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Kiev National University of Culture and Arts***Effect of competition program “Acrobatics” category “B-Class” at the level of technical preparedness of athletes in acrobatic rock and roll**

Abstract. Purpose: to define the level of technique of execution of acrobatic competition program «Acrobatics» elements a category «B-class» in acrobatic rock-and-roll. **Material and Methods:** the followings methods of research were used: theoretical analysis and generalization of information of the special scientific-methodical literature; photography, videosurvey, computer analysis, pedagogical supervision. The competition programs are analysed from 1 to a 6 place on World Cup of 2014 and 2015. **Results:** on the basis of evaluation scale of implementation of acrobatic directory of WRRRC (version 2) entries, the evaluation results of technique of implementation of acrobatic competition program «Acrobatic» elements are got separately every sporting pair of skilled sportsmen of category of «B-class» of the World Cup final in Krakov 2014 (6 pair) and World Cup final in Krakov 2015 (6 pair). Certainly dynamics of evaluation results of technique of execution of acrobatic competition program «Acrobatic» elements separately every sporting pair of skilled sportsmen of category of «B-class» in the World Cup final in Krakov 2015. **Conclusions:** including of acrobatic elements of enhanceable complication and combinations from two acrobatic elements and two rotations allowed substantially promoting the level of technical preparedness of participants of the World Cup final 2015 years.

Keywords: acrobatic elements, analysis, skilled sportsmen, catalogue of WRRRC.

Introduction. The acrobatic rock'n'roll as a kind of sport occupies one of the leading places on a mass character, staginess and availability of means and methods of training. The basis of an acrobatic rock'n'roll is made by dancing, hopping and acrobatic exercises. Acrobatic exercises are a decoration of a dance and are strictly regulated, according to a complexity of the program and a class of performances [2].

According to a new catalog and a rating scale of acrobatic exercises of sports couples of the category “B-class”, which are accepted 14.09.2014 at The General meeting of members of the World rock'n'roll confederation (WRRRC), new demands are made to contents of the competitive Acrobatics program of the category “B-class” in acrobatic rock'n'roll [6].

The carried-out analysis of scientific and methodical literature showed a perspective in a technique of execution of acrobatic exercises and contents of the competitive Acrobatics program of the category “B-class” in acrobatic rock'n'roll. The analysis of the catalog (WRRRC) of acrobatic exercises of the category “B-class” and the video filming of the final of Cup of the World 2015 showed a new approach to the educational-training process of the qualified sportsmen in acrobatic rock'n'roll by the improvement of their technical training [7].

Communication of the research with scientific programs, plans, subjects. The researches were conducted within the implementation of the complex scientific project on 2015–2017. “Theoretic-methodical bases of the formation of culture of physical health at student's youth”.

The objective of the research: to determine the level of a technique of the execution of acrobatic exercises of the competitive Acrobatics programs of the category “B-class” in acrobatic rock'n'roll.

The tasks of the research:

1. To reveal the problem of technical training of the qualified sportsmen of the category “B-class” in acrobatic rock'n'roll.
2. To define the influence of the contents of the competitive Acrobatics programs of the category “B-class” on the level of technical preparedness of the qualified sportsmen in acrobatic rock'n'roll.

Material and methods of the research. Methods of the research became: theoretical analysis and synthesis of data of special scientific and methodical literature; photographing, video filming, computer analysis, pedagogical supervision.

In carrying out the analysis of a technique of the execution of acrobatic exercises (72 el.) are used: video filming of finals of Cups of the World (Krakow, 2014, Krakow, 2015); the catalog of acrobatic exercises of the category “B-class” (version 2) of the World rock'n'roll confederation (WRRRC) of 14.09.2014 [7].

The technique of a numbering of parties and corners (hall points) is used in the description of a technique of the execution of acrobatic exercises [5].

Results of the research and their discussion. points are exposed to a technique of the execution of acrobatic exercises and combinations by sports couples of the qualified sportsmen of the category “B-class” in the work, on the basis of the catalog of acrobatic exercises of the category “B-class” (version 2), WRRRC of 14.09.2014 and its rating scale.

The analysis of the competitive Acrobatics program of sports couples of the qualified sportsmen of the category “B-class” of the final of Cup of the World for acrobatic rock'n'roll (Krakow, 2014) showed a monotony of their contents. All sports couples of the final executed the bringing exercise staf (fus) [1] in a quantity from 3 to 5. According to a new rating scale of the catalog and requirements to contents of the competitive Acrobatics program the bringing exercise staf (fus) is estimated two times: staf (fus) and staf (fus) with Bettarini. The oversaturation of a performance of staf (fus) by sports pairs impoverishes contents of the competitive Acrobatics program of 2014 and, as a result, there is a loss of estimated balls for a technique of the execution of acrobatic exercise.

