

# Key Factors in the Control and Planning System of the Performance Female Gymnasts Training Process

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## Abstract

This paper aims to describe the technical and scientific, and technical and technological key factors underlying the planning, examination and organization of the training process in modern female artistic gymnastics in the Olympic cycle of sports training. Also, the algorithm of the complex training system of performance female gymnasts is exemplified, as well as the training technology model. These ideas can complete the multiannual sports training activity, contributing to an efficient organization and performance of this process.

*Keywords: performance gymnastics, training process, key factors of sports training, complex training, technology*

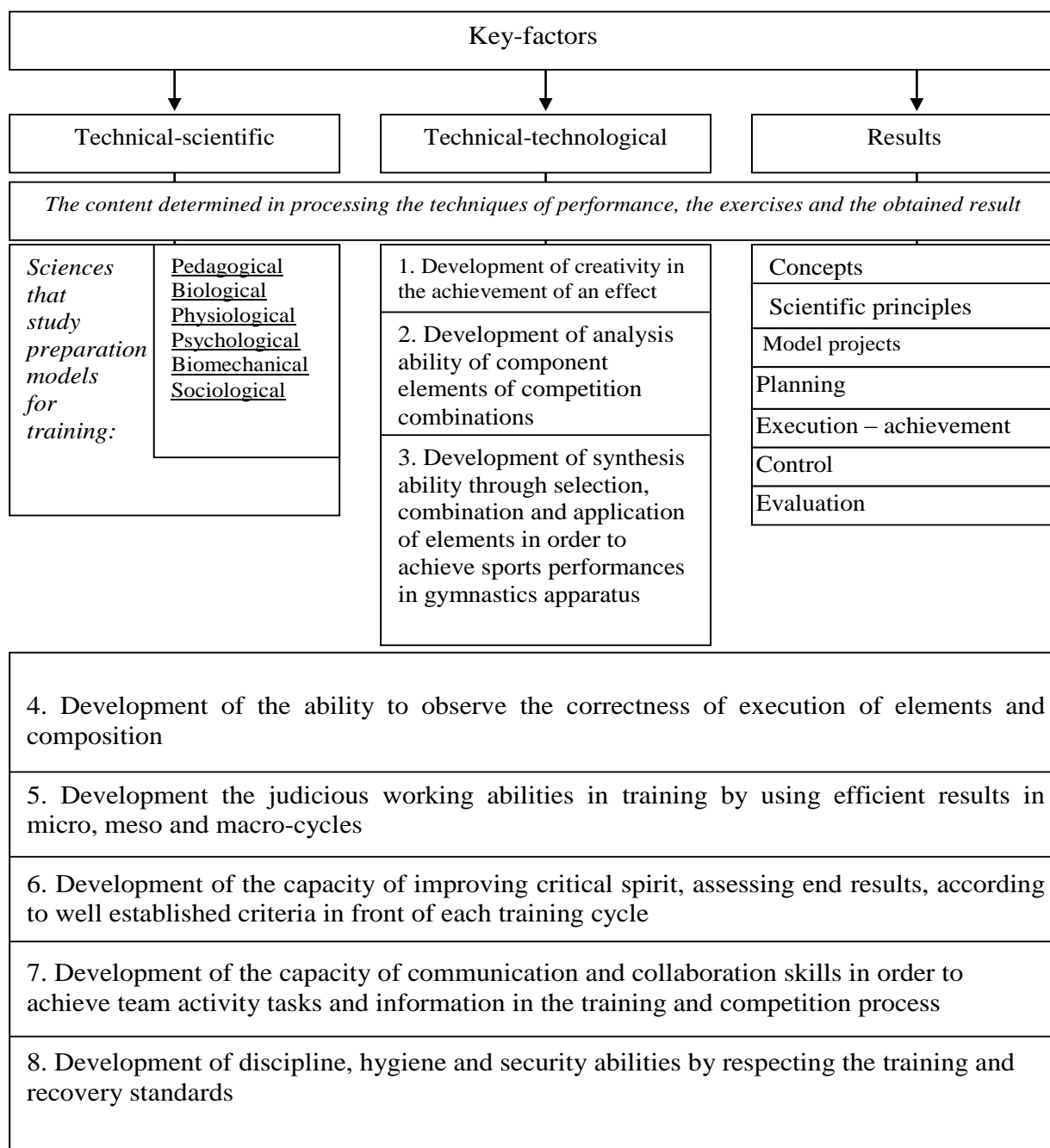
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## 1. Introduction

