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LOCOMOTOR TRAINING AND GENERAL DEVELOPMENT OF STUDENTS FROM SECONDARY CYCLE

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Abstract

Through this study we aimed to contribute to finding answers in regards needles cee poor physical preparation of students, early decrease their interest for sports activities and practical ways to solve them, hoping that they will contribute to improve the methodology rugby in school.

Objectives. The strategy that we propose to focus, initially, on the development of psychomotor skills through exercises diversified priority nature created and in the second phase, to proceed with acquisition actual actions technical specific tactical Rugby in accordance with the methodology described in the literature and adapted to the level of training students and didactic existing materials.

The aim of the paper is to improve the instructional-educational process in the physical education discipline, in the lyceum cycle, by creating and applying specific exercises for playing rugby for the formation and development of psychomotor skills, in accordance with the pupils' age peculiarities and the existing material conditions.

Methods. Information and bibliographic documentation, research method curriculum documents and other school documents, data investigation into the school population and schools, in high school, investigations on the basis of existing material in school for rugby school, high school, observation method, the questionnaire survey method, metota statistics.

Results. Searching and finding answers to some of the problems caused poor sports training of students, reducing some early interest in physical education, high school and practical ways to solve them through games.

Conclusion. The physical exercises applied with the experimental classes are effective and contribute to the development of psychomotor skills. By comparing the results to the experimental classes, it has been observed that advances in the development of skills are all the more positive as the attitude of the subjects towards the activity is more positive and the higher the personal significance for them.

Keywords: motricity, students, sports games, rugby, physical education.

Introduction

In the general context in which performance sport evolves with stunning progression, athletes are themselves the subject of significant morphological, physiological, psychological, behavioral changes, etc.

At the beginning of the 3rd millennium, high sport performance can only be achieved with the application of multidisciplinary knowledge from areas recently becoming complementary to performance sports: biology, biomechanics, biophysics, biochemistry, nutrition and metabolism, psychology, and other medical sciences.

Research on rugby students shows that these morphological changes have improved both the athletes' exercise capacity and the overall condition of the entire locomotor apparatus. Medical sciences play a very important role in the scientific organization of the physical exercise process.

Both physical and physical education specialists use information about anatomical functions during physical exercise in exercise optimization. In the content of this paper I proposed to present some specific features of rugby players from an anatomic and functional point of view but also aspects such as discipline, control and mutual respect that generate the spirit of the game, these being the qualities that give birth to comradeship and fairplay, essential for the success and survival of rugby (Nicu, A., 1993).

The choice of this subject is motivated by the fact that one of the current trends is the introduction of specific means of specific training in the programs of sports training of pupils aiming at improving the neuro-muscular coordination and static and dynamic balance indicators at an early age.

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Study. The complex and varied set of actions organized rationally and systemically integrated, aimed at achieving a common goal is the training process. The importance of these actions lies in achieving the goal, each of which has its own technique of deployment, as well as a specific way of action.

Modeling intervenes from the design stage of the training. Here the method is fundamental, going later in the practical or experimental stages of the model. The essence of modeling in physical education and sport is characterized in the triple "model-algorithm-programming". Thus, the successive steps required to apply the method are outlined.

Specific technical-tactical content of the training Technical-tactical training has a weight of 55% (30% technical and 25% tactical) and aims at raising technical and tactical mastery. It is generally recommended to schedule a single theme in the training lesson (Badea, D., 2012).

Also, theoretical training has a 5% share, 1-3 sessions per week, with a duration of 20-30 minutes, emphasis on fair play.

Psychological training, with a weight of 10%, addresses every aspect of psychological training. This training is done in separate training sessions or in separate sessions through the conscious participation of athletes (Epuran, M., 2005).

