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# STUDY ON THE TECHNICAL TRAINING OF JUNIOR GYMNASTS III

Nanu Liliana, Moiescu Petronel Cristian

*Universitatea "Dunărea de Jos" din Galați*

*E-mail: lnanu@ugal.ro*

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## Abstract

In gymnastics, the difficulty of the exercises, on the four apparatus, increases from one category to another and from one competition to another, depending on their scale, to which the specialized federations require certain regulatory requirements (Grigore V., 1998).

The transition from an inferior sports category to a superior one can be achieved only in an official competition, executing the exercises provided for the respective sports category and by obtaining a minimum total score (50 points for junior gymnasts III, on the four apparatus).

By the chosen theme, the study's main objective is to determine the level of technical training of junior gymnasts III of the Schools Sports Club (CSS) in the country, respecting the regulatory requirements imposed by the Romanian Gymnastics Federation (FRG).

To establish the technical training of junior gymnasts III, a friendly competition was proposed, attended by 50 gymnasts from six specialty centers in Romania, (CSS Galati – CSSG, CSS București – CSSB, CSS Constanța – CSSC, CSS Onești – CSSO, CSS Deva – CSSD, CSS Focșani – CSSF), taking into account the difficulty and execution requirements set by the FRG on the 4 apparatus, as follows: 2 different jumps; exercises imposed on the uneven parallel bars; balance beam; free choice ground exercise. The appreciation of the gymnasts' performances on the 4 apparatus was made with qualified arbitrators, arbitration was realized the same as for an official competition.

The statistical processing was realized using Microsoft Excel.

The results obtained in the competition revealed strong gaps regarding the level of learning the technical elements that are part of the exercises required and freely chosen, so the conclusion that emerges from the results obtained suggests that junior gymnasts III, have low technical training, the registered marks were way below FRG requirements.

*Keyword: sports training, technical training, junior gymnasts III*

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## Background

The Romanian coaches' experience regarding the methodology for developing the content of the training in women's artistic gymnastics cannot be disputed, but the evolution of the demands and performances on national and international plans calls for their permanent development of new training content in order to achieve great performances.

Artistic gymnastics is a field with a spectacular evolution, which over the years has made remarkable progress, enjoying success and popularity before a large audience (Grigore V., 1998). The originality of the executions, the execution of surprise elements, depend largely on the theoretical and practical knowledge and the

fantasy and imagination of the athletes, coaches and choreographers in developing the content of the physical, technical and artistic sport training. In gymnastics, the exercises does not change only when moving from a category of sport classification to another but periodically, even within the same sport category, the difficulty of the exercises is gradually increased (Vieru N., 1997).

After each Olympic cycle, FRG sets a new grading scale, about the technical training – technical elements that must be embedded in the apparatus exercise, the number of items you need ot assemble freely chosen exercises and the difficulty requirements for each sport category, on levels of training. In competitions, every execution, either jump or a apparatus exercise, receives 2 grades: *grade A* for difficulty (composition) and *grade B* for execution.

### Aims

The evaluation, recording and analysis of the results obtain by the junior gymnasts III, in a friendly competition, on the 4 apparatus (vault, uneven parallels, balance beam and floor), determining as well the modification or not of the content of training process of gymnasts included in the study.

### Methods

#### a. Research protocol

The study was realized through recording the resulsts obtained by the 11-12 years old gymnasts in the friendly competition held in School Sports Club Onești gymnasium, 4-6 April 2014.

#### b. The subjects

The work sample was represented by 50 gymnasts, aged between 11 and 12 years (junior III), members of gymnastics teams from 6 sport centers.

#### c. Groups

The gymnasts groups participating at the competition were numerically unequal (CSSG – 10 sportswomen, CSSB – 9, CSSC – 10, CSSO – 6, CSSD – 10, CSSF – 5). All teams of gymnasts received approximately equal conditions of training, same materials basic – gymnasium equipped with all the contest apparatus.