The analysis of the contents of the competitive Acrobatics program of sports couples of the qualified sportsmen of the category “B-class” of the final of Cup of the World for acrobatic rock'n'roll (Krakow, 2015) showed a variety of the execution of acrobatic exercises. The contents of the competitive Acrobatics program included acrobatic exercises with a

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bigger estimated cost, combinations (a combination of two acrobatic exercises) are included, two rotations that showed the dynamics of the level of a technique of the execution of acrobatic exercises and combinations of the Acrobatics program of the category "B-class" in acrobatic rock'n'roll (tab.) are combined.

The dynamics of the level of a technique of the execution of acrobatic exercises and combinations of the Acrobatics program of the category "B-class" in acrobatic rock'n'roll (n₁=n₂=24)

Acrobatic elements, combinations		The final of Cup of the World		Statistical indicators	
		2014 year, 6 couples (n ₁ =12)	2015 year, 6 couples (n ₂ =12)	t	P
		$\bar{X} \pm m$			
1	Staf (fus) with "Bettarini", the execution of an acrobatic exercise (points)	10,5±0,25	10,6±0,65	0,16	>0,05
2	Combination of an acrobatic exercise with the Tessarin element (points)	9,0±0,25	9,25±0,22	0,86	>0,05
3	Staf (fus), execution of an acrobatic exercise (points)	9,16±0,4	11,3±0,37	3,64	<0,05
4	Combination of acrobatic exercises (two elements), (points)	7,83±0,16	9,8±0,36	4,63	<0,05
5	Rotation elements: kugel, kugel-sun (points)	8,16±0,16	8,75±0,25	1,83	>0,05
6	Execution in the program by sports couples of an acrobatic exercise of the lowest cost (points)	7,0±0,16	7,66±0,42	1,01	>0,05

The average difference of estimates: 1) staf (fus) with «Bettarini», the execution of an acrobatic exercise; 2) the combination of an acrobatic exercise with the Tessarin element makes 0,1 points, 0,25 points. Such gain is statistically doubtful. Also a gain of points of average values is statistically doubtful: 5) rotation elements: kugel, kugel-sun, 6) the execution in the program sports couples of an acrobatic exercise of the lowest cost makes 0,59 points, 0,66 points.

The average difference of estimates: 3) staf (fus), the execution of an acrobatic exercise, 4) the combination of acrobatic exercises (two elements) makes 2,14 points, 1,97 points. Such is gain statistically reliable.

The analysis of dynamics of the level of technique of execution of acrobatic exercises and combinations of the Acrobatics program of the category «B-class» in the final of Cup of the World of 2015 in comparison with the final of Cup of the World of 2014 in a percentage ratio showed:

1) the average value of an assessment of the execution of staf (fus) with «Bettarini», an acrobatic exercise – grew by 0,9%;

2) the average value of an assessment of the execution of a combination of an acrobatic exercise with the Tessarin element – grew by 2,7%;

3) the average value of an assessment of the execution of staf (fus), an acrobatic exercise – grew by 23,4%;

4) the average value of an assessment of the execution of a combination of acrobatic exercises (two elements) – grew by 25,1%;

5) the average value of an assessment of the execution of elements of rotation: kugel, kugel-sun – grew by 7,2%;

6) the average value of an assessment of the execution in the program by sports couples of an acrobatic exercise of the lowest cost – grew by 9,4%.

The average value of an assessment of dynamics of level of a technique of execution of acrobatic exercises and combinations of the competitive Acrobatics programs of the final of Cup of the World of 2015 in a percentage ratio grew by 11,4%

The results of the mathematical statistics, combination of a technique of execution of two acrobatic exercises (combination) and combination of two elements of rotation (World Cup of 2015) defined the influence of the contents of the competitive Acrobatics program on technical preparedness of the qualified sportsmen of the category «B-class» for acrobatic rock'n'roll

This analysis gives creative approach to a technique of the development of difficult acrobatic exercises, to contents of the competitive program, is more effective and it is rational to improve technical training of the qualified sportsmen of the category «B-class» in acrobatic rock'n'roll.

Conclusions:

1. It is established that the contents of the competitive Acrobatics program of sports couples of the qualified sportsmen of the category "B-class" of the final of Cup of the World of 2015 included acrobatic exercises of a bigger complexity and a combination from two acrobatic exercises and two rotations.

2. The percentage ratio (11,4%) of average values of an assessment of the dynamics of the level of a technique of the execution of acrobatic exercises and combinations of the competitive Acrobatics programs of the category "B-class" of the final of Cup of the World of 2015 is defined.

3. The level of a technique of the execution of acrobatic exercises of the competitive Acrobatics program of sports

couples in the final of Cup of the World of 2015 showed the influence of the contents of the competitive Acrobatics program on the improvement of technical preparedness of the qualified sportsmen of the category “B-class” in acrobatic rock’n’roll.

Prospects of the subsequent researches can be directed on the research of the improvement of special physical training of the qualified sportsmen in acrobatic rock’n’roll.

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