Training lessons are scheduled 3-5 times a week, with a total of 120-160 exercises per year and a duration of 60-90 minutes per training (Collinet, S., 2000). The fundamental part lasts about 45-65 minutes and will program:

- a technical-tactical or physical theme
- 2 themes - a technical-tactical theme
- a theme with physical content

The set of methods and means used in the lessons will be complex and combined to bring the player closer to the future performer (Badea, D., 2011).

The present study proposes to present the creation of the conditions for optimization of the technical-tactical potential of rugby students from the “Aurel Vlaicu” National College, team.

Research tasks. The preliminary research is aimed at validating the tests and the means that will be used in the actual research. The research aims at establishing the means structures that will be applied to the experimental group, a battery of tests that will be applied in the actual research and the realization of a coherent training program.

The hypothesis consists in the effective selection of rugby-specific means for educating and developing technical-tactical capabilities, and their application in the game to improve the qualities of rugby players.

In order to improve the training process, in the search for new solutions that contribute to progress, to the renewal of the technique and to the correct and quick learning ways, coaches must seek, innovate and apply what leads to progress and optimization of training.

For this purpose, we used the following methods to elaborate the present study:

• studying the theme in the literature;
• the method of observation;
•case Study;
• experiment method.

The system of measurements, tests and test samples proposed was selected after consultations with specialized materials and in full compliance with the requirements of the Romanian Rugby Federation. The parameters of each component of the evaluation system are found in the evaluation models - selection related to the stages and the formative levels. We opted for this system because it is accessible and provides relevant data.

a) 50m running
b) running test 10x5m
c) traction test
d) the dorsal trunk flexion sample
e) Sargent test

f) suspension (hanging)
g) sample of the genuflexions
h) running 1000m

The evolving trends of the game can be:

- increasing the number of edges and the relative stagnation of the number of ordered piles and agglomerations. This phenomenon is due to a relatively recent regulatory provision that allows a team with a penalty kick to send the ball to the edge and retain possession;
- increased play time and number of phases confirms the orientation of the rugby game towards a hand-played game, an open game with a total commitment, requiring a superior training of all components;
- as a whole, rugby play remains in the mixed area in terms of oxygen consumption, but from the temporal structure of the game phases, we note the significant tendency of effort orientation within them to the lactoacetic anaerobic threshold, which is determined by the doubling of the number of phases over 40 " (Bota, C., 2000);
- in terms of launching the game at the edge, the game continues to accentuate. Note the reduction in the number of mistakes. On the orderly stack there is a considerable reduction in the number of mistakes, due to the strengthening of the game at hand, but with a balance of concrete forms of play.

Table 1 The results of the control samples

	Running 50 m		Running 10X5m		Tractions		Trunk tails flexed from the back 1 min		Suspension		Sargent Test		Put the bar down 50 Kg		Squats 1 minut		Running 1km
	Initial	Final	Initial	Final	Initial	Final	Initial	Final	Initial	Final	Initial	Final	Initial	Final	Initial	Final	Initial
1	7.10	7.00	25	22	1	1	18	24	10	14	32	40	7	10	29	34	3.80
2	8.53	8.50	34	33	1	1	19	28	9	12	20	20	6	9	26	31	4.50
3	9.14	9.00	38	38	0	0	16	25	2	2	17	18	7	11	27	30	4.60
4	8.64	8.58	38	37	0	1	20	27	2	2	22	27	2	3	48	55	4.55
5	9.35	9.27	40	40	11	15	33	42	22	24	19	21	8	9	48	54	4.65
6	7.59	7.50	24	22	5	7	30	39	14	18	28	35	8	10	49	56	3.70
7	7, 59	7.50	25	23	5	6	28	35	12	16	28	36	7	8	40	49	3.75
8	7.50	7.50	24	23	13	16	22	29	18	22	36	42	10	11	24	28	3.50
9	7.38	7.33	27	24	6	7	19	26	14	19	33	40	6	6	28	36	3.45
1	7.85	7, 59	25	24	5	6	19	27	15	20	37	46	6	7	25	33	3.65