The elements pertaining to the planning, organization and monitoring of the training process aimed at in the strategy of scientific and methodological support of the training program of performance gymnasts for a long period of four years have become particularly significant, being the decisive key factors of the continuous multiannual sports training [1,3,7].

Par excellence, in order to renew and modernize the sports training, these factors are called upon to contribute, first of all, to the promotion and stimulation of the technical-scientific and technical-technological research in the creative application of its results, of the products, being the provider of indications, conditioning the efficiency of multi-aspectual training in the system of planning and organizing the sports training, where the certainty of its identification in science is the decisive lever of improving the technical and the technological elements of continuing learning. These factors are developed in such a way to correspond to the discipline concordance strategy with the ever increasing requirements in the world arena of modern gymnastics [2,5].

In other news, the contemporary competitive level of the female artistic gymnastics sport faces major demands, so that after a long period of training, for example, two Olympic cycles, the female gymnasts will acquire a considerable arsenal of technical, scientific and technological knowledge for achieving exceptional sporting results.



**Fig.1 Key factors in planning and organizing sports training of female gymnasts preparation in the Olympic cycle**

A problem of major importance is the development of efficient solutions in achieving the training process. Thus, in order to get sports performance, a rigorous selection has been undertaken of the pedagogical, biological, physiological, psychological material on the basis of new psycho-motor and motor abilities, aiming to maximize them from the technical and scientific point of view.

The performance and requirements of acquiring qualitative results, such as concepts, messages, principles, methods of projects, programmes, etc., currently cannot be empirically established, but they are offered by any scientific, technological and methodological approach.

Performance depends on the sports training technology, on the training methods used, through biomechanical analysis, video-computer followed by the excellent technical defining of artistic composition. The technical and technological content must be acquired and strongly rendered in competition and hence the

necessity of leading, learning and improving on the basis of objectives and scientific argumentations arises [4,6,7].

Considered a decisive source of quality in scientific research, the way of acquiring information of different hues was focusing on the complex training system during the training courses (Figure 2) aiming at strictly guided training activities, value of sports training means, on terms of specialized motor acts- technical elements, related with specific objectives of the training periods in an Olympic cycle, based on specific methods which we present with manifold purpose:

