

Training Process of Judaists by General Physical Preparation

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Abstract: The given article summarizes the scientific and methodological publications on features of functioning and the training process of women's body. The authors justify the structure of physical preparation judokas.

Key words: Judo • Biomedical features of the women organism • Planning the training process • Physical qualities

INTRODUCTION

Involvement of an increasing number of girls and women to sports of higher achievements is primarily due to expansion of the program of the Olympic Games and the inclusion in it of the sports that previously performed only by men. Such kinds of sport include: women's boxing, weightlifting, judo, women's wrestling, women's hockey, women's soccer, women's rugby, football etc.

The rapid development of the above kinds of sport makes it necessary to special research on the organization and planning of the training process to determine of female athletes the most effective ways of achieving high results. At the same trainer and other specialists must maintain the health of female athletes - the future mother.

MATERIALS AND METHODS

Scientific basis for planning training sessions of women is necessary to know features of the structure of the female body, the stages of biological maturation periods of ovarian-menstrual cycle (OMC), the functionality of the major body systems, recoverability of functions that allow to select effective training and coaching feedback for development of physical qualities, technical tactical and psychological preparation [1, 2].

The same internal and external physical stress cause different reactions of functional systems of men and women [3].

V. Platonov and other experts suggest considering the OMC of women in the construction of various training cycles. It is proved that not all phases of the biological cycle of the athletes are able to perform training and competition stress [4, 5, 6, 7].

During the research has been installed dynamic performance of female athletes under the influence of phase OMC in various kinds of sports. Meanwhile, the problem of sexual differentiation in the implementation of sports training, according B.Tarakanova, significantly wider and has a socio-psychological, educational and biological aspects of the study and systematization which is relevant theoretical and practical issues that need in-depth system-comprehensive study. The basic component of this problem is the proposition that even physically well-developed girl, young woman, woman should train differently than boy, young man, man [8].

M. Onchurova notes as a negative fact of most coaches struggle with the female contingent, using the same tools and techniques that are used in working with men, which leads to increased injuries among girls and loss of interest in wrestling. The authors outlined one of the real ways to increase the effectiveness of training athletes in freestyle wrestling at the basis of purposeful use of various means of developing motor dexterity [9].

Scientifically substantiated practical guide for trainers that allows understanding the physiological features of the female body, published by L. Shakhlin [10].

The author warns that excessive for the child's body exercise, extreme impacts to the female athletes drain and inhibit physiological development of the reproductive function, which affects the delay of first menstruation (menarche) in female athletes of different specializations when compared with girls - not athletes.

Particular attention is paid to the distribution of physical activity in the most sensitive and vulnerable to the female body during the menstrual cycle (the actual menstruation and premenstrual phase). Significant physical activity in these cycles are extreme and require costly body forces, stresses functional systems.

In the menstrual phase of the cerebral cortex arises protective inhibition, whereas in the subcortex enhanced excitement that accompanied the emotional and autonomic lability. All this affects the mental state of female athletes. The authors note that while training in the premenstrual and menstrual phases in women involved in sports rise sharply fatigue and irritability, especially in the phase of menstruation.

In the post ovulatory phase may increase the functional capacity of the organism female athletes. This is manifested in increasing of general and special working capacity and improved coordination and accuracy of movements in the growth of speed and strength.

Training, without limitation stress in the premenstrual and menstrual phases of the cycle, according to the authors, is one of the causes of menstrual dysfunction female athletes.

Trainer in planning the volume and intensity, directivity of training process should take into account the functional state of female athletes during certain periods of the biological cycle, in order to avoid disturbances of the functions of the female body.

During planning the training process of women is necessary to know in which type - "feminine" (feminine) or "courageous" (masculine) are its female athletes are belonged. The first group is characterized by constancy

of OMC and phase of its occurrence, which should be strictly taken into account in the construction of training.

The second group of female athletes (the most common) is frequently observed violation of a specific biological cycle. Exactly they are "closer" to the male and the organization of training process is possible (within certain limits) in the image and likeness of athletes on the basis of general laws training.

Important at the organization and planning of training process of women consider that female athletes are different in duration biological cycles of 21 days to 35 days. When organizing training sessions must be considered that the maximum amount of weight training to perform better in postovulatory phase and small amounts of jumping exercises should plan on postmenstrual and postovulatory periods of the cycle.

Must be completely removed themselves from these training facilities in the premenstrual and menstrual phases of the OMC in order to avoid the negative impact of the exercise on the reproductive function of women, as well as in connection with a pronounced decline in absolute and explosive strength of lower limb muscles in athletes.

In constructing the training process of women need to define its rational structure, which takes into account both qualitative and quantitative measure of the impact of the training stress on the female athletes' body. Its content, scope and intensity, must be in strict accordance with the cyclical changes in women which is reflected in the psychological state, level of performance and the manifestation of motor qualities in every phase of the OMC.

Taking into account the opinion of specialists and practical experience of coaches, we have compiled recommendations on the organization training process of judokas to improve overall physical fitness, taking into account the biological characteristics of the body of women (Table 1).

Table 1: Table of Contents judokas of training at raising the overall physical preparation in different phases of the OMC

| Training | | Phase of OMC | | | | |
|----------------------------|--|--------------|---|---|---|---|
| | Facilities | 1 | 2 | 3 | 4 | 5 |
| Directionality | | | | | | |
| Development of agility | Hard-coordination exercises | + | + | - | - | + |
| Development of flexibility | Exercises with a maximum range of motion | + | - | + | + | + |
| Development of speed | Exercises performed with maximum speed | - | + | - | + | + |
| Development of power | Exercise with weights and its own weight | - | + | - | + | + |
| Development of endurance | Cross, long fight, sports, swimming. | - | + | + | + | + |

Note: OMC phases: 1 - Menstrual 2 - Postmenstrual 3 - Ovulatory 4 - Postovulatory 5 - Premenstrual.

CONCLUSION

Effectiveness of training process of judokas, aimed at the development of physical qualities of increasing the general level of functional and physical fitness will be achieved with allowance the following factors:

- The coach needs to know the peculiarities of the female body, how it differs from the body of men at different ages;
- In the planning of training loads, choosing the right equipment training methods within mesocycles guided individual characteristics influence on the dynamics of phase the OMC performance female athletes;
- Correction of training programs conducted on the basis of results of complex analysis control methods should provide educational and psychological impact.

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