

EFFECTIVENESS BASED BY PROGRAMING TECHNIQUES PROPERTIES OF ALGORITHM TYPE

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Abstract:

Effective consideration of research objectives through the most effective exercises, arranged in a well established, logical, precise and measured methodical application of algorithmic rules provide organizational learning as one of the final good and technical.

Keywords: *efficiency, technology, programming methods, algorithms basketball beginners*

INTRODUCTION

One of our research objectives is to achieve the final objectives, intermediate and operational properties of elements and techniques by applying the algorithmic method.

The effective uptake of research objectives through the most effective exercises, arranged in a well established, logical, precisely measured and methodical application of the rules, gives algorithmic organization to learning as a finality of good learning elements and techniques.

All these are likely to be applied in practical work in close relation with theoretical information and based primarily on the principle of teaching, and on the interaction and interconnection between theoretical and practical knowledge, represented by skills, motor skills and qualities [7, 2, 4, 8, 1, 3].

This principle concludes appearance properties of elements and techniques that are taught, without their stays at a theory level, and the need to achieve concrete unbeatable practical application of their execution.

Learning elements and technique procedures at a high level of their performance requires a good knowledge of the structures, sequences and technical elements, components of precise and effective movements, proper method of solid properties and methods of application, which certainly contributes to the acquisition technique of the basketball game .

One method of tracking the progress properties of required playing techniques is the analysis, analysis that aims to enhance the quality of the learning process elements and techniques of basketball.

This analysis is materialized in scales for assessing the execution elements and techniques which, by experts in the field, is given marks from 1 to 10 for each technique separately. This evaluation will be applied to the following five steps of

apreciation (each phase being assessed with 2 points), in concrete ways of assessment and evaluation.

Analysis technique of execution of each technique proceses tested was made from analytically and globally, as follows:

- correct sequence achievement = 2 points
- sequence achievement with some mistakes = 1 point
- lack of sequence = 0 points

Of the maximum number of 10 points, each player, depending on the execution, can get 2 points for each sequence. For failure to correct sequencing techniques evaluated, as noted above, less the value points of each sequence as described above.

It will track the execution of each process in part by five times, taking into account the best evaluation. Therefore, each sequence of processes that will be performed, will be shown five times in analytically.

Further descriptions are presented of each process, its mode of execution.

Movements (Stop within a time), individual runs, by the established route, aiming to sequences shown in Table. A.

Catching the ball (catching with two hands at chest level), individual runs, the self released ball, and the route is determined in advance.

The passes (with two hands from chest), runs on two pairs of the ball in front, 3 meters away from each other.

Throws (with one hand in front by two steps) were performed individually, from a of 45 ° angle to the panel, with skilled arm, first point of start is accomplished in the line of three points, and the ball is recovered by performer.

Dribbling (lower), was performed individually on a zig-zag course across the basketball court where they were located nine landmarks. There have been changes of direction to each landmark located. The technical method was made in the first

two lengths with low speed and the last two with maximum execution speed. The ball has to be followed to be controlled by executing all route to dribble down, eyes permanently controlling field area.

Importance of assessing the results of its essential role in the accumulation and assimilation of elements and technical processes. It provides a constant level of qualitative and quantitative knowledge of assimilations made by little basketball players. Besides these aspects, evaluation brings a positive contribution to prevent and quickly correct mistakes found in their execution, avoiding the formation of bad habits that need long time to restore dynamic stereotype.

This assessment allows a brief analysis of the final models compared with the final movement execution, thus appreciating the correct stage of their learning. As we stated in this paper was performed and an experiment of finding small basketball players

level technical training in the two experimental group and control.

For testing were 26 subjects participated, testing was practical and technical training embodying the following algorithm method recorded. Testing, at the experimental group, was made by following a period of learning the elements and technical processes in the algorithm method, while the control group should be tested to the same elements and processes, but whose ownership was not behind the same method.

