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Technology of physical training of students specializing in sports gymnastics

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Abstract
Purpose: To identify the most significant factors affecting the level of physical fitness of students in the course of training sessions of the course "Sports and pedagogical skills".
Methods: Analysis of educational and methodological literature, pedagogical testing, pedagogical observation, pedagogical experiment, methods of mathematical statistics.
Results: Consist in the following: our proposed program for the development of motor qualities is confirmed by the progressive dynamics of the increase in the indicators of the "school" of movements and physical qualities, the means of preparation used and timely monitoring of the process of "utilization" of basic gymnastics exercises in the qualities studied are effective and can be recommended for inclusion in the work programs of the course of sports and pedagogical skills.
Conclusion: The proposed variant of the rational distribution of training funds in the training and training sessions of the sports pedagogical skills course turned out to be the most productive in the issues of the consistent development of special motor skills and training exercises in the types of gymnastic all-around, and indicate the effectiveness of the developed and experimentally based training program for students.

Keywords: Special motor training, general physical training, technical training, motor training.

Introduction

The mastery of special motor training in the professional activity of specialized gymnasts when performing exercises on training apparatus largely depends on the level of physical qualities (Gaverdovskij, 2008; Smolevskij, et al., 1999).

The study and analysis of the review of specialized literature and the data of preliminary studies of the training process of gymnasts of various levels of preparedness showed that the provision of special motor activity of a gymnast when performing exercises on training apparatus is largely determined by the level and ability of coordinated interaction of physical qualities and, first of all, mobility in the joints, the manifestation of strength and coordination abilities, determination and courage. Exercises on each projectile require a specific structure of abilities (Gaverdovskij, 2005; Gaverdovskij, 2008; Zhuravina, 2008; Menhin, 2003; Smolevskij, et al., 1999; Umarov, et al., 2009). To successfully master the exercises on the crossbar, you need good mobility in the shoulder joints, strength of the muscles of the arms, abdominal and back. On the uneven bars, mobility in the shoulder and hip joints, dynamic and static strength of the muscles of the arms and upper shoulder girdle, and strength endurance are required. Mastering basic jumps requires good jumping ability, coordination of movements, orientation in space, determination and courage. In floor exercises, success depends on mobility in all parts of the body, coordination of movements and jumping ability, and on rings, on the manifestation of strength abilities in dynamic and static mode, mobility in the shoulder and hip joints. On a pommel horse, a gymnast must have a high level of coordination of movements, mobility in the hip joint, dynamic strength, strength and coordination endurance (Gaverdovskij, 2008; Smolevskij, et al., 1999).

Y. K. Gaverdovsky in co-authorship (Gaverdovskij, 2005), Y. V. Menkhin (Menhin, 2003), V. M. Smolevsky in co-authorship (Smolevskij, et al., 1999), M. N. Umarov in co-authorship (Umarov, et al., 2004; Umarov, et al., 2009), guided by the scientifically based results of long-term observations, reasonably conclude that in the process of mastering gymnastic exercises, the special motor, physical and technical fitness of a gymnast is manifested in unity, in interrelation. The authors have shown that there is generally a close relationship between the value of the integral indicator of the above abilities and the success of mastering the program of the next sports category (r=0.8790).

Methods

The study was conducted between 2019 and 2021. The object of the study were students of 1

-3 courses of specialization "Gymnastics", sports qualification 1st and 2nd category, a contingent of 45 young gymnasts.

Students of 1-3 courses of specialization "Gymnastics", sports qualification 1st and 2nd category. During six terms (1-3 courses), exercises and complexes of general (GPT) and special physical training (SPT), exercises of applied gymnastics (AG) formed on their basis were used. In the following terms, all work on the development of motor qualities was already based on the recommendations and regulatory requirements of the qualification program for physical training (PT) for the category being studied.

Results and discussion

When forming a comprehensive program for special-motor and technical training of students of the experimental group (1-3 courses, specialization "Gymnastics"), first of all, special attention was paid to the problem of consistently improving physical qualities due to the rational distribution of time, means and methods of training in the preparatory and final parts of academic and training sessions of the course sports and pedagogical skills.

The materials of pedagogical observations of the level of motor readiness of students participating in the experiment revealed a certain regularity (see figure 1). By the final term, the results of all students significantly increased, regardless of the number and direction of motor actions. However, the PT indicators of the control group students did not significantly exceed the data recorded by us in the second term (7.6±1.43 and 7.11±1.11, respectively). Whereas the results of the experimental group increased more significantly ($P<0.05$) and most significantly in terms of speed and strength qualities (SSQ-12.7%), choreographic training (16.5%) and coordination abilities (28.1%).