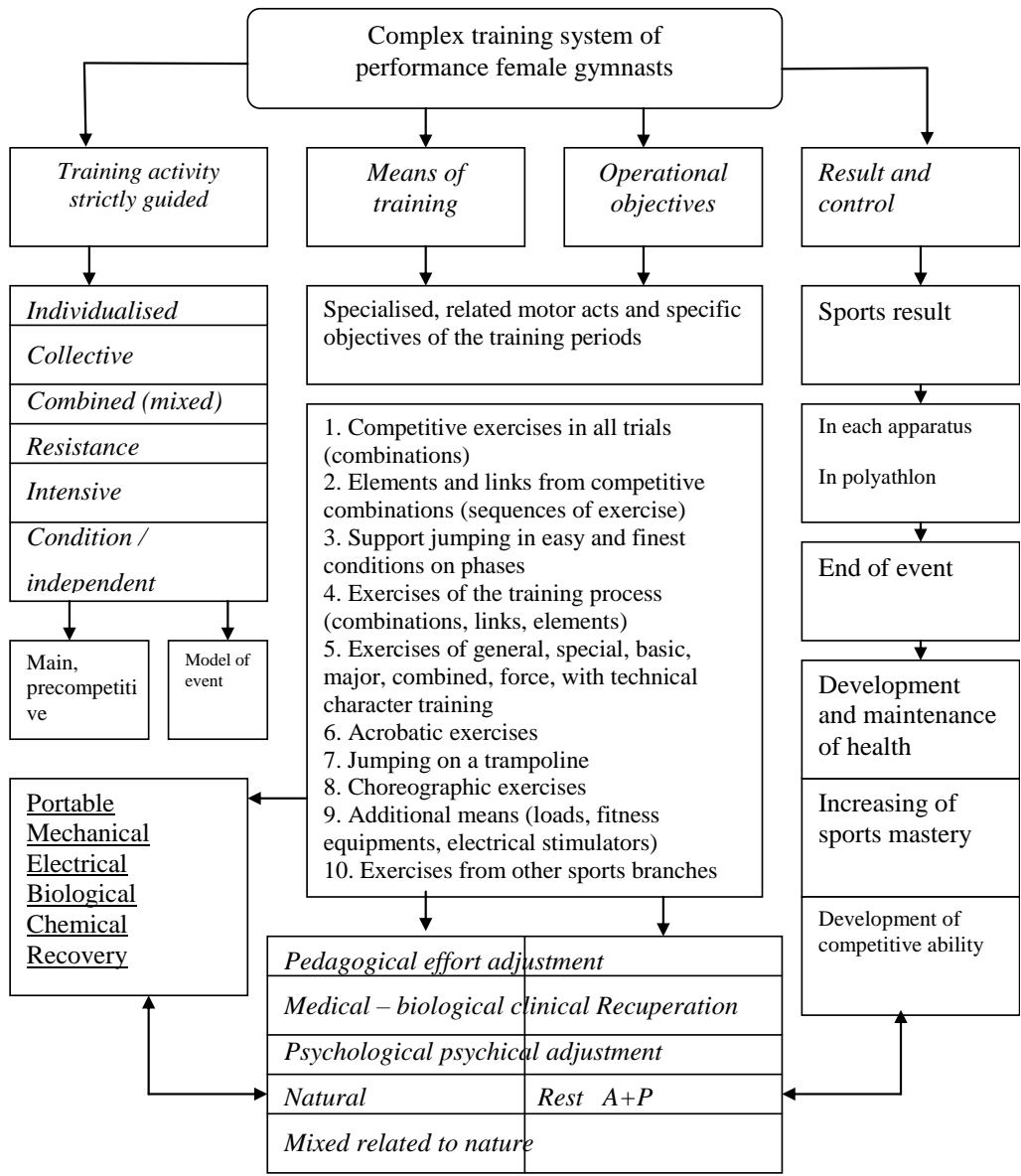
- to be applied in professional trainings in all the constituent micro-cycles of the Olympic Cycle;
- to be recognized in order to make changes in sports training, especially during the last year of the Olympic cycle;
- to understand the decisive cumulative effects, constituting the abilities offered by the informational spectrum of the pedagogical, medical-biological, psychological disciplines, the natural and mixed ones, which are on the basis of performance and the quantitative relations between them;
- to understand the increase of the feasible process dynamics with the methodology used in applying the specific means according to the objectification of the training and the sport competition, by which the sports training technology is also known.

This information on the complex training system (Figure 2), in spite of such different unities, is interdisciplinary because it is inter-conditioned and explained reciprocally in quality training.

