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# Efficiency in the Artistic Training of the Beginners' Groups in the Men's Artistic Gymnastics

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## Abstract

It is well-known that in order to train a gymnast capable to take part into high level competitions, hard training for years, perseverance, tenacity, seriousness in training, material conditions and state-of-the-art equipment as well as highly-skilled experts are required.

The training approach also requires a forecast of the evolution of gymnastics in the future, especially nowadays when the free-style exercises remained the only ones in the programme of major competitions.

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*Keywords:* men's artistic gymnastics, juniors, artistic training, performance

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## 1. Introduction

Gymnastics has reached a very high level of performance, the routines being impressive due to the degree of difficulty of the constituent elements, of the combinations, as well as to the virtuosity of execution and the elegance of the movements (Corlaci, 2010). Experts say that a systematic training can be approached in gymnastics starting with the age of 5 - 6 years (Grigore, 2001).

Thus the orientation towards a better basic training with an extremely rich and diverse technical content is highlighted (FIG, 2013).

### 1.1. Assumptions of the paper

It is our belief that, by making an optimal correlation between the physical support and the technical objectives, supplemented with working methods in the gymnasts' artistic training, by adapting them to age and training level peculiarities, we will accelerate the learning of the target elements for the 4th category "The Young Gymnast".

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In order to justify the validity and efficacy of the proposed approach, we will implement an algorithmic system for driving the development of the artistic training as well as control tests that will sequentially and eventually show the level of the performance achieved. It will include routines for the joint flexibility and artistic structures.

### 1.2. The purpose and objectives

The purpose and tasks of this paper are: the formation, development and improvement of the overall bases of exercise.

The scope will include acquiring a correct general body posture as well as the segments, in learning the basic mechanisms for the development of the dynamic and of the static balance.

### 1.3. Research methods:

For this paper I used: Study of the bibliographical material; Observation; Experimental method; The cinematographic and video-graphic method; Data processing and interpretation method (graphics, statistical analysis)

## 2. Organization and conduct of the experiment

The experiment was organised and carried out in the gymnasium of the School Sports Club No.3 in Bucharest. The ever decreasing number of Artistic Gymnastics practitioners in recent years, led to the impossibility to have a large number of sportspeople participating in this experiment. My beginner group included a number of eight sportspeople.

The experiment began on 1 September 2011, and ended on 15 May 2012, and comprised an initial testing, implementation of a training program and a final testing.

During this period there were conducted 94 trainings, i.e. a number of 198 hours of training.

All the routines under observation in the experiment had a significant progress, which can be easily seen from the resulted charts, tables and graphs trough calculation of the arithmetic average of the control tests at the initial test and at the final test.

### 2.1. Stage plans

1st stage - Selection (constituting the beginners' group) 1 September - 18 October

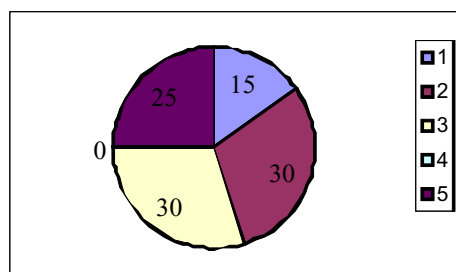


Fig. 1. - 1st Stage

Training components		Procent
1.	Artistic training	15%
2.	Technical training	30%
3.	Psychological training	30%
4.	Tactical training	0%
5.	Physical training	25%
Total		100%

Table 1. - 1st stage

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