

REVIEW

on the monograph "Relative indices of maximum oxygen consumption VO_{2max} / kg of freestyle wrestlers with the usage of specific loads", authors: Manolachi Victor, Mruț Ivan, Manolachi Veaceslav

Investigation of the MOC and the physical performance of athletes is widely put into practice in the field of sports medicine, work of trainers, educators and researchers. The sufficiently high information content of the PWC₁₇₀ test and its methodological simplicity contributes to the fact that it is used not only by doctors, but also by trainers.

Currently, there are developed standards, regulations needed and for evaluation of individual test results of physical performance and maximal oxygen consumption (MOC), not only the athletes, but also for mass screening of different society groups. However, a large disadvantage in this case are recalculations and mathematical processing that tires and takes so much time.

On the basis of numerous studies and empirical experience the authors propose a new and not traditional approach to defining the relative indices of physical performance and maximum sweat oxygen used by wrestlers, specialized in freestyle wrestling with specific loads (dummy throwing across the back).

Using the previously developed by I.D. Mruț method of determining heart rate is "intervalometry", which allows with great

accuracy, compared with the usual method of measuring heart rate in 6, 10 or 15 seconds (error lower than 10 - 15%) palpate the heart rate of the subjects, author developed and offer an original and at the same time, simple method for determining the relative indicators of maximal oxygen consumption using special tables - nomograms both for males as well as for women of various weight category qualification. Table data simplifies the computational procedures and allows to accelerate the process of getting urgent information about the physical state of health and functional status of the cardiorespiratory system of the body, the tested ones.

It should be noted that the innovations and transformations of mathematical formulas and equations applied by the authors are performed correctly.

This monograph can be widely used to obtain urgent information by trainers, teachers, students, undergraduates and graduate students in their pedagogical and research activities.

Monograph prepared by Manolachi V.V., Mruț I.D. and Manolachi V.G. is recommended for print publication.

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