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The effectiveness of the methodology of pedagogical control of training in para-sports

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Abstract

Purpose: The system of preparation of reserve athletes for Paralympic competitions consists of a method of comprehensive control of changes in the body based on the kinematic characteristics of each stage of preparation.

Methods: Based on the research methods, the complex control of special motor training of Paralympians of severe nosologies (persons with various injuries in cerebral palsy) was studied, taking into account the specifics of para-sports.

The study used such methods as the analysis of scientific and methodological literature, theoretical and comparative analysis, questionnaires, pedagogical observation, conversation, comparison, pedagogical experience, mathematical statistics.

Results: The methodology of eliminating shortcomings in the direction of training based on accurate data on the level of preparedness of our para-athletes in cyclic sports has also been improved. The highest result of qualified pairs of athletes in acyclic races corresponds to the competition period, that is, it is 37.1 cm. The tension level was also 1.29 (N) during the competition, and the impact force averaged 1.61-1.64 (W) during the competition. We see that the average velocity of the concentric force remained stable from the end of the preparatory period to the first stage of the transition period.

Conlcusion: The analysis of the results of annual fitness indicators in cyclic (throwing) sports and athletics sports showed the highest results in the height of the vertical jump in young men. If the result of qualified pair throwers was 37.1 cm, then the coincidence of this result with the competition period is explained by the fact that the necessary changes were made at different stages of the annual cycle. The tension level during the competition was also 1.29 (W), and the tension was 1.61-1.64 (W). The speed of flight in space at the beginning of the preparatory period and at the end of the transition period was the most stable indicator of 2.82 (m/s). In acyclic types, the magnitude of force and acceleration is of particular importance. According to these indicators, the athlete's chance of winning the competition is determined.

Keywords: para-sports, reactive power, cyclic sports, motor qualities, maximum concentric strength, training cycle, competition conditions, shock loads on strength.

Introduction

Our compatriots who have become disabled by the will of fate, but who are engaged in sports due to the love of life, also worthily defend the honor of our Motherland on world sports grounds. This is the result of paying great attention to the interests and health of people in our country. In our country, much attention is paid to solving social issues, in particular problems related to disability. The Republic of Uzbekistan was one of the first in the Commonwealth of Independent States to create a regulatory framework "On the social protection of disabled people", including the rights of disabled people.

The new version of the Law "On Social Protection of the Disabled" was revised from a modern point of view and adopted on July 11, 2008. It contains most of the annexes to the Convention, "Guarantees of the rights of the child", "On Education", "On the protection of citizens' health" and many other (more than 70) regulatory documents. This normative document forms the basis of the rights of citizens with disabilities living in our country.

Adaptive physical culture (APC) differs from physical rehabilitation in that the essence of APC is the presence of various sports games and recreational activities aimed at attracting as many participants as possible to sports - not only disabled people, but also healthy people. The difference between APC and sport is that it is focused on adaptation and health and is primarily aimed at ensuring mutual understanding, solidarity, caring for each other, mutual support and friendly relations between people with different physical abilities. In sports practice, most errors in body position or movements that meet the requirements of anatomical, physiological and technical efficiency are associated with insufficient consideration of the influence of neck-strengthening reflexes caused by a change in the position of the head in relation to the body.

Methods

To solve the tasks assigned to us, the following methods were used:

Analysis of scientific and methodological literature on the research topic, pedagogical observation, pedagogical experience, questionnaires, pedagogical tests, instrumental method, methods of mathematical statistics.

