



THEORETICAL PREPARATION OF FENCERS AT THE STAGE OF PREVIOUS BASIC DEVELOPMENT

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ABSTRACT

The article presents the results of a survey of fencers at the stage of previous basic development, aimed at determination of preparedness for various information blocks. There was established that general level of theoretical preparedness of fencers for different blocks of knowledge from 3,5 to 5,8 points. Questionnaire consisted of five blocks of questions: "The history of the origin and development of fencing", "Competitive activity", "Technique and Tactics", "Basic theory and methodology of athletes training", "Olympism". Correct answers were evaluated by varying the number of points depending on the level of difficulty.

Keywords: Fencers, Theoretical training, Stage of previous basic development, Program, Level of theoretical preparedness, Information.

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Contribution/ Originality

This study is one of very few studies which have justified the program of theoretical training of fencers at stage of previous basic development and its effectivity in the educational and training process.

1. INTRODUCTION

Improvement of any party of athletes preparedness provides acquisition of special information on the theory of chosen kind of sport, which should be sufficient to meet the challenges of the training process at each stage of training. Especially it concerns theoretical preparedness the stage of previous basic development as one of the most important prerequisites for further sportsmanship growth (Yovesik, 2008; Briskin *et al.*, 2012).

In scientific publications the question of theoretical knowledge is mostly discussed in connection with the formation of pedagogical skills of teachers of higher educational institutions in the field of physical education and sport. In turn, information from foreign sources on

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improvement of theoretical preparedness of athletes almost is not reflected (Shakhov and Balbekov, 2012).

The result is a low level of theoretical preparedness of athletes of different age groups (Platonov, 2004; Briskin *et al.*, 2012; Lisak, 2012).

However, search of scientific and methodological literature on theoretical training in the system of long-term development in fencing proves insufficient number of studies (Strokatov, 1980; Syrenko, 2008; Tyshler, 2010). This, in turn, points to the need of study the issues related to improving theoretical preparedness of fencers, especially at the stage of previous basic development as a prerequisite for the realization of their potential in sports activities.

The aim of the research is to determine structure and content of theoretical training in fencing at the stage of previous basic development.

Fencers theoretical training on the stage of previous basic development is characterized by the highest knowledge about competition rules in fencing on different kinds of weapons (including the match procedure and valid target areas in different kinds of weapons), but the possess level of information is on medium level (5, 8 points). Possess about main controlling and developing organization in international fencing, main using fencing terms, kinds of technical moves and the tactical prosecution of the fencing match on different kinds of weapons, separate aspects of Olympic Games is on a satisfactory level (from 4,1 till 5,0 points). The lowest indicator is theoretical preparation from basics of theory and methodology of sportsmen training (3,5 points), but they are in the border of a satisfactory level.

2. METHODS

There was considered theoretical training in fencing as part of sportsmen development. Theoretical analysis and synthesis, comparison, survey (questionnaire) methods of mathematical statistics.

The participants of the survey, aimed at determination of theoretical preparedness level, were 52 fencers at the stage of previous basic development. The survey was conducted during training sessions at Lviv Academy "Troyanda "and Sport Club "Athlete" from 03.12.2012 till 01.09.2013.

Questionnaire consisted of five blocks of questions: "The history of the origin and development of fencing", "Competitive activity", "Technique and Tactics", "Basic theory and methodology of athletes training", "Olympism". Correct answers were evaluated by varying the number of points depending on the level of difficulty.

Analysis of answers on the history of the origin and development of fencing showed the following.

3. RESULTS

There was found that 86.5 % of sportsmen are aware of the fact which international sports organization manages the development of fencing in the world. However, only 21.1 % of sportsmen know about the implementation of competitive activity in certain types of weapons an

electrical apparatus for fixing hits. The proposed list of countries, where fencing had been formed as a sport, 63.5% of athletes correctly pointed out two of the four countries, 15.4 % - three countries.

Knowledge of outstanding Ukrainian fencers (winners of the Olympics Games, World and European Championships) was following: 46.1 % of respondents indicated only one competitor, 15.4% - two, 17.3 % - three or more.

In turn, knowledge of outstanding fencers in the world (winners of the Olympics Games, World and European Championships) was lower: the names of one or two athletes could indicate 11.5 % of sportsmen, three or more - 13.5 %. The interesting thing is that knowing the names of the winners 2012 Summer Olympics in London showed 90.4 % of respondents (51.9 % of respondents indicated the name of one athlete, 38,5 % - two), but only 11.5 % of them mentioned the names of both Ukrainian and foreign fencers.

