

FEATURES OF ACCOUNT AND PLANNING OF TRAINING PROCESS OF SPORTSMEN PAIR-GROUP ACROBATS TAKING INTO ACCOUNT SEXUAL DIMORPHISM (ANALYSIS OF QUESTIONNAIRE THESE TRAINERS OF UKRAINE)

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Annotation. *Purpose:* expose the features of planning of training process of different age acrobats and line of business on the stage of the direct training to the competitions from position of sexual dimorphism. Research tasks was to define methods and criteria of account and control of the training loading in pair-group to acrobatics. *Material:* in a questionnaire took part 38 trainers of Ukraine on sporting acrobatics aged from 28 to 68 years. *Results:* it is set that in an incomplete measure registered trainers loading executed sportsmen. The insufficient disinformation of trainers is exposed about knowledge and necessity of account of gender distinctions. Also about the methods of realization of account of the specific loading. There is absence of model of account, planning and control of the trainings loadings taking into account the functional, age, sexual features of sportsmen depending on their line of business. *Conclusions:* findings testify to the necessity of perfection of existent method of planning of training process. It is necessary to probe the morphofunctional features of organism of sportsmen and sportswomen. Also - to take into account the features of sexual dimorphism depending on the specific of type of sport. It is necessary to develop the trainings programs from position of morphofunctional and adaptation distinctions of masculine and womanish organism.

Keywords: questionnaire, group, acrobatics, loadings, training, sexual dimorphism.

Introduction

Analyzing numerous scientific publications and dissertations we can state that at present complexity of sport acrobatic's exercises has reached relative limit. There is observed significant increasing of competition programs' intensity, there have been worked out new and original elements and combinations (V.I. Bobrovnik, 2007; O.V. Shebaldina, 2014; M.M. Pyliuk, 2000; S.K. Malynovskiy, 2003) [3, 12, 14, 17].

With evaluation of training load in acrobatics there appear certain difficulties as far as it is connected with specificity of acrobats' roles (upper and lower in pairs, lower and central in groups), with consideration of static and dynamic pair and group as well as individual elements [1, 2, 4, 8].

At present stage, in management of training process record of morphological, functional and gender distinctions are of great importance in planning of loads and sportsmen's competition functioning (F.A. Iordanska, 2012; Ye.F. Kochetkova, O.N. Oparina, 2014; O.A. Shynkaruk, 2011) [9, 10].

Nowadays, in acrobatics insufficiency of scientific researches and works, devoted to this problem, has been observed. That is why studying of recording, planning and control of training loads in pair-group acrobatics, considering age and gender specificities are important in sphere of sportsmen's training.

Purpose, tasks of the work, material and methods

The purpose of the work is to work out a number of logic questions for determination of coaches' planning means for organization of different age acrobats' training at stage of direct preparation for competitions.

The tasks of the research: determination of means and criteria for record and control; of training load in pair and pair-group acrobatics, practiced by coaches.

Results of the research

38 coaches from Ukraine of 28 – 68 years' old age participated in questioning. Their qualification was: masters of sport – 16 persons; candidate master of sport – 13; international master of sports – 6; honored coach of Ukraine – 3 persons.

Working out the questions of special questionnaire we studied published data of specialists, whose works were devoted, to some extent, to purpose and tasks of our work [5-7, 11, 13, 15, 16, 19, 20].

In training process 18.42% of questioned coaches apply recent scientific and methodic works in the field of sport gymnastic and, accordingly, adapt them to.

In acrobatics there exist certain difficulties in recording and control of training loads. It is connected with a number of factors: great number of differently oriented exercised for physical training, compositions, pyramids, pair-group exercises of different character (static, dynamic).

Recording and control of training loads are realized by coaches with the help of available indicators: total time of training (89.47 %), quantity of fulfilled elements and compositions - (100%), quantity of repetitions - (55.26 %).

Results of our researches showed that training loads in monthly cycles are constantly registered only by 26.31 % of coaches, in separate micro-cycles recording of loads is fulfilled by 31.57 % of the questioned, of separate trainings – 50.0 %.

Direct preparation of sportsmen for competitions is started by 60.52% 4 weeks before competitions; 31.57% - 3 weeks beforehand; 10,52 % – 2 weeks. In period of direct preparation for competitions maximal loads are applied by 21.05 % of coaches, great and moderate – by– 100 % , low loads – by 86.84 %.

