interest in this method includes calculating procedures according to the formulas and tables that are taking considerable time, especially mass surveys.

In its monograph based on empiricism analysis and research data, the authors offered

a more accessible and at the same time, sufficiently valid approach to determining the performance of the maximum oxygen consumption swimmers the dough PWC_{170} (V) and its modifications PWC_{150} (V) using specific loads.

So to calculate the heart rate after exercise authors used the method of "Intervalometer" - as the most informative one. To simplify the calculating procedures, they developed and proposed special tables - nomograms, which are based not on the heart rate, but on the time characteristics of the "intervalometry" - the duration of 10 or 15 full heart cycles.

Following that, it is also noted that in the monograph are used innovations and converting mathematical formulas are sufficiently correct.

It is supposed that the presented monograph offered by the authors, reflects unconventional approach to the determination of the relative indices of physical performance and maximal oxygen consumption among freestyle wrestlers with specific loads enable teachers, trainers and researchers to get express and reliable information and at a relatively lower cost time and make timely corrections in the training process of athletes of various qualifications.

This monograph is recommended for publication in print.

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