#### d. Assesment tests

Exercises on the 4 contest apparatus: vault (S) – 2 different jumps; uneven parallels (P) – required exercise; balance beam (B) - required exercise; floor (L) – free choisse exercise with required elements.

### Results

Vault – the recorded results showed an average A grade of 2,83 points and B grade of 8,20 points.

The everage total points accumulated by junior gymnasts III in the country, from the 6 specialist sport centers included in the ascertaining study was of 11,03 points.

Uneven parallels – overall average points earned by junior gymnasts III was 10,66 points – 2,44 points representing the average of grade A and 8,22 points, the average of grade B.

Balance beam – overall average points earned by the gymnasts included in the ascertaining study was of 11,51 points, A grade recording an average of 3,65 points and B grade with the average of 7,86.

Floor – the average of grade A was 3,62 points and B grade of 8,21 points. The total average points accumulated by the junior gymnasts III from all the 6 specialist centers in the country was of 11,26 points (figure 1).

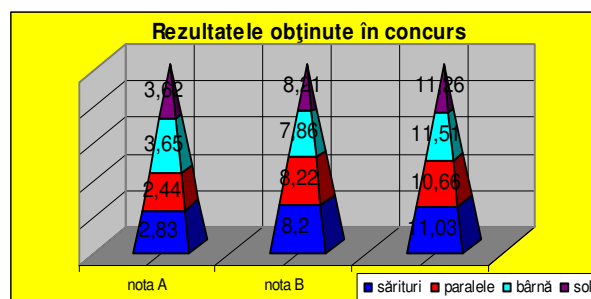


Figure 1. Average grades A and B recorded junior gymnasts III the four devices

Following the results obtained, even a ranking table of the 6 specialty sports centers was performed, this table highlights the average between grade A and B received by the junior gymnasts III on the tour apparatus – table 1.

TABLE 1

AVERAGE MARKS OBTAINED BY JUNIOR GYMNASTS III COMPETITION

ON THE FOUR APPARATUS

| Club | Vault  |        | Uneven parallels |        | Balance beam |        | Floor  |        | Total |
|------|--------|--------|------------------|--------|--------------|--------|--------|--------|-------|
|      | Nota A | Nota B | Nota A           | Nota B | Nota A       | Nota B | Nota A | Nota B |       |
| CSSG | 2,80   | 8,12   | 2,64             | 7,95   | 3,61         | 7,74   | 3,54   | 8,10   | 44,50 |
| CSSB | 2,97   | 8,67   | 3,21             | 8,74   | 4,00         | 8,28   | 3,94   | 8,77   | 48,62 |
| CSSC | 2,78   | 8,31   | 3,16             | 8,49   | 3,87         | 8,41   | 3,75   | 8,17   | 46,94 |
| CSSO | 2,96   | 8,15   | 2,18             | 8,46   | 3,73         | 7,83   | 3,56   | 8,49   | 45,36 |
| CSSD | 2,76   | 8,40   | 1,36             | 8,02   | 3,70         | 7,46   | 3,38   | 8,10   | 43,18 |
| CSSF | 2,66   | 7,66   | 1,63             | 7,71   | 2,96         | 7,40   | 3,60   | 7,63   | 41,25 |

The total score achieved by the 11-12 year old gymnasts which practise at the centres of speciality in the country, is included in this study and it also provided the results for the final ranking – figure 2.