The effectiveness of the proposed program for the development of motor qualities is confirmed by the progressive dynamics of the increase in the indicators of the "school" of movements and physical qualities (by 16.7%), as well as the coefficient of variation (V%). Thus, the magnitude of the fluctuations of V% in the students of the experimental group is much more homogeneous, relative to the data on the variation of the signs of the control group (5.05 and 16.5%, respectively). It means that the means of preparation used and timely monitoring of the process of "utilization" of basic gymnastics exercises in the studied qualities are effective and can be recommended for inclusion in the working programs of the "ISS" course (improving sports skills).

The motor skill of the students of the experimental group was formed by repeated stereotypical repetition of movements or the studied exercise as a whole during the educational (academic) and training sessions of the ISS course (1,2,3,4,5). At the same time, no significant changes were made to the structure of the exercise, it was performed, as a rule, under the same conditions. The technique of execution gradually, from semester to semester, approached the planned model, to the technique of exercises of the qualification program, by means of:

- at the first stage (1st term) - the main hangings and stops, swinging in them, handstands on the floor and in parking lots, splits, flips forward and sideways, slow flips. Work on the development of GPT and SPT, elementary trampoline jumping, choreographic training.

- in the second (2-3 terms): AG, rondat, flak, somersaults forward and backward, in a long and a hollow pit, circles with two on a mushroom and one on a horse, ascents with an extension and two, jumps into the depth with a soft landing, a supporting jump of the legs apart and bending the legs across the horse in width and length (or a jumping table), trampoline jumps, choreographic preparation.

- in the third (4-8 semesters)- elements, bundles, connections and combinations of the qualification program, and the most motorically prepared students are of the I category. Work on the development of SPT, tramlining and choreographic training

The analysis of the results of the control and official competitions in all-around allowed to evaluate the effectiveness of the training program developed by us and to identify the objective reasons that influenced them (see figure 2). This increased motor (coordination, by 28.1% and choreographic, by 16.5%) and physical fitness, by 16.7% (see figure 1) allowed students of the experimental group to master a more complex program "A" of the third (2nd term).

To start studying the elements of the second category in a timely manner and to show, starting from the fifth semester (8.07±0.24 points) a fairly stable, increasing result, exceeding the qualification barrier on all training ap-

Figure 1. Results of expert evaluation of control competitions on physical training of students of the experimental group.