Results and discussion

With the help of these exercises, we studied the activities of para-athletes not only for their kinematic capabilities, but also formed the basis for making general conclusions about the preparation of movements in the competitive

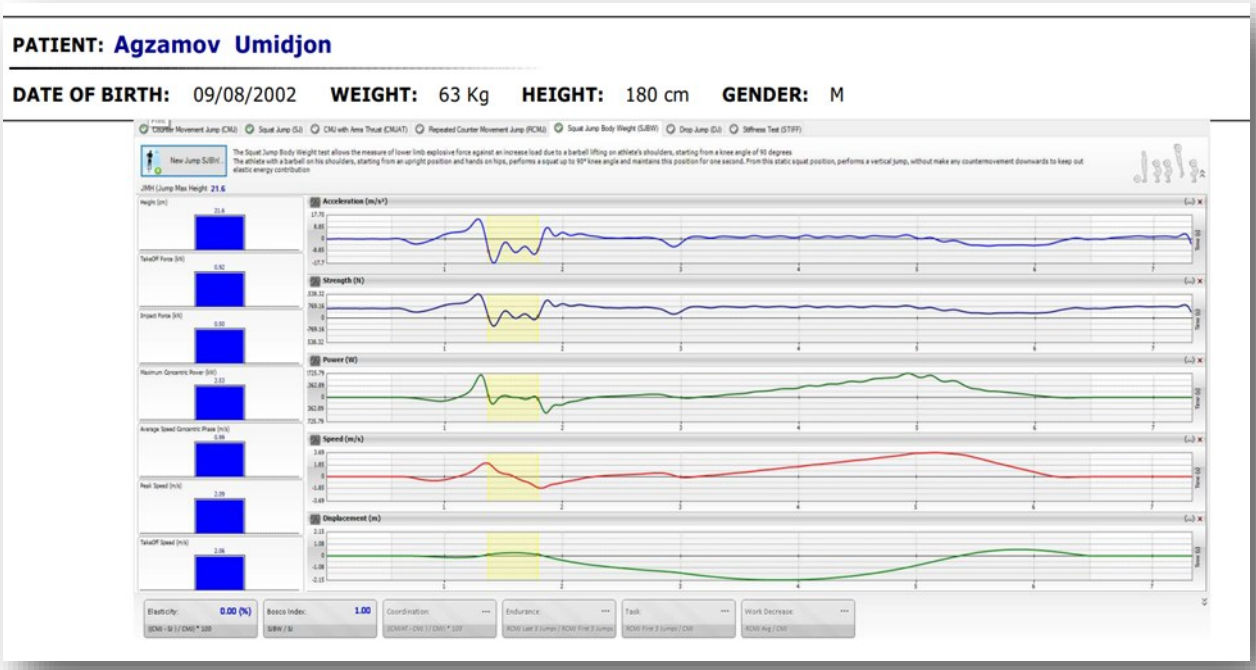


Figure 1. Kinematic motor activity of para-athletes (track and field athletes) with different weights

and transitional period.
The proposed special exercise was evaluated with different weights depending on the athlete's abilities.

The variety of the trajectory of active movements is mainly determined by the development of nerve centers that strengthen a particular part of the body. The complexity of the trajectory shape also depends on the moving part of the body. The larger this part, the simpler its shape and vice versa. Based on this, we have somewhat complicated the actions performed by these athletes. Because there are many situations when athletes have to perform in difficult conditions during competitions.
The ability to contract and relax muscles in athletes depends on the brain with the nosology of one leg and one arm is somewhat difficult.

The average height of the vertical jump of this athlete with a weight was 21.6 cm . This result shows that the athlete's ability to jump in height has been steadily developing. The fact that the results of his first jump with a load are close to the results of the jump without a load also confirms our point of view. The best result of the athlete came at the competition (22.1 cm).
The tension of the lower leg muscles along the second coordinate axis of this athlete during training was equal to 0.92 (kN) to 1.03 (kN). It was found that the shock tension increased from 0.50 (kN) to 0.84 (kN) in terms of power relative to this particular exercise. According to the one-armed and one-legged nosology of the large hemispheres, this indicated result is closer to the indicators of secondary development.

The index of maximum concentric power was initially 2.14 (kW) at the beginning of the study, but during the research these indicators were from 2.53 (kW) to 2.62 (kW). In spatial orientation, the eye often plays an important role in controlling the direction of movement. Therefore, with large and rapid changes in the direction of movement, the movement of the head usually precedes the movement of other parts of the body.