Rest interval between exercises are regulated by external characteristics and indicators of increasing of breathing frequency by 44.73 % of the questioned, by subjective senses of sportsmen – 92.10 %, by heart beats rate and BP – by 10.52 %.

Analysis of personal data showed that individual characteristics of sportsmen, functional distinctions and role of acrobats in training process are considered by 7.89 % of coaches.

Development of competition's tactic is recognized by 5.26 % of the questioned coaches; competition program is changed depending on competition's rank, by 23.68 %; future competitions are simulated in training process 76.31 % of the questioned.

In direct preparation for competitions coaches record loads in indicators, which are given in table 1.

Table 1

Recording of loads' indicators by coaches in process of preparation for competitions

Indicators of loads	% of coaches, who use these indicators
1) scope of load	100
2) intensity of loads	15.78
3) difficulties of competition exercises	94.73
4) stability of competition exercises	100

Analysis of questioning results showed that, in opinion of coaches the mentioned factors influence on efficiency of acrobats' competition functioning in percentage (see table 2).

Table 2

Influence of factors on competition's efficiency in pair-group acrobatic

Factors	%
Physical load	71.05
Functional load	76.31
Psychological factors	39.47
Technical complexity of competition program	94.73

In some trainings recording of total quantity of elements is carried out by 63.15 % of coaches, compositions – by 84.21 %, acrobatic combinations and dance links – by 26.31 % and by 18.42 % accordingly.

Need in pedagogic control over competition and pre-competition load was confirmed by questioned coaches in the following indicators:

- 1) total time of one training (minutes) - 100 %;
- 2) total quantity of pair-group elements – 94.73 %;
- 3) total quantity of individual elements (considering role)– 78.94 %;
- 3) quantity of exercises – 42.10 %;
- 4) intensity (conv.un.)– 21.05 % ;
- 5) coefficient of complexity of competition program's elements (conv.in.)– 89.47 %.

Recording of training loads is fulfilled in total in pair (group) by 52.63 % of the questioned, considering specificity of role – by 34.21 %.

So, effectiveness of acrobats' competition functioning is seen by coaches in the following indicators:

- high level of technical fitness (100 %);
- high level of physical fitness (100 %);
- general physical condition (89.47 %);
- indicators of physical condition (68.42 %);
- psychological fitness (18.42 %);
- tactical fitness (10.52 %).

In the coaches' opinion, the most important sides of fitness in acrobatics, in period of pre-competition training, are: technical (100 %), physical (100 %), functional (78.94 %), tactic (10.52 %) and integral (44.73 %) fitness.

When planning of training loads, age distinctions in pair (group) in compliance with personal data are considered by 10.52 % of the questioned coaches.

Need in working out and implementation of differentiated training programs, which would consider morphological, functional and age characteristics (i.e. distinctions) depending on sportsman's role and gender characteristics, was recognized by 86.84 % of the questioned coaches.

Conclusions

Analysis of results of the fulfilled questioning showed the following:

1. Coaches do not fulfill recording of sportsmen's loads to full extent.
2. As a rule, coaches, in their practical work, consider simple indicators: total time of one training, quantity of fulfilled elements and compositions.
4. Coaches, as a rule, conduct recording external side of loading; we found practically complete absence of recording of internal characteristics of loading.

5. We observed practically complete absence of training loads' planning and recording model in pair-group acrobatics, which would consider functional, age, gender characteristics of sportsmen, depending on their roles.

6. We have found insufficient knowledge of coaches about demand in consideration of gender distinctions, about methods of recording of specific loads in pair-group acrobatics.

All these data witness that it is necessary to make corrections in the existing methodic of training process's planning in acrobatics and improve it.

In connection with the above mentioned we think that it is necessary:

- to carry out researches of morphological-functional characteristics of sportsmen's and sportswomen's organisms, with consideration of sex dimorphism, connected with specificity of a kind of sports;
- to work out training programs, based on morphological-functional and adaptation distinctions of male and female organisms.

Further researches are planned to be carried out in direction of development of individual criteria for planning of loads' scope and intensity, considering sex, age and role of sportsmen in pair-group acrobatics.

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