
THE HIGHEST ACHIEVEMENTS OF UKRAINIAN POWERLIFTING AT INTERNATIONAL EVENTS DURING ITS ORIGIN AND FORMATION (1981-2012)

Stetsenko A.I.

Cherkasy National University

Annotation. *Purpose:* to conduct a comparative analysis of performance of national teams in major international competitions in various stages of formation and development of the Ukrainian powerlifting. *Material:* analysis protocols World and European championships for men and women, juniors and juniors, boys and girls, the veterans. *Results:* the highest achievement systematized members of national teams of Ukraine. The data Ukrainian competitions for the period from 1989 to 2012. The largest number of participants recorded in 2001 (575 athletes). Oscillatory nature of the dynamics set number of wins Ukrainian athletes at different stages of development of the Ukrainian powerlifting. Noted that there are changes in the number pattern gold awards in conjunction with the number of participants of Ukrainian championships. *Conclusion:* experts recommend using the data analysis process of fundamental laws of modern development of the sport. Creatively to predict future trends and prospects in powerlifting.

Keywords: powerlifting, team, competition, history, international.

Introduction

Sport as a social and cultural factor should be of great significance in the construction of Ukrainian national identity [5] and therefore sport is a part of the political brand of Ukraine [1, 6]. Success in international highest-level competitions has increasingly become a controlled phenomenon and depends on the country's population, size and economic welfare. However, researchers suggest that the recent impact of macroeconomic variables on the processes in the sport is weakened and, conversely, political factors such as strategic approach to the development of high-class sports are becoming more and more important [10, 11]. Distribution of forces in the sport between countries of the world continues to be relevant for humanity and is primarily determined by wins at major sporting events [7]. Despite the fact that countries' governments and people themselves are willing to spend a lot of money for medals [8], sometimes increase in the number of medals won by the developing countries at major international competitions does not have proper positive impact on improvement in the quality of nation's life [9]. At the same time study and expert analysis of the results of sportsmen in international competitions are an important element in defining the prospects for national teams' performance in the future [2].

Extension of powerlifting to many regions of Ukraine and involvement of various categories of the population requires a completely different higher-quality level of study of its various aspects for further development. However, summary information about study of powerlifting development in view of its achievements in the international sport arena is not enough [3, 4] which may prevent further spread of the sport in the country.

Therefore it is necessary to systematize achievements of Ukrainian powerlifters in the international sport arena and conduct studies of the factors affecting success of national teams of Ukraine in competitions.

This study was carried out in accordance with the theme 1.2. Modern professional sport and the trends of its development in Ukraine presented in the Consolidated Plan of the 2011-2015 research work in physical training and sports.

Purpose, tasks of the work, material and methods

Work objective is to conduct a comparative analysis of performance results of national teams in major international competitions at various stages of formation and development of Ukrainian powerlifting.

To achieve this objective an analysis of result cards of national and international powerlifting competitions was conducted, including European and World Men and Women, Junior and Sub-Junior, Veteran Championships as well as bench press competitions as of from 1989 to 2012.

Results of the research

Based on the fact that the number of medals won and primarily gold medals is one of the main criteria for determining the sport rating, the study included only the highest medals won by Ukrainian powerlifters. It has been established that from 1991 when Ukrainian athletes took part in international competitions for the first time on out to 2012 domestic athletes won in total 379 gold medals at the World Championships (powerlifting and bench press) (Table 1).

Table 1

Gold medals won by domestic athletes at World and European Championships over the entire history of Ukrainian powerlifting (1981-2012)