The indicator of concentric force at an average speed in high jumps is from 0.99 to 0.95 (m/ s). The effectiveness of this exercise on the participants' body and the successful

execution of the technique depends on the moving body and on how correctly its parts are oriented.

The jump speed also showed a result from 2.02 to 2.09 (m/s). The vertical flight speed of this athlete also showed a result from 1.96 to 2.06 (m/s) in kinematic capabilities. The results of studies conducted at the initial and various stages of the athlete's training after performing the exercise with weights show that high growth rates were not observed.

We conducted these studies not only in preparation for the main competitions and in competition conditions, but also analyzed the possibility of maintaining muscle activity at different stages of the transition period and the quality of movements. These results not only show the condition of the athlete during the preparation period, but also show the expediency of the chosen training during the transition period. According to the results of the study, it was found that during the transition period of the running type of athletics among cyclical sports, athletes retain an average explosive strength compared to other sports.

The chosen act of movement and the content of the speech describe the main capabilities of para-athletes during the competition. Any movement, no matter how new it may seem, always relies on the old coordination linksFrom a scientific point of view, any movement is in a certain sense the result of the unity of arousal and relaxation of muscles. Therefore, as much as it is necessary to move in order to successfully perform movements, it is also necessary to relax certain muscles at the right time.

Athletes with relatively stable coordination of movements and athletes with high speed and strength potential are selected for throwing para-athletics. Of course, the possibility of such selection is closely related to the specific specialty of the sport.

The peak jump speed (m/s) was recorded at the beginning of the training period, as well as at the beginning of the transition period. At the beginning of the preparatory period and at the end of the transition period, the flight speed in space showed the most stable indicator of 2.82 (m/s).

Table 1. Annual indicators of preparation for one-armed nosology in acyclic sports (throwing in para athletics) (n=8)

Key indicators	The preparatory period before the competition			Competition period		Transition period	
Jump height (cm)	32.8	33.4	35.8	37.1	36.8	36.4	35.9
Tension level (N)	0.57	0.59	1.27	1.29	1.28	1.27	1.19
Impact force (W)	0.93	0.89	1.53	1.64	1.61	1.6	1.58
Maximum concentration power (KW)	3.16	3.48	5.18	5.37	5.32	5.24	5.26
Concentrated force at average speed (m/s)	1.64	1.57	1.41	1.38	1.39	1.37	1.43
The speed of the jump up (m/s)	2.96	2.90	2.84	2.81	2.84	2.81	2.80
Flight speed (m/s)	2.95	2.91	2.85	2.82	2.83	2.83	2.82

Muscle tension in cyclic and acyclic sports can be divided into three groups for various reasons:

A) increased muscle tension during inactivity (tension or hypermyotonia, which is called tonic tension);

B) insufficient relaxation speed, as a result of which the muscle cannot relax with rapid movement (high-speed tension);

C) muscle overexcitation (coordination tension) in the relaxation phase as a result of insufficiently developed coordinated movement.

It is known from physiology that even in the absence of visible motor activity, a slight tension (tone) occurs in the muscle. The reason for this is due to the fact that the muscle is characterized by constant stretching, and on the other hand, efferent impulses almost always

arrive to the muscle. Although these impulses are weak, they indicate excitement.

Conclusion

The analysis of scientific research in our country and foreign literature on the subject of the study revealed that specific systematic recommendations on the special motor activity of athletes in various types of para-sports are insufficiently covered, taking into account their individual characteristics. In particular, the lack of a comprehensive system based on laboratory facts showing the preparation of special movements in training and competitions of para -athletes of different levels of neurology shows that a lot of scientific research needs to be done in this area. Based on the results of many years of scientific research, a unique system has been developed that includes creative examinations of disabled and disabled people for higher education institutions and is based on student mobility, which is not available even in developed countries. On the basis of this system, the mechanisms for assessing the general and special motor readiness of disabled people and persons with disabilities to engage in physical culture and sports have been improved.

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