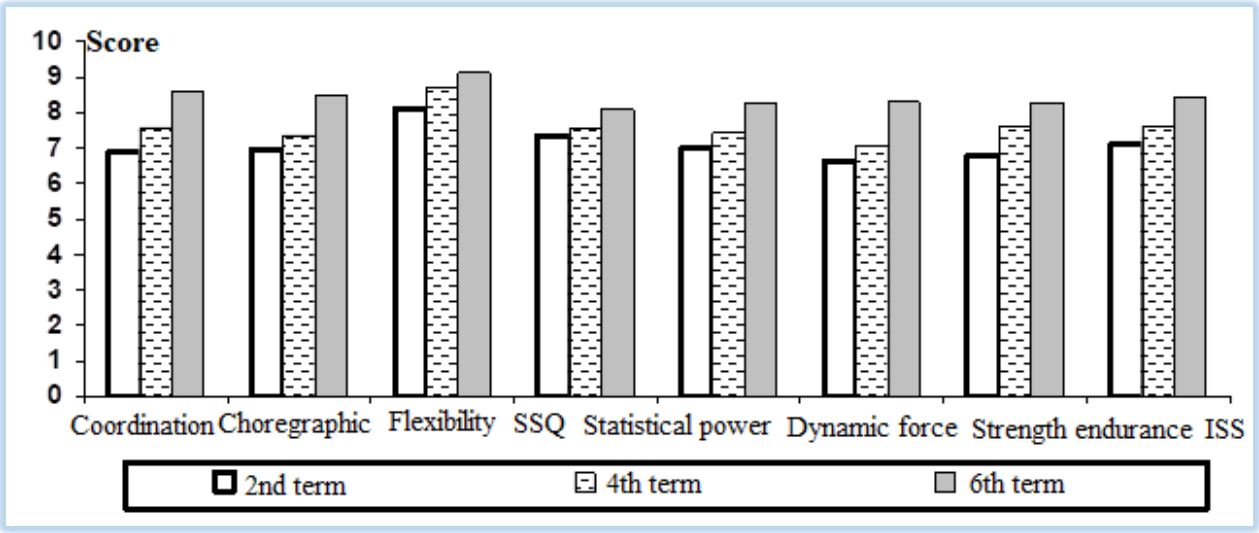
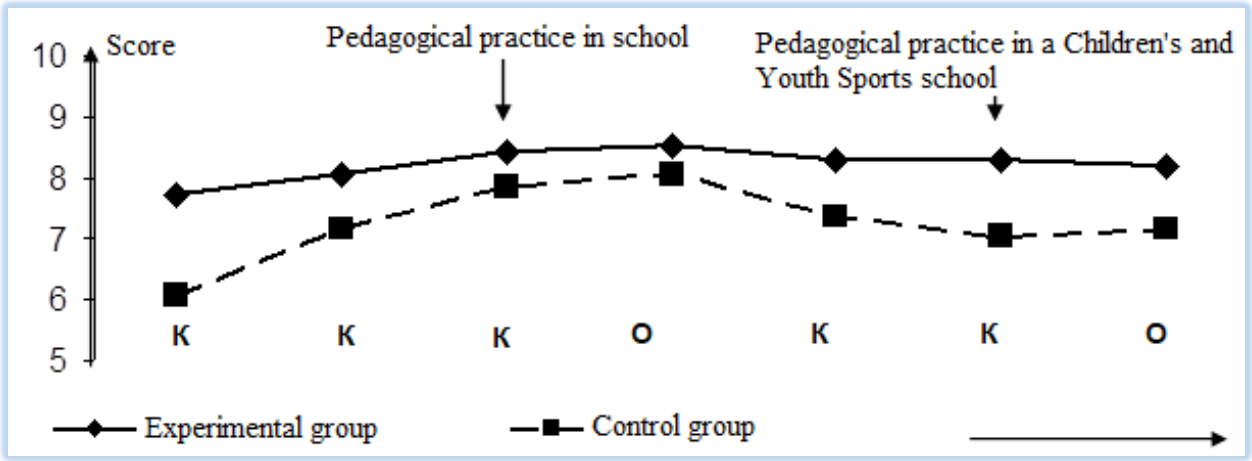


Figure 2. Dynamics of the results of control (C) and official (O) competitions in the 2nd category (qualification program "B") of students of the experimental and control groups.



paratus and an average score (7.15±0.54 points) for the all-around control group.

It is noteworthy that the majority of students in the control group have not been able to fully master the exercises on the pommel horse, rings and bars, which was recorded by us at the stage of preliminary research. The average score on these training apparatus ranges from 7.65±0.60 points (see figure 2). Whereas this indicator, according to the qualification requirements, should be at least 8.0 points. This is due, first of all, to the lack of physical fitness noted above, namely, strength capabilities and coordination abilities.

The results of the correlation analysis are a clear confirmation of this. A sufficiently high value of the relationship and mutual influence of the majority of the considered components is due to a significant increase in the special-motor readiness of students of the experimental group, through the rational use of effective training tools and teaching methods in the process of academic classes and the ISS course. The increased coordination abilities directly affected the success of training program elements (r=0.8217) and the progressive development of basic physical qualities (r=0.9523).

Conclusion

Thus, the conducted research allowed us to conclude that: - the proposed variant of the rational distribution of training funds in training and training sessions (ISS course) turned out to be the most productive in the issues of the sequential development of special motor qualities and

training exercises in the types of gymnastic all-around, and indicate the effectiveness of the developed and experimentally based training program for students of the experimental group.

- the same gymnastic exercises present different difficulties. More motorically and physically prepared students were much easier than beginners, mastered strength and flexibility exercises, were more determined and courageous. At the same time, exercises requiring complex coordination of movements, great muscle tension and strength endurance were given to all, without exception, students much more difficult and needed a longer learning and improvement process;

- successful training of gymnastic exercises is possible if the coach-teacher is well aware of the requirements that gymnastics imposes on students, and consequently, the structure of abilities necessary for successful mastery of exercises and sports skills, the dynamics of this structure at various stages of the formation of sports skills; features of the relationship between individual abilities and psychophysiological mechanisms that determine this relationship; the ability to evaluate and develop abilities. At the same time, much depends on the pedagogical skills of the coach-teacher, the quality of training and upbringing.

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