Year	WG		EUROPEAN CHAMPIONSHIPS													TOTAL (WG+WCh+ECh)																					
	WORLD CHAMPIONSHIPS						POWERLIFTING						BENCHPRESS																								
	POWERLIFTING			BENCHPRESS			TOTAL	Men		Women		TOTAL	Men		Women		TOTAL																				
	Men	Women	Sub-Junior (m)	Sub-Junior (w)	Masters	TOTAL		Junior (m)	Junior (w)	Sub-Junior (m)	Sub-Junior (w)		Masters	TOTAL	Junior (m)			Junior (w)	Sub-Junior (m)	Sub-Junior (w)	Masters	TOTAL															
1989						0																		0	0	0	0										
1990						0																						0	0	0	0						
1991						0																								0	0	0	0				
1992						0																								0	4	4	4				
1993						1							1																	0	5	8	8				
1994			1	1							2	4	1																	0	11	16	16				
1995			2	1	1						1	5																		0	9	14	14				
1996			1	1	1						1	3																		0	8	11	11				
1997			3	1	1						2	7	1																	1	10	18	18				
1998			3	1	1						2	7	1																	1	14	21	21				
1999			2	1	1						2	6	1																	1	9	16	16				
2000			1	1	1						2	5																		2	10	15	15				
2001			2	4	3						4	16																		1	10	26	26				
2002			4	1	3						4	10																		2	25	35	35				
2003			2	2	3						2	9	2																	2	4	17	28				
2004			1	1	3						3	9																		1	10	19	19				
2005			1	1	4						2	10																		0	9	19	19				
2006												0																		0	6	7	7				
2007				1	1						2	6																		0	0	6	6				
2008			3	2	1						2	9																		0	21	30	30				
2009	1	2	1	1	3						1	9																		0	8	21	21				
2010			2	3	3						1	15																		2	17	32	32				
2011			2	2	2							8	1																	1	10	20	20				
2012			2	2	2						2	8																		0	2	13	13				
Total	1	3	33	21	22	30	11	8	19	148	4	4	4	3	2	1	2	0	16	164	46	33	42	36	1	0	40	198	5	8	0	0	0	4	17	215	379

Note. WG – World Games, PL – Powerlifting, BP – Benchpress.

The study of the nature of the distribution of awards among various categories of competitions and athletes allowed to establish that domestic athletes managed to win 346 (91.3%) medals of World and European Championships in the sum of three lifts (Fig. 1). Achievements in the Open Men and Women Championships were more significant (137; 36.1%). In this case, men were more successful and won 79 awards (20.8 %) while women won 54 medals (14.2%). Juniors had only seven wins lesser than adults and their contribution to the common fund was 130 awards (34.3%). Achievements of Ukrainian powerlifters in other age categories are still more modest.

Despite the fact that it is powerlifting consisting of three exercises is considered to be the most prestigious competition among athletes, separate bench press competitions were generally recognized as well. Just this resistance exercise is very popular among supporters of weight training. However, Ukrainian athletes managed to win substantially smaller number of gold medals in bench press, compared with powerlifting (5; 1.3%).

Analysis of the distribution of the highest awards won by Ukrainian powerlifters at a different time revealed that the dynamics of this indicator was of an oscillatory character (Fig. 1).