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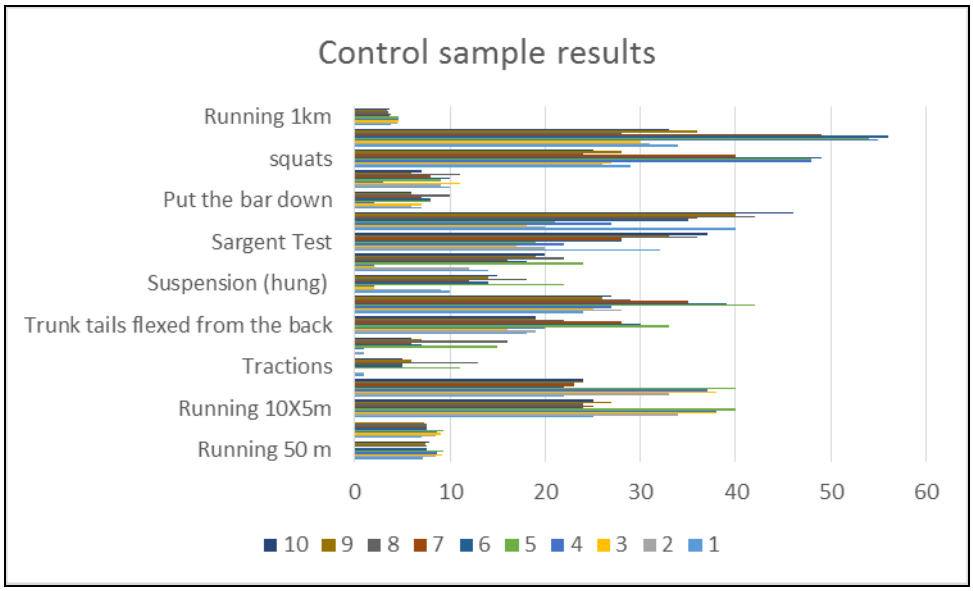

Figure 1. Test results on control samples

Results

Taking into account the contemporary era in which performance sport has evolved significantly, athletes are the most important target to be followed in terms of morphological, physiological, psychological or behavioral changes.

We can say that research on rugby shows that the morphological changes that occurred over time have improved both the athletes' ability to exercise and the general state of the entire locomotor system. Moreover, medical sciences have a very important role in the scientific organization of the physical exercise process.

Through this study we highlighted some particularities of rugby players from an anatomic and functional point of view. To highlight these particularities, I chose to present information about the origin and the formative value of this sport as well as aspects that highlighted the considerable development of rugby. He has always managed to maintain a high standard of sportiness, ethical behavior and fairplay.

Also, during the study we highlighted the methodology of education and development of technical and tactical capacities, as well as a system of means for education and development of technical and tactical capabilities, we demonstrated the advantages of using a battery of tests to assess these skills.

Rugby is the sport that develops qualities such as team spirit, understanding, cooperation and respect for colleagues. Its foundation stones are always the pleasure to participate, the courage, the skill required by the game, the love for a team game that enriches the lives of all those involved and the lasting friendship inspired by the common interest in the game.

Using the methods used, the research carried out on the rugby pupils highlighted certain specificities specific to the junior's age, all of which are emphasized in the present paper, contributing to the enrichment of the knowledge in the field of this sport.

The study aims to present models of drive systems designed to optimize players' technical and tactical training. The aim of the research was to provide technical proofs and games provided by the participants.

Conclusions

Evolution of averages for both samples, between initial testing and final testing, is positive. We note that the relevant progress between the two tests is quantitative.

The level of homogeneity of the group of subjects improved between initial testing and final testing, as evidenced by the results of the indicators.

The distribution of results around the average is in most cases positive.

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The result of the significance of the difference between the averages of two correlated strings denotes a confidence level of 99%, which means that the progress is significant.

The drive systems models included in a suitable program are efficient.

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