

DESIGN AND EXPERIMENTAL RESEARCH OF SPORTS PERFORMANCE SECTION PROFESSIONAL SPORT

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Abstract

Our research is about the game preparation for our Romanian junior players. The knowledge of the subjects I worked with is an activity which constituted a vast material preparation for setting parameters. Could, therefore, describing a prospective platform on training, can positively influence the players included in the experiment.

The development model of our country's juniors was made under the objectification of their games made over the years 2003-2010. The chosen indicators were the number of tournaments, games and sets, made by subjects, their distribution on the competitive calendar periods, daily, weekly, monthly and annual distances traveled, etc.

Keywords: *design, methods, research, model, preparation, game, verification.*

JEL classification: I. Health, Education, and Welfare – I.20, I.23

1. Purpose

The experimental research undertaken in this thesis, the outgrowth of personal experience and consultation with an extensive bibliography, aims at the identification of new approaches to scientific research – strengthening and improving the model of training and playing for the players at our country through the establishment of the methodology and methods included in organizing, directing and carrying out the process of modeling of the game of tennis.

The present research is aimed at the whole process of preparing and playing at the WTA in Romania.

2. Research hypotheses

The general hypothesis: -preparation and model of jucătoarei-Sunday school and junior tennis, top 10 ITF, is an important landmark for optimizing performance and capacity management of scientific training and competition.

assumptions: 1-objectification and emphasizes the preparation and analysis of the real potential of the performer, which is descriptive and information model for specimen preparation later.

2-implementation of the regulatory framework in the preparation and competition tennis-WTA top 10 1982, ITF, resulting in an increase in capacity.

Research methods:

1. Bibliographic study method
2. Observation of pedagogical method
3. Survey method
 - 3.1 Self-evaluation sheets of subjects
4. The method of recording
 - 4.1 Overview, diagram, match
5. Analogy method
6. Model and modeling Mmethod
7. Pedagogic experiment method
8. Statistical and mathematical method
9. Method of computer graphics

The contents of the experiment

The experiment was carried out at the clubs, CNT where players are legitimate, and the competitions in which they participated.

3. Subjects research

From generation 2000 "(subjects of our research) consists of the following 13 professional and 1982: Irina Begu, Bogdan Elena, Mihaela Buzărnescu, Cadană Alexandra, Elora Dabija, Sorana Cîrstea, Edina Gallovits, Mădălina Gojnea, Simona Halep, Alexandra Dulgheru, Liana Ungur, Monica Niculescu and Raluca Olaru.

The age of the tennis players is given in table 1. where are the state and the tennis players years when they ended the juniors, which in tennis is set at 18 years. As a result of the 13 sports that make up the preliminary research, they have ended their juniors as this: 2 in 2003, 2 in 2005, one in 2006, 2 in 2007, 3 in 2008, one in 2009 and one in 2010.

Table 1

Ranking		Name	Date of birth	Nat	Nr. points	Nr. tourn.
Current	Past					
29	29	<u>Dulgheru, Alexandra</u>	30/05/89	ROU	2000	27
77	76	<u>Gallovits, Edina</u>	10/12/84	ROU	838	22
82	82	<u>Niculescu, Monica</u>	25/09/87	ROU	779	25
84	84	<u>Halep, Simona</u>	27/09/91	ROU	775	23
93	93	<u>Cirstea, Sorana</u>	07/04/90	ROU	710	29
182	182	<u>Olaru, Ioana Raluca</u>	03/03/89	ROU	326	26
158	158	Ungur , Liana	02/01/85	ROU	376	27
202	202	<u>Begu, Irina-Camelia</u>	26/08/90	ROU	296	25
203	203	<u>Gojnea, Madalina</u>	23/08/87	ROU	294	19
208	208	<u>Bogdan, Elena</u>	28/03/92	ROU	288	23

Current	Past	Name	Date of birth	Nat	Nr. points	Nr. tourn.
248	248	<u>Cadantu, Alexandra</u>	03/05/90	ROU	219	14
355	354	<u>Buzarnescu, Mihaela</u>	04/05/88	ROU	122	15
465	463	<u>Dabija, Elora</u>	09/06/91	ROU	73	14

4. Research period

This took place over a period of 8 years, 2003-2010. Throughout the duration of the experiment I worked with the players, their coaches, her parents, physical, analyzing the evolution of preparatory work in the period of preparation and participation in competitions.

5. Logistics research

Knowledge of the subjects with which I worked, is an activity, which often was crammed with replayed their conflicting opinions, exchanges and even confusion. The specific activity of tennis coach and principal investigator, included the following actions: observing subjects and issues of research, conduct the experiment, taking tests, sampling and inspection rules, studying the behavior but the most important activity was the study of the effectiveness of the physical and technical-tactical based on data recorded in official competitions.