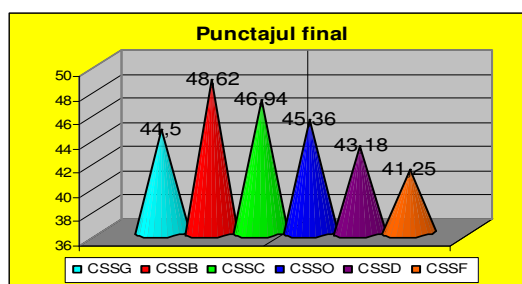


Figure 2 Average total score recorded junior gymnasts III specialized in sports centers

The total average of the points accumulated by the 11 to 12 year old gymnasts coming from the six speciality centres included in the observing study was 44,97 points. Even though the first official competition (The Schools Gymnastics Contest) organised by the FRG (Romanian Federation of Gymnastics) will take place at the end of April, the results of the junior gymnasts girls III were not satisfactory as none of the competing gymnasts as well as none of the participating teams have accumulated a 50 points average on the four apparatus. This score was required in order to advance to the next sportive category. We must underline the fact that the unsatisfactory results that the gymnasts obtained may have happened because of their age. The amount of elements that have to be learned in a relative short amount of time is very high. The specific moving skills and abilities are developed, established and perfected at uneven rhythms.

**Conclusions**

1. In gymnastic, the sports accomplishments, the theoretical and practical breakthroughs, the increasing demands required by the new developing stages of the methods, of the materials and of the means used in training as well in competitions cause the recurrent modification of the content in the general and specific preparation.
2. After the recorded data analysis, we can conclude that the training programs for the junior gymnasts III were not created with an appropriate methodological content in agreement with the FRG's demands and they were not adjusted to the particular traits of the gymnasts (a different amount of skills, their own capacity and rhythm to absorb the techniques etc.).
3. The technical elements used in the arrangement of the exercises did not have an appropriate value as far as difficulty is concerned. It should provide grades that are high enough to reach the 50 points barrier on the 4 apparatus.
4. The execution of the technical elements imposed by the regulations was faulty which led to penalizations or to the disapproval of the elements and the connections between the elements.
5. The total average score that the junior gymnasts III obtained was far below the 50 points barrier set by FRG; this shows a low level of technical preparation from all around the country's sports centres that were investigated.

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## METHODICAL GUIDELINES FOR SPEED DEVELOPMENT IN GYMNASIUM

Claudiu Mereuta

*"Dunarea de Jos" University of Galati, Romania*

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### Abstract:

The paper presents some methodical guidelines for speed increasing. Starting from the importance of speed in athletic development, the paper presents the speed constraint factors and some examples of complexes proposed to increase this motrical quality. Teaching students in gymnasium requires a lot of caution, but using appropriate means, good results are achieved. It can be noticed that it has also an influence on the development of physical training and led to a superior and multilayered development of students.

*Keywords: speed, exercise, complexes, speed constraint,*

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### 1. Introduction

Motrical qualities are indispensable components of human physical activity, providing the possibility of attainment specific efforts, naturally capitalizing many factors and being perfectible through practice. In the practice of physical education and sport the motrical skills are divided into two distinct categories:

- a) basic motor skills: speed, strength, endurance, agility, flexibility.
- b) combined qualities, which are specific to different sports branches.

Improving the motor skills is of great importance for fair and harmonious physical development, and presents a series of specific features, such as:

- It positively influences major functional indices, general motricity, and volitional qualities.
- Has an important role in proper and harmonious physical development contributing to health strengthening.
- It can be used differently, in order to develop the deficient motor skills (to correct the physical deficiencies) or to bring them to a higher level, which is useful in sports.
- Has special effect (on tonus or on trophicity).
- Human body skills are emphasized.
- Being closely related to the motor habits, thus favoring their acquisition and exercising them the motor skills are increasing.
- Motrical skills are interdependent in the sense that the development of one of them affects other qualities. The influences might be favorable (named transfer) or unfavorable (named interference).
- Specific actuating systems are used as means for restoring the skills (recovery or certain diseases like obesity repellent).
- Most often, the motrical qualities are differently combined for certain sport branches.
- It can be improved through practice with specific effort.
- It has ways of manifestation according to gender or age.

### 2. Speed constrain factors

The speed magnitude is conditioned by other motrical qualities development.