Elements and processes techniques tested were both concerned for field movements and working with the ball (catching and holding the ball, passes, throwing to basket, dribbling).

Assess the skills and motor skills was done through unitary noting system. As scoring systems was used number mode expressed by figures of 1-10. Each technique has emerged in five sequences (Table 1).

Chart 1. Sequence components to assess the level of mastering technical processes based on programming the algorithm method

Name of technical process	SEQUENCE COMPONENTS OF TECHNICAL PROCESSES				
	Sequence I	Sequence II	Sequence III	Sequence IV	Sequence V
MOVEMENTS (Stop within time)	Right posture, slightly bent, eyes forward	Working arms	Flex knees, tips obliquely forward direction	Changes of direction, balance, preserving low basic item	Event execution speed due to fair and balanced technical execution
GRIP ON Ball (catching with two hands at chest level)	Auto Launch the ball by pushing the ball symmetric	contact with ball	Stopping at a time without deviation and without stepping forward steps for balancing	The ball held in the power symmetric	Speed of execution on the whole field
PASSES (with 2 hands from chest level)	Keeping the ball by controlling grip on her fingers	Position arms to the body	Extension movement of the arms that come with the ball until the end of the fairway	Movement of "whipping" of the wrist	Working concomitantly legs arms
THROWINGS (with one hand in front by 2 steps)	dribbling	Sequence I	Sequence II	Keeping the ball and passing the outlet	Throwing proper
DRIBBLING (lower)	Correct basic position	Correct movement of pushing the ball into the ground	Correct height of the dribble.	Passing the ball and changing arm execution, visual inspection	Event execution speed due to the correct technical execution

Chart 2 shows the results of the elements tested and technical processes experimental and control group who went through training sessions.

Chart 2. The results of verification technical processes based on mastering the level of programming algorithm method

Nr.	TECHNICAL processes	GROUP	T.I. $X \pm m$	T.F. $X \pm m$	t	P
1.	MOVEMENTS (stop within time)	E	7.07±0.62	7.84±0.78	3.90	<0.001
		C	5.96±0.82	6.96±0.77	4.51	<0.001
	<i>t; P</i>	E -C	5.49<0.001	4.09<0.001		
2.	GRIP ON Ball (catching with two hands at chest level)	E	7.34±0.68	7.73±0.45	2.73	>0.01
		C	6.15±0.88	6.61±0.49	2.32	>0.01
	<i>t; P</i>	E -C	5.43<0.001	8.47<0.001		
3.	PASSES (with 2 hands from chest level)	E	7.26±0.60	7.34±0.48	0.50	>0.01
		C	5.46±0.76	6.38±0.49	5.18	<0.001
	<i>t; P</i>	E -C	9.49<0.001	7.06<0.001		
4.	THROWINGS (with one hand in front by 2 steps)	E	7.26±0.72	7.76±0.42	3.02	<0.001
		C	5.65±0.48	6.42±0.50	5.60	<0.001
	<i>t; P</i>	E -C	9.44<0.001	9.70<0.001		
5.	DRIBBLING (lower)	E	8.00±6.32	8.65±0.48	4.18	<0.001
		C	6.57±0.50	7.07±0.27	4.45	<0.001
	<i>t; P</i>	E -C	8.97<0.001	9.84<0.001		

After calculating the arithmetic average statistical indicator, "t" test and statistical significance of external experts in the domain, we see developments in the evaluation of experimental group, compared with control group; developments

that leads us to conclude that the appearance of the experimental method by algorithm method had a positive resonance in terms with progress in learning elements tested and technical processes