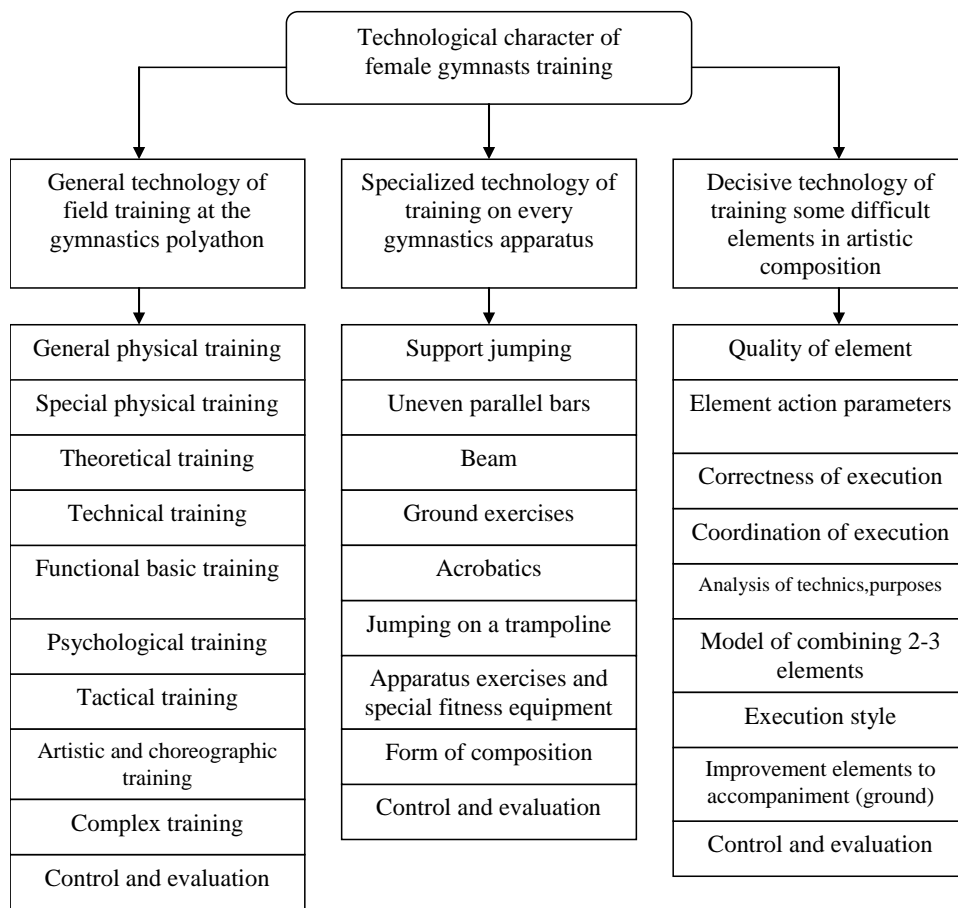
Recommendations and methodological indications guide the gymnast's training activity towards a continuing adaptation to practice, but the entire activity towards the achievement of the objectives aimed at by the requirements of the competition regulation. Such a complex training activity enables the achievement of organizational and planning formula of instructional algorithms in order to acquire the highest performance.

The schematic illustration of the complex training system is similar to a specific technology (technology represents the science of methods and means for processing materials). According to this technology, all processes, methods, operations, etc. can be used in order to achieve a particular product that designates the degree of the athletic performance targeted.

The notion of technology, claiming for a systemic approach can be considered as a whole of some principles, rules, working methods, ways of organizing the process of training of the female gymnasts of the general, special, theoretical, technical, psychological functional, tactical, artistic, complex training operations, in this way representing the training general technology essence in the polyathlon of competition. Also, the specialized training technology in each polyathlon apparatus of gymnastics event is original and most important, distinguished from certain techniques of performing the exercises (Figure 3).



**Fig. 2. Framework for illustrating the complex training system in the workout activity of performance female gymnasts**



**Fig. 3. Model of female gymnasts training technology**

In the same context, the structure is highlighted of the specific technological system of the preparation of some technical elements from the elaborated compositions that represent the quality of the element, the parameters of action (spatial, temporal, rhythm, force, etc.), the correctness of execution of difficult elements, style of performing them, etc. These formulations determine the realization on the technological positions of structural integrity and content of the entire sports training process.

At the same time, it is necessary to achieve the mutual interdependence of all the elements of the female gymnasts training technology, both horizontally, during a competitive training period, transition, or annual cycle, as well as vertically, taking into account the whole period of the Olympic cycle.

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