

SPORTIVE TRAINING PRINCIPLES

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The notion of training is synonym with that of sportive training. The concept of training subordinates the training bases (whole of the laws and principles that substantiates and conditions the sportive training) established by the theory of sportive treatment (system of principles and methods that compose and structure the sportive training), according to the training principles (basic ideas, of pedagogic, psychological, physiological, hygienic order and others that structure the issuance and management of training process).

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Sportive training: definition and components

One of the definitions assigned to sportive treatment is the one included in the "Terminology dictionary", according to which the sportive training is a "pedagogic process systematically and permanently graded process of the human body adaptation to physical, technical-tactic and intense psychical efforts, for the purpose of procuring high results in one of the competitive practicing forms of physical exercises".

The sportive training has several components:

- pedagogical – by the didactic process it operates with;
- biological – by the objective effects in the functional development plan and of the adaptative level of human body;
- psychological – by the character, moral and emotional involvements of the sportsman's personality;
- sociologic – by its reports and way of integration and homogeneity in the social, economical and cultural environment;
- hygienic – by the specific conditions of nourishment, rest and environment whereby the sportsman trains and recovers;
- ethical – by the fair-play ideals, of total and honest involvement training and in the competition;

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- esthetical – by the beauty and refinement of movement gesture, by the complexity and harmony of movement actions, by the show provoked by sportive process.

Sportive training principles

Starting from the premise that the sportive training is before all a didactic process with multiple involvements, it is necessary the differentiation of the sportive training principles into two categories:

- general principles;
- specific principles.

General principles are named as that because they are met in all the social activity genders, especially in the education area. These principles intercept and synthesize the complex reality of sportive training, from the point of view of the pedagogic process, whereby the sportive performance is prepared.

The sportive training principles may be expressed on certain taxonomy of criteria, which start from the most general issued of sportive activity and from its goals, to continue with the adequate content, methods and strategies.

Therefore, this proposed taxonomy includes four categories of principles:

- principles regarding the orientation of training and multi-lateral development of personality and social-professional integration of sportsman, the maximum efficiency and saving, as well as the complementarity of theory with practice;
- principles regarding the goals: maximization of performance capacity, development of movement, cognitive, affective and emotional skills, control, objectivity and evaluation of the activity and cooperation between the trainer, sportsman and the scientific assistance group;
- principles regarding the content: interdisciplinarity, rationalization and operationalization;
- method - strategic principles: individualization, conscientiousness, motivation and volunteer effort, accessibility, interaction of oral to non-oral means, over-learning, modeling, simulation, specialization and self-adjustment of sportsman.

In the category of *specific principles*, there are included the principles that predominantly act in the sportive training, which are also used in other activities, generating other types of performances (ballet, music, circ etc.). The specific principles are of biological essence, because the training practice involves before all the knowledge and observance of the laws governing the adaptation processes (of the living bodies to external, repeated excitations, which are manifested as physical requests).

The application of the general adaptation laws to the issues specific to sportive training allowed the expression of its biological principles.

Continuity principle

The stressing of this principle imposed in the mean time with the extension of sportive competitions and especially due to their lagging on the entire calendar year. Therefore, the cyclic character of training was replaced by the permanent one. Some authors evoke yet the cyclicity principle in the acceptance of repeating along time of the competition and training, but the international sportive life imposed the correlation between the training and competition, meaning the continuity of training, which also connects the following competition.

The increment of the sportive competition frequency, the increase of their difficulties determined the increase of the pedagogic process role of sportive training, improving its effects, especially on the biological plan. The sportive performance altitude depended more and more on the level of genial and acquired movement qualities of the sportsmen, on the number of movement behaviors, concretized into the most efficient technical-tactic elements and procedures. This issue is followed within the training lessons or, better said, in the range of lessons that compose a weekly cycle, a stage, and a period with an annual training cycle. Therefore, the need of issuing a permanent succession of training lessons was born from the knowledge of bio-psycho-pedagogic laws of formation of the movement and behavior and development of the sportsmen' movement qualities. The complex changes occurred in the body under the influence of physical exercises, of the training means have a physical character and maintain for a limit period of time.

Starting from the scientifically substantiated idea, according to which the formation and perfection mechanism of movement behavior, as well as the development of movement qualities are driven by the reflex temporary rules, it is all-important to insure the continuity of sportive training.

The morpho-functional perfections, specific to sportsmen are not earned for good; they represent reversible changes, directly due to the body capacity of adapting always to the environment conditions under permanent movement. If the effort is not repeated anymore, a different situation compared to the previous one is established, and the body will react in accordance with the new requirements. In default of exercises that determined and maintained the perfections characteristic to training, the body organs and systems are adapted to the new conditions, the functional capacity, and their structure and sizes reducing up to the new request level, lower, they are subjected to.

The sportive practice and the scientific research proved that the perfections acquired by training are lost within a 3-4 times shorter period of time than the one necessary for their procurement. The involution occurs even in the case that the training is interrupted, but the intensity of effort decreases reported to the one of the previous stage.

The sudden suppression of efforts by the performance sportsmen obliges their body to pass fast into an entirely new situation that imposes such a high request of the adaptation mechanisms, but often disorders or sickness may occur.