Information about the greatest Ukrainian coaches who have prepared champions and winners of the Olympics, World and European Championships is known by 57.7% sportsmen (44.2% of respondents indicated the name of only one coach, 7.7% - two 5.8% - three or more, while 11.5% set only their coaches).

The second block of the questionnaire was presented with questions about competitive activity in fencing, including the rules and judging competitions in fencing for different types of weapons (including the specificity of the individual and team competitions). The survey results were as follows.

The correct answer about the minimum number of participants of one team for admission in the team competition indicated 57.7 % of sportsmen. However, 42.3 % of sportsmen know about the amount of time provided by the rules to reach the athlete on fencing piste. 94.2% are aware of the specifics of match ending (salute each other and referee).

Information on the penalties for weapons malfunction during team matches is known by 50.0 % of sportsmen.

The third block of questionnaire was submitted by questions, related to kinds of techniques, bases tactics and fencing terminology. Information about the distance to perform lunge owns 63.5 % of sportsmen. 30.8 % of respondents explained the difference between beat and feint. However, 72.2% of athletes have demonstrated knowledge of defencing types (of which 57.7 % said the main types of defences used in their weapons, 25,0 % - said the full list of defences), and 57.3 % - ways to perform the responses (26,9 % set one type of response, 19.2 % - two kinds , 11.5 % - three or more) . Awareness of how to perform injections or shocks showed 42.3 % of respondents (13.5% of them mentioned one way 21.1 % - two species, 7.7 % - three or more). In addition, the correct number of types of positions and connections weapons indicated 26.9 % of sportsmen, 65.4% knew about the types of attacks.

Next block of questions provided respondents with knowledge of basic theory and methods of athletes' development necessary for understanding the goals and objectives of the training process. For example, 67.3 % of respondents managed to set the parties of training: 48.1 % of

athletes set only one side of preparedness (mostly athletes indicated physical preparedness), 17.3 % - two sides (physical and technical), 1.9% - three sides (psychological, technical and tactical).

Answers the question on physical preparedness showed that 30.8% of respondents could name only one physical quality, 34.6% - two qualities 7.7% - three qualities, 1.9% -four qualities. The ability to differentiate the concepts of physical fitness, stress, adaptation and renewal found 57.7% of sportsmen, while 28.8% of respondents distinguish only a few. When specifying methods of regulation prelaunch fever 21.1% of athletes indicated workout (general and special), 9.6% - listening to music, 7.7% - self-hypnosis, and 1.9 % - a conversation with the coach.

Signs of fatigue that are known to our respondents are general weakness (21.1% of respondents), headache, or muscle pain (11.5%), deterioration of attention and decrease execution speed motor action (21.1%) and respiratory complications (5.8%).

The fifth block of the questionnaire included the questions on the Olympic education as an integral part of theoretical preparedness of athletes. There were discussed the following topics: the Olympic Games of ancient Greece, modern Olympics, famous athletes and officials. The survey results showed that the venue of the Olympic Games of ancient Greece entered correctly 42.3 % of respondents, while the venue of the Olympics-2012 - 90.4 % of athletes. Translation of the Olympic motto «Citius, Altius, Fortius» is known for 25.0 % of sportsmen. Another 25.0 % of respondents were able to answer this question partially.

The frequency of the Olympics (every four years) correctly noted 75.0 % of sportsmen, and the symbolic meaning of the Olympic rings (five continents) - 42.3 %.

The name of the founder of the modern Olympic movement Baron Pierre de Coubertin called 17.3% of respondents, while the figure of Jacques Rogge is known for 23.1% of fencers.

Pointing the Olympic cities, 13.5% of respondents noted only one city, 23.1% - two, 46.1% - three or more. It is interesting that most fencers named cities such as London and Sochi. In turn, among the sports included in the program of the Olympics, 15.4% of respondents reported one to four sports, 59.6% - five or more. The leading among the mentioned sports were fencing, boxing and football.

The next step after determining the percentage of correct answers to the questions of different questionnaire blocks was determination of the level of theoretical preparedness of respondents on a 10 - point scale. The scale was assessed as "Low" (0-3,0 points), "Satisfactory" (3,01-5,0 points), "Medium" (5,01-7,0), "Sufficient" (7,01-9,0) and "High" (9,01-10,0).

Analysis of responses to the question of first block connected with the origin and history of fencing revealed that the level of theoretical preparedness of 42.3% of respondents is corresponding to low, 15.4 % - satisfactory, 38.5 % - medium, 3.8 % - sufficient.