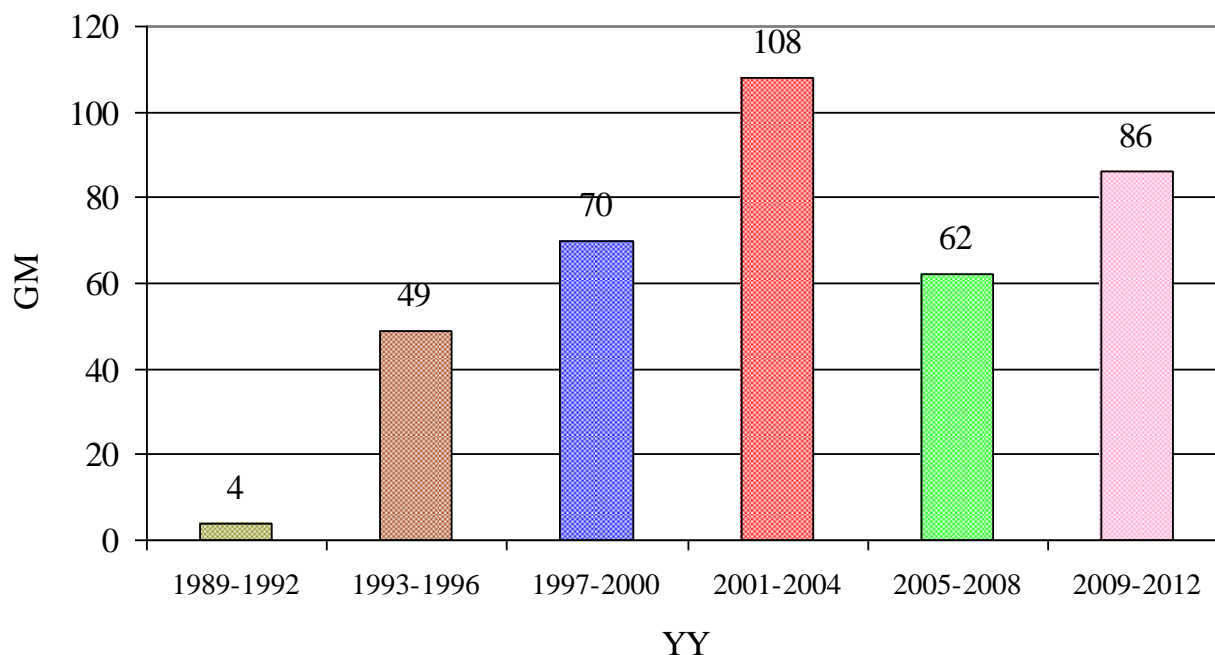


Fig. 1. Distribution of gold medals (GM) won by Ukrainian athletes at World and European Powerlifting Championships in different periods (YY)

No gold award was won at the first stage of development of Ukrainian powerlifting during 1989-1991. The counting of wins began only in 1992 when four Ukrainian athletes were triumphantors at once. This figure has grown rapidly during the next two stages 1993-1996 and 1997-2000 (49 and 70 respectively) and amounted to 108 awards in 2001-2004 which was the highest achievement in the history of Ukrainian powerlifting. Then the total number of wins significantly decreased during 2005-2008 (62) due to non-participation of Ukrainian powerlifters in international competitions in 2006. In recent years (2009-2012) the number of gold medals again increased (86).

The characteristics that determine the popularity of the sport include large-scale involvement which more precisely reflects the number of athletes participating in the event. In order to determine the dynamics of the number of competitors, we examined result cards of Ukrainian Powerlifting Championships among different categories of athletes. The findings of the study make it possible to assert that the number of people willing to participate in such competitions grew up to 2001-2005, following which there was a slight decline in activity that led to the reduction in the number of participants. The highest value of the indicator being studied was recorded in 2001 when 575 Ukrainian athletes participated in the competition. A more detailed analysis of the dynamics of the number of athletes by categories showed its variability which didn't allow yet to establish any regularity.

The most important Ukrainian competitions are national men and women powerlifting championships where the strongest athletes compete and are selected for European and World Championships. Analysis of the number of participants and teams of these competitions allowed to determine that the largest number of participants (186 men and 92 women) was recorded at the 2003 Ukrainian Championships. However, the largest representation of teams was recorded at the 1999 championship (25 men's and 24 women's teams). In recent years, these figures have decreased significantly which is primarily explained by the outflow of athletes into other alternative powerlifting organizations.