This communication with the players was based on the observation that whenever I had the opportunity (participation in competitions, during the experiment and had tests done).

The work has made it possible to explain certain attitudes and manifestations of positive or negative at times, which in turn formed a vast material to set parameters. It has been possible, so keep a prospective platform on the possibility to influence the positive training female players included in the experiment.

6. Results

Its design objective knowledge is required. Our records show that in those 16 years old, sporty m. Liny participated in the tournament, totaling 345 1380 official 820 games nationally and internationally at 560. Broken down, this lump sum, shows that, on an annual basis, the subject of our case participated in 173 games, totalling 376 sets, for which he stood on the field of play (of different profiles) 940 hours.

Filling these with the estimation of temporal information (relatively accurate) that have been 2760 days of the contest, as 180 days a year, and that journeys / at competitions totalled about 320,000 km, approximately 20,000 miles a year.

The data recorded by us, it appears that this indicator shows that in 8 years (2003-2010) our tennis players participated in competitions as follows: I. Begu between 2005-2010: 243 days of competition, E. Bogdan between 2006-2010/195, M. Buzarnescu between 2003-2010: 351, A. Cadan□u between 2005-2010: 190 S. Cîrstea between 2003-2010: 385, E. Dabija between 2006-2010: 154, A. Dulgheru between 2004-2010: 372, E. Gallovitz between 2004-2010: 241, M. Gojnea between 2002-2010: 297, S. Halep between 2005-2010: 246, M. Niculescu between 2003-2010: 456, R. Olaru between 2003-2010: 368, L. Ungur between 2005-2010: 213. Average days of competition for these 13 top tenismene is for 251 days, oscillating between 154 and 456 days.

The number of days of tournaments for the same tennis players is as follows: I. Begu 384, 344 E. Bogdan, 487, A. Cadan□u 244, S. Cîrstea 560, E. Dabija 292, A. Dulgheru 534, E. Gallovitz, M. Gojnea 420 M.

Buzarnescu 495, S. Halep 358, M. Niculescu 667, R. Olaru 597, L. Ungur 385. The average of this indicator is of 443 days, oscillating between 244 A. Cadan□u and M. Niculescu 667.

As for the total days of the displacement in 8 years of contest, is as follows: I. Begu 698, E. Bogdan 861, M. Buzarnescu 1081, A. Cadan□u 561, S. Cirstea 1030, E. Dabija 513, A. Dulgheru, 977, E. Gallovitz 735, 887 M. Gojnea, S. Halep 640, M. Niculescu 1212, R. Olaru 1074, L. Ungur 675. The average in 8 years of this indicator is 841 days. This information cannot be ignored because it involves the objective processes of adaptation to time zones and fatigue, which advertised times and adequate procedures for relaxation, rest and entertainment.

Tabelul 2

Nr. Crt	Nume □i Prenume	An si nr. de concursu	Lunar	Concurs	Deplasări	Total
1	Begu Irina	2005-30	4	13	40	70
		2006-55	7	32	65	120
		2007-22	8	49	52	84
		2008-95	9	71	105	200
		2009-49	3	34	59	108
		2010-53	4	44	63	116
2	Bogdan Elena	2006-2	2	1	4	6
		2007-74	7	51	90	164
		2008-96	8	74	110	206
		2009-62	8	42	75	137
		2010-68	4	27	80	148
3	Buzărnescu Mihaela	2003-23	5	15	33	56
		2004-84	7	45	94	178
		2005-174	7	91	79	253
		2006-79	7	48	19	98
		2007-54	3	36	62	116
		2008-57	3	37	65	122
		2009-62	3	33	68	130
		2010-61	3	46	67	128
4	Cadana□u Alexandra	2005-17	7	11	25	42
		2006-31	8	22	45	76
		2007-52	4	42	64	116
		2008-49	4	37	60	109
		2009-35	4	25	50	85
5	Cirstea Sorana	2003-3	3	1	3	6
		2004-59	4	48	69	128
		2005-55	4	48	65	120
		2006-100	8	79	110	210
		2007-73	4	62	83	156
		2008-70	3	64	80	150
		2009-58	3	40	80	138
		2010-60	3	43	70	130
6	Dabija Elora	2005-6	6	4	10	16
		2006-20	6	12	32	52
		2007-34	6	24	50	84
		2008-67	3	47	80	147
		2009-47	7	36	60	107
		2010-45	3	31	60	105
7	Dulgheru	2004-29	4	26	39	68

