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Comparative analysis of special preparedness young water-slalom

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Purpose: *to identify indicators is specially trained water-slalom aged 10–12 years.*

Material & Methods: *methods of theoretical analysis, synthesis and synthesis of information, pedagogical control tests (tests), methods of mathematical statistics.*

Results: *presented materials research performance technical readiness of 60 young water-slalom groups of initial training. A comparative analysis of the results and regulatory requirements, the proposed curriculum for youth sports schools.*

Conclusions: *the results of the study suggest lagging performance testing young athletes behind the standards of the program requirements, indicating insufficient specially trained water-slaloms.*

Keywords: water slalom, research, physical preparedness parameters, young athletes. functional preparedness.

Introduction

On this time from all types of rowing, that is included to the program of the Olympic Games, water slalom in Ukraine is the least studied type of sport. The increase of his popularity in the world makes to organize the training process of sportsmen on all stages of long-term sport improvement, using objective material that got an experimental ground [1, 3].

A main factor that provides realization of individual possibilities a sportsman in water slalom is an optimal construction of training both on the size of the training loading and after the orientation of their action. On the modern stage of development of water slalom it is impossible to ignore the specific sport preparation on the initial stage which lays the "basic foundation" for future sports results [5].

Analysis of the last researches and publications

It is known that the modern system of training in sport of higher achievements causes deep functional changes in activity of all organism of sportsman [8]. Influence of the sport training results in the increase of capacity of sportsmen through the achievement of some level of functioning of certain, for the certain type of activity, systems of organism. It needs perfection of process of preparation due to the rational planning of the educational-training loading, methodically competent use of exercise volume and intensity of training loads [8; 12]. Necessary pre-condition for the achievement of high-class sport skills is a systematic and gradual increase of the special and physical preparedness of young water-slaloms [7; 11]. Importance of realization of different type of control of physical and special preparedness on all stages of long-term preparedness of sportsmen registers in works of next authors [4; 6; 9; 10]. However, mainly a training process passes without sufficient pedagogical control after the rate of increase of motor qualities [2].

The lack of accurate data about the level of development of technical mastery complicate the conduct of scientifically-reasonable training process of water-slaloms and search of the most rational way at the construction of training process. Therefore very actual is a search of ways of perfection of process preparations of sportsmen, the use of that allows considerably promoting the level of development of motor qualities from going in for sports. This research is sent to the exposure of some reasons of low level of mastery of young sportsmen on the basis of study of indexes of the special preparedness of young water-slaloms.

Connection of work is with the scientific programs, plans, themes.

Work is executed in obedience to the Erected plan of research works in industry of physical culture and sport on 2011 - 2015 after the theme of a 2.8 «Perfection of preparation of sportsmen in the separate groups of types of sport».(number of State registration 011U003125).

The purpose of the research

To define the indexes of the special preparedness of water-slaloms in age 10-12.

Research purposes:

1. To define the level of development of the special preparedness of water-slaloms in age 10-12.
2. To compare the obtained data to the normative requirements, offer an on-line tutorial for child-youth sport schools, specialized child-youth schools of Olympic reserve.

3. To conduct the comparative analysis of the got results of estimation of level of the special preparedness and normative requirements of offered the program for child-youth sport schools.

Material & Methods

Research methods:

1. Methods of theoretical analysis, synthesis and synthesis of

information.
2. Pedagogical control tests (tests).
3. Methods of mathematical statistics.

Results and discussion

In researches took participation of 42 boys and 18 girls age of 10-12 that engage in a water-slalom in the sport section of SDYuShOR "Mayak +" of Kharkiv. Identification and evaluation carried out by specially trained standards established for water-slaloms the initial preparation. Testing was conducted on such control indexes: passing of reverse gate (right), passing of reverse gate (left), rowing on a line 100 м., eight of circles for 1 minute. Testing for greater authenticity of results was conducted as competitions. Treatment of testing results came true by means of methods of mathematical statistics. Results of testing of level of the special preparedness of water-slaloms on the stage of initial preparation, and also quantitative and percent comparison of investigational indexes, it is driven to the table 1 and figure 1.

On results comparing of the obtained data to the norms, it is possible to mark that almost in all tests boys and girls showed results worst from set in norms. In rowing on a line on a 100 m test, the results of boys practically do not differ from normative requirements. The lowest results they showed in test eight of circles.