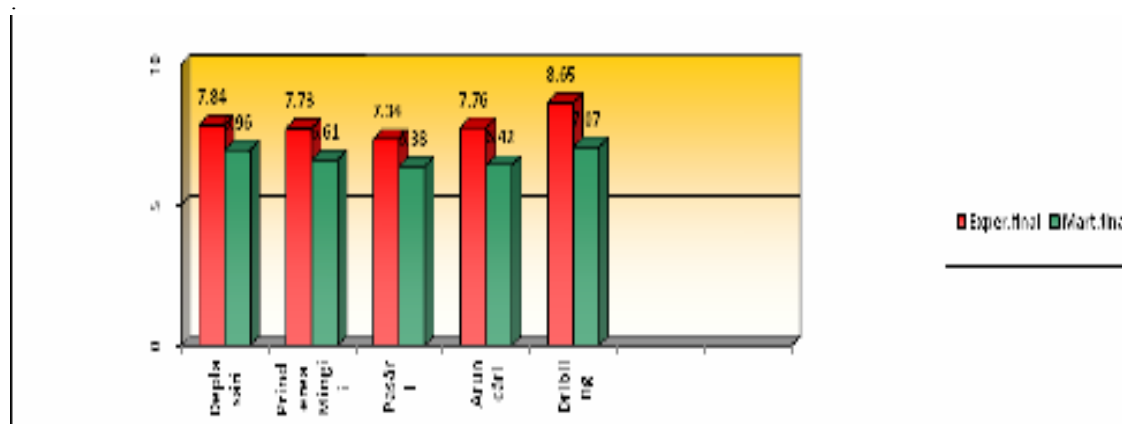


Chart. Nr. 1 Mastering the level verification technical processes results in the programming of algorithm method

As a **general conclusion** to this chapter, we argue the final appearance of the objectives proposed in our research targets relating to ownership of elements tested and technical processes by the algorithm method.

Learning these techniques, the most effective exercises, by their arrangement in a well established, logical, precisely measured and methodical application of organizational rules

algorithm method gave as a final good learning elements and technical processes.

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*L'efficacité en fonction par leurs propriétés
techniques de programmation type d'algorithme*

Abstract:

Prise en compte effective des objectifs de recherche à travers les exercices les plus efficaces, disposées dans un endroit bien établie, logique, précis et mesuré application méthodique des règles donnent algorithmique l'apprentissage organisationnel comme un des éléments définitifs de bonnes et de techniques.

Mots-clés: *l'efficacité, techniques, méthodes de programmation, algorithmique initiation au basket bal*

STUDY ON THE EFFECTIVENESS OF THE GAME AND CONTEST METHOD UPON THE SPEED DEVELOPMENT OF REPRESENTATIVE MINIFOOTBALL ELEMENTARY SCHOOL TEAMS

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Abstract

In school competitions for both mini-football and 11-player football, the request for physical abilities is very intense. The physical factor is manifested through great effort which implies that physical capabilities must be well developed.

In the present research study, we have assumed that the proper use of the method of games and contests in training leads to the development of representative speed mini-football teams of elementary schools. Our purpose is to demonstrate the effectiveness of games and contests as a method of training in order to develop speed in the representative mini-football team of elementary schools.

Keywords: *speed, method of games and contests, representative team, elementary school, mini-football.*

INTRODUCTION

In school competitions for both mini-football and 11-player football, the request for physical abilities is very intense.

The guideline for the game is based mainly on physical training and is characterized by actions conducted with great rapidity. It is obvious that in order to achieve this, it needs an improvement of the training methodology.

The physical factor is manifested through great effort which implies that physical capabilities must be well developed. A good general physical preparation is the special physical training which provides training and development of the movement skills specific for the mini game. Both sides created foundations sports activity. Therefore, the better the

physical training is, the more it can provide a scope for the application of the guidance game.

On the basis of physical training representative teams for school field football must build towards comprehensive physical training. This means that all physical qualities will be developed at a higher level.

Comprehensive physical training is regarded as a basic principle of training that any athlete, regardless of the sporting discipline, should pay particular attention to, developing the four basic motor skills, in order to achieve high performance. Without comprehensive physical education, first acquired and maintained afterwards, one cannot achieve maximum performance [2, p. 45].