The fundamental scientific research, meaning the applicative one, the experience of the great trainers proves the objective need of strictly applying the continuity principle, as a basic condition of worldwide performance.

Principle of optimum requests and of the step by step increase of efforts

The translation into practice of the continuity principle also supposes the establishment of a permanent regime of activity of the sportsman and the issuance of a sufficient number of repetitions of training means. For the purpose of increasing the training level of the sportsman, it is necessary that, on the fund of insuring the continuity of its activity, the trainer and the sportsman to change step by step the content of exercises and training means.

The dialectic of sportive performance consists in the step by step increase of efforts in training, until reaching the maximum levels, permanently changeable. This increment of efforts is based on the development of functional capacity of the human body, on its adaptation power to environment.

The scientific researches showed that, if the body is subject to an excitant that increases once, above the limit, it is produced a weakening of reaction, an inhibition ("over-limnar inhibition" or "protection inhibition"). Therefore, for a weak volume effort, the intensity, period or structure (or all in a place), the sportsman's body accordingly answers, with a low energy expense. As the excitant intensity increases, meaning that the effort parameters of training increase their values, the quantity of energy that the sportsman spends to appropriately answer, is amplified, too. At the time when the trainer exaggeratedly amplifies the effort and does not receive an appropriate answer from the sportsman, it means that his training degree was surpassed. At the new, over-sized effort, he cannot adapt anymore, and the big efforts of will, submitted to observe although the indications expose him to an exhaustion or to an over-training.

In the case that bodies are progressively adapting to stronger and stronger excitants, they may bear a previously over-powerful excitation (an

unusual request for the sportsman's body) so that the excitants (training) that provoked before the occurrence of the super-limnar inhibition become accessible, they acting literally as a strong or medium excitant.

Consequently, the ideal training is the one that registers quantity and quality upper indexes, reaching values and soliciting the body up to "refusal".

A basic condition of the body perfection to effort is established by the avoidance of appearance of the fashion or accommodation phenomenon. This is issued by observance of "the increase principle on stages of the effort". This principle foresees the increase of body request degree by the intensification of effort, when the same means are used or by their change, the body reacting more powerfully to the excitants it is accustomed with.

The principle of priority of the specific competition effort

The adaptation reactions to different exercises still have a main feature, namely their specificity. The body answer is not the same to all requests. Depending on the particularities of each excitant, where the organs are more required the others less.

The fact that the morpho-functional perfection of the body conditions the sportive performance level and that these perfections depend on the effort submitted in training necessarily lead to the conclusion that the procurement of the highest performances is only possible if the requests of training observe the specific of competition effort.

Taking into account the fact that, in the sportive practice, the resistance, force and speed don't exist as such, but only as concrete manifestation forms and their maximum specificity is the one during the competition, it results that one of the optimum training means is constituted by the competition. However, the current method grants an even higher ponder to the contests as training means for performances.

Place of multilateral physical training in the training of high performance sportsmen

Many Romanian and foreign authors consider the multilateral physical training as a basic principle of the sportive training. According to this principle, any sportsman, independently of the practiced discipline, has to pay a special care to the development of the four basic physical qualities (force, speed, resistance and address) if he wants to obtain high performances.

This principle can be maintained, too, in the training of the current high performance sportsmen, only if ascertained that the two basic theses are available, namely:

- multilateral physical training is a condition of procurement of the high results;
- training of a movement quality is positively reflected on the other qualities.

The inspection of the first thesis was made by the research of morpho-functional and movement particularities of the current champions of different sport branches. By such researches, it resulted that the multilateral physical development is not a condition of procurement of the high performances in the sports of which competition effort needs one single way of energy release.

Therefore, the issue of multilateral physical training in the current high performance sport must be considered in a different way compared to the previous decades. The multilateral physical training cannot be considered anymore as a condition of procurement of high performances to all the sportive disciplines, because, the great champions of the sports of which competition effort only imposes the aerobic or anaerobic effort are not multilaterally, but unilaterally developed, only having perfected the organs, movement qualities and the effort capacities specific to the competition requirements.

Also, there are no proves of transfer of the positive effects acquired in the organs and systems required in the training and on the organs and systems that have not been required in the relevant training. Nor the progress obtained in a movement quality is positively reflected on another movement quality if its movements don't train in work the same muscular fibers and the same organs as the quality that was trained.

There are yet many proves that the training, which determine great functional, structural and dimensional perfections in the limitative organs of an energy release way may negatively influence the organs that condition the energy release on the other way. One may state that for the high performance sportsmen of the disciplines and tests of which competition effort is based on only one way of energy release, and from the movement point of view, the results have as limitative factor a single quality, the multilateral physical training is contra-indicated, disfavoring the procurement of maximum performances, being even able to stop their issuance. When the competition effort has a mix character and the technical-tactic requirements need more movement qualities, the physical training must be multilateral.

Regarding the multilateral physical training in the training neither of children and juniors, theoretically the considerations pleading for the specificity of effort in training don't lose their validity nor at these age periods.

It is considered that the comprehension and application of the sportive training principles have a decisive significance in the procurement and maintenance of high sportive performances. These principles compose the starting point of the theory and practice of the modern sportive training.

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