In the test of passing of reverse gate right and left, indexes of boys in present $\bar{X}$ =18,5±0,06 and $\bar{X}$ =20,9±0,9, that on 12% and 14% below, than it is set by the program. The results of girls present $\bar{X}$ =24,3±0,09 and $\bar{X}$ =26,2±1,2, that on 14% and 20% less than it is set by the program. Results of test on a 100 m, for boys present $\bar{X}$ =45±10,3, percent advantage folds 5%. For girls results in this test present $\bar{X}$ =67±13,5, that on 15% less than from programmatic requirements.

In test eight of circles is for 1min boys and girls showed such results $\bar{X}$ =1,5±5,71 and $\bar{X}$ =0,8±3,56, that on 25% and 36% less than from normative requirements.

Specifies the got values of coefficient of variation (V) on heterogeneous development of the special preparedness for young water-slaloms.

On results the analysis of literary sources and own researches by us reasons were educed, insufficient level of the special preparation of sportsmen: incompleteness of scientific-methodical ground of the program of the special preparation of water-slaloms; low level of speed-power capabilities of sportsmen.

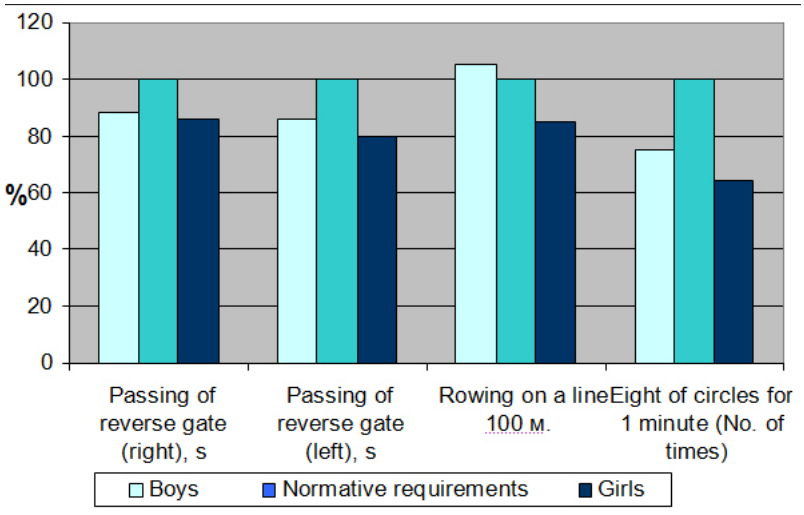
Conclusions

1. The comparative analysis of results of the special preparedness of water-slaloms testifies that on the average the indexes of testing of young sportsmen fall behind from the norms of programmatic requirements, which specifies on the insufficient level of the special preparedness.

Table 1

Indexes of the special preparedness of water-slaloms age of 10–12

Test	Boys (n=42) $\bar{X}\pm\sigma$	V, %	Normative requirements (boys)	Δ, %	Girls (n=18) $\bar{X}\pm\sigma$	V, %	Normative requirements (girls)	Δ, %
Passing of reverse gate (right), s	18,5±0,16	8,2	15	12	24,3±0,19	9,3	18	14
Passing of reverse gate (left), s	20,9±0,9	4,2	15	14	26,2±1,2	6,3	20	20
Rowing on a line 100 м.	45±10,3	10,1	50	5	67±13,5	17,4	55	15
Eight of circles for 1 minute (No. of times)	1,5±0,41	8,1	3–4	25	0,8±0,86	11,6	2-3	36



Pic.1. Percent correlation of indexes of level of the special preparedness of young water-slaloms

2. As a result of research it was educed by us, that some indexes of tests exceed norms, namely: in test a 100 m. for boys advantage makes 5%. In all other tests results were below from normative requirements. Most lag of boys and girls is educed in test eight of circles of 25% and 36%. In test of passing of the reverse gate left and right, lag of guys folds 12% and 14%, for the girls of lag folds 14% and 20%.

3. Thus, the results of test tests for boys and girls witnessed lag of the special preparedness of sportsmen that participated in research, from normative requirements. These results are not satisfactory and specify on a necessity for the prospect of development.

The prospects of further researches

Will be based on development of experimental methodology of training of water-slaloms with an accent on the increase of level of speed-power capabilities and special preparedness.

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