29 - IDENTIFICATION OF FACTORS AFFECTING THE IMPLEMENTATION OF ELEMENTS OF RELEASE WITH NO EYE CONTACT IN RHYTHMIC GYMNASTICS IN ATHLETES OF THE CITY OF FORTRESS / CE

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1.INTRODUCTION:

The Rhythmic Gymnastics, or GR , as it is popularly known , is a sport that develops beauty, art and athletic abilities . This modality has its rules directed by the FIG (International Gymnastics Federation) , and may change every Olympic cycle of four years , as there is a need . According Karpenko (2008) Rhythmic gymnastics today is the Olympic sport in which the athletes compete in technique and expressiveness of executing complex body movements in conjunction with various manipulations of objects under the musical accompaniment . The devices in question are: apples , ribbon , ball , hoop and rope . The harmonious development of gymnasts , the beauty of the movements , their aesthetic cause great international acceptance and attractiveness of rhythmic gymnastics.

At the present moment in its development Rhythmic gymnastics is characterized by high level of requirements for the various sides of preparation of athletes . Many experts, including Bayer (2004) , Balabanova (2005) , Karpenko (2007) , Platonov (1995) and Lisitskaia (1982) consider that the physical preparation of athletes psychological and theoretical manifested in technical movements executed , whose perfection has direct influence on the outcome of athletes in competitions .

To Karpenko and Nicolaeva (2007) the main focus of the training process falls under the technical preparation of the athletes . The ability to execute precise movements coordination complexes allows gymnasts to achieve high performance sports and considerably increases the stability of performing technically complex movements during the exercises. The athletes gain confidence , and rhythmic gymnastics as the sport gains focus , it becomes more performative and technically diverse . According to Nikolaeva (2007) increased the content classification standards of competition programs and the technical execution of body movements and objects is the determining factor in the formation and implementation of the training process.

As Kojevnikova and Bilokopitova (2004) the technical preparation of the athletes is the point that gets more attention in the training process . Ability to accurately perform complex movements coordination allows athletes achieve high-level results sports , and end greatly increases safety in performing technically difficult movements during the exercises. The athletes are secure about their skills , and rhythmic gymnastics as a sport gains brilliance , technical diversity and become more focused . So even though improving technique releases and material recovery in rhythmic gymnastics is one of the biggest problems of preparation, since the materials do exercises with most of the program in any competition.

Recently the volume element release has grown tremendously in the combinations used by gymnasts during national and international competitions , an increase in its amplitude , recovery conditions were more complicated . Launches are mandatory elements that must be present within the series of gymnasts, from initiation to the high yield. Releases are constituted by the following stages: release apparatus rotations (may be in different axes and combinations , ex: star in front rolling on the ground) and recovery of the device. The training process is followed by the constant search of elements and connections (tickets) different as well as the actual methods and practices of its incorporation.

One of the most complicated components and higher end in the compositions of the gymnasts, no doubt , are the releases without visual control (where the gymnasts lose visual contact with the device at launch) . This type of launch shows that the gymnast has great technical mastery of the instrument and also has significant amounts in the composition of the note . The key requirement for this type of release is, the existence of at least two rotational movements, which in some of them or both is the loss of control of the visual object.

The fact of the matter is of great interest at the moment is determined by the need to detect the specific implementation of the elements of launching without the visual control to create an effective method of teaching. But in order to create a method was considered necessary to investigate along with a group of gymnasts which the main problems identified by the gymnasts in relation to these risk elements.

2.RESEARCH METHODOLOGY:

This study was conducted according to Lakatos (1991) exploratory field research with quantitative approach . Quantitative research was chosen because it allows the researcher to determine opinions and attitudes explicit and conscious of respondents because they use standardized instruments (questionnaires).

These are used when you know exactly what should be asked to achieve the research objectives. Allow you to perform projections for the population represented, also test, precisely , the hypotheses for the research and provide indices that can be compared with others .

The sample was composed of 60 athletes aged between 12 and 15 years of age. Inclusion criteria were: time to practice at least 4 years , have already participated in competitions in the last two years , train at least 4 times a week . The instrument used was a questionnaire consisting of 11 questions called " The particular implementation of elements of launching without the visual control " , of which 5 were objective and 6 were mixed questions (with objective justification).

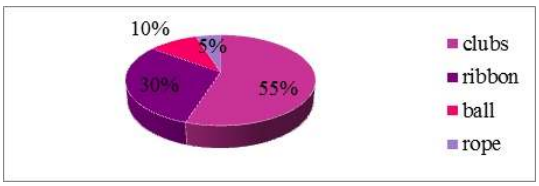
This study was approved by the ethics committee of the State University of Physical Culture in Russia.:

3. RESULTS AND DISCUSSION:

The first issue