	Alexandra	2005-83	9	76	93	176
		2006-72	8	63	82	154
		2007-62	3	51	75	137
		2008-52	4	36	70	122
		2009-96	4	78	110	206
		2010-49	3	42	65	114
8	Gallovits Edina	2004-31	3	20	50	81
		2005-36	4	27	50	86
		2006-71	5	53	90	161
		2007-49	4	41	60	109
		2008-36	3	29	50	86
		2009-40	3	29	55	95
9	Gojnea Mădălina	2010-52	4	42	65	117
		2002-25	5	25	40	65
		2003-62	5	46	80	142
		2004-60	8	45	80	140
		2005-86	7	65	100	186
		2006-49	3	34	60	109
10	Halep Simona	2007-31	4	22	50	81
		2010-79	5	60	85	164
		2005-3	3	1	3	6
		2006-41	8	34	55	96
		2007-63	9	57	80	143
		2008-70	9	60	90	160
11	Niculescu Monica	2009-59	3	55	70	129
		2010-46	3	39	60	106
		2003-25	5	24	35	60
		2004-62	5	60	77	134
		2005-75	8	75	90	165
		2006-71	4	57	90	161
12	Olaru Raluca	2007-89	4	64	100	189
		2008-90	4	74	105	195
		2009-75	3	50	90	164
		2010-64	3	51	80	144
		2003-8	4	6	18	26
		2004-54	5	44	64	118
13	Ungur Liana	2005-93	9	78	115	208
		2006-75	8	63	90	165
		2007-64	4	55	80	144
		2008-64	3	42	80	144
		2009-76	3	54	90	166
		2010-43	3	26	60	103
	Ungur Liana	2005-30	4	23	45	75
		2006-47	4	35	60	107
		2007-56	4	42	70	126
		2008-42	4	31	60	102
		2009-41	3	27	60	101
		2010-74	4	55	90	164

7. Conclusions

The preparation of our international and national junior tennis players meets the requirements of the training system, with all its forms: physical, technical, tactical, psychological theory, and work for strengthening and improving all processes:

1. The competition model for our tennis players in Romania was on the basis of their games, made by the objection over the years from 2003 to 2010, which were outlined by us to those included in the tournament.

2. In the last 20 years these achievements have been ignored, forgotten, missing from the theme and practice our sport, which registers a descending.

3. A decrease of the performance level of tennis (WTA rankings and positions in ATP) led us to develop and update such a theory and practice in tennis.

To increase the source of information necessary for the selection, training and competition in tennis, I have included in the observation and tracking, her colleagues who make up generation 2000 ".

4. To begin with, and limited exploration in this research I had that essential objective, the competition model of the subject of research and reporting at the top WTA players (positions 1-20 and sometimes, depending on the information and on the positions 21-50).

5. As essential to the research hypothesis, we have established defining indicators of the official tennis race, during the period 2003-2010, which was attended by the main subjects (13 tenismene in our country) and the witnesses (those top WTA).

6. The indicators chosen were the number of tournaments, games and sets made of subjects, their distribution on the Grand Prix calendar periods – daily, weekly, monthly and yearly, distances, etc. These indicators are quantitative significance, which obviously involves the effort expended (nervous, mental, physical) and that their size should be harmonised and supplemented with the remaining time available for training and preparation. Obviously, these values as themselves temporal model contest is compared with those of the WTA's top tennis players, to identify approaches and differences, especially ones that make the difference.

8. Recommendations

The values of the indicator model in our contest (the first 13 places) indicated by their location in the WTA rankings of the past few years, and especially in the last year, 2010, will be present in the country tennis player model, that of the standing with female players on the items 1-20 of WTA ranking in the same time period.

The model of international level in our country will be made up of the set of values with multiple profiles:

- Somatic: the waist, deficient in landmark demonstration of this parameter over time (last 50 years). There are rare cases in which the players of our generation 2000 and the previous one have passed the height of 175 cm compatible, sensitive level exceeded the top WTA tenismenele (180, 188cm).

- Motrical: driving qualities of which would prove to be decisive in establishing the value of the players "peak" in the world, speed and explosive strength in hitting the ball will detach, followed by the coordination of movements (harmony, consistency, timeliness and positioning of the legs) along with the action of the technical act of bumping the ball. Obvious and resistance at speed will be required and will highlight where and whether ghemurilor be extended as many laps of the games of the tournament.

- Technical processes: technical specification process will constitute notice of the champion by printing his superiority in the official matches. Constance, accuracy, speed and the unpredictable placement of bumps or

defense will cause the difference in score. Information regarding the level of performing repeated these elements and technical processes will be taken from the composition of the model contest, presented in this paper.

These models we want to acquire the meaning and substance of methodological, to enroll in the theory and practice of tennis, to eliminate the unpredictability and random, which is so spread out.

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