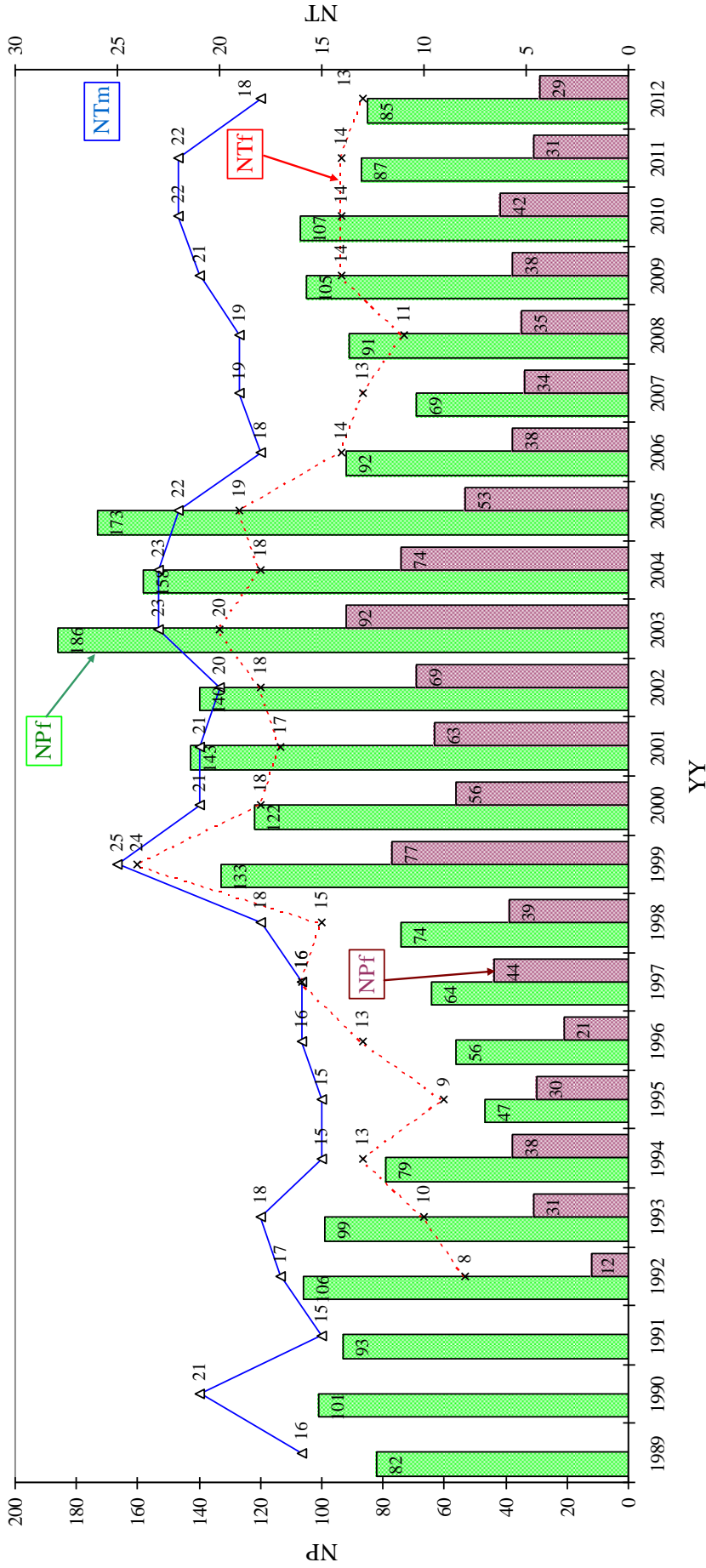


Fig. 2 . Quantitative indicators of the 1989-2012 Ukrainian Men and Women Powerlifting Championships
 Note. NPM - number of male participants, NPf - number of female participants, NTm - number of men's teams, NTf- number of women's teams.

Correlation analysis between the values of the total number of participants of Ukrainian competitions and the number of gold medals won at international competitions showed that there is a sufficiently strong correlation between them ($r = 0,55$; $P < 0,01$). This dependence suggests that the more athletes take part in national competitions, the more likely it is that performance results of national powerlifting teams of Ukraine will be successful in major competitions.

Conclusions.

The study of the history of development of each sport and, in particular, powerlifting, its socio-economic and legal aspects and other important issues will provide specialists with materials not only for analysis of fundamental regularities of the process of modern sport development but also for creative interpretation and forecasting of future trends and prospects.

A retrospective and system analysis of the highest achievements of Ukrainian powerlifters based on the study of major international competitions allowed to establish common factors of change in this indicator taken in conjunction with the number of participants at the championships of Ukraine.

The solution of tasks identified in the work opens the door for further research related to the place and role of powerlifting in the Ukrainian sports movement.

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Information about the authors

Stetsenko A.I.: ORCID: 0000-0001-5907-2795: stet@ukr.net;
Cherkasy National University; Shevchenko Boulevard 81, Cherkassy,
18031, Ukraine

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