4. DISCUSSION

Level of theoretical preparedness of 11.5 % of respondents regarding competitive activities in fencing is low, 23.1 % - satisfactory, 38.5 % - medium, 25 % - sufficient, 1.9% - high.

Theoretical level of preparedness on techniques and tactics of fencing of 34.6 % of the respondents was rated as low, 36.5 % - satisfactory, 21.1% - medium, 7.8 % - sufficient.

In evaluating the responses to the questionnaire on the foundations of the theories and methods of training athletes in 46.2 % of the respondents revealed a low level of theoretical training, in 26.9 % - satisfactory, 26.9 % - average.

Level of theoretical preparedness of 32.7% of respondents on Olympic units was rated as low, 19.2 % - satisfactory, 23.1 %- medium, 19.2 % - sufficient and 5.8%-high.

Systematization of the data made it possible to determine the general level of theoretical preparedness of fencers at the stage of previous basic development on specific information blocks (Figure 1).

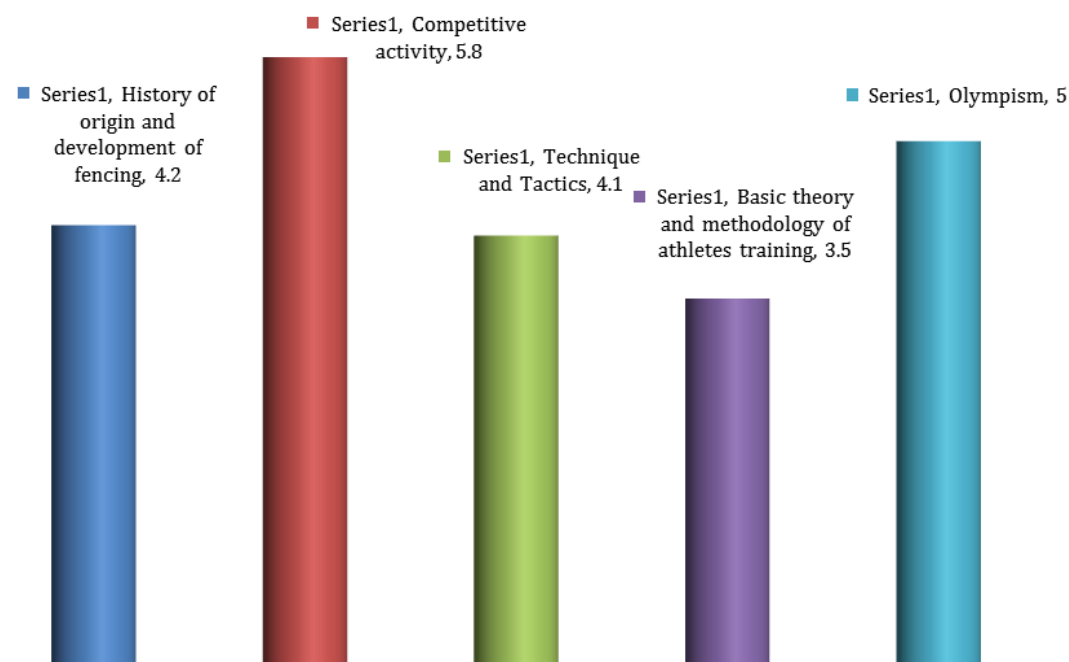


Figure-1. Theoretical preparedness of fencers at the stage of previous basic development.

General level of theoretical preparedness of fencers regarding competitive activities corresponds to the medium (5.8 points), while other blocks - satisfactory (3.5 to 5.0 points). In this case, the lowest values were theoretical readiness for answers to questions about the foundations of power theory and methodology of training athletes, the highest - about competitive activity fencers.

However, we emphasize that knowledge on these informational blocks is superficial, indicating a lack of awareness of the importance of the athletes and the consequent difficulty or even impossibility of the use of the training process and the conduct of competitive struggle. This, in turn, points to the need to find ways to improve the level of preparedness of athletes at the theoretical stage of prior basic training in fencing.

5. CONCLUSION

Theoretical training of fencers at the stage of previous basic training is characterized by the highest awareness of the rules of competitive activity in different types of fencing weapons, but the level of this information corresponds only medium (5.8 points). Knowledge of fencing organizations in the world, the basic terms, variations of techniques and tactics, some aspects of the modern Olympics corresponds to a satisfactory level (from 4.1 to 5.0 points). The lowest values of theoretical preparedness are the basic theory and methods of athletes training (3.5 points), but they also are within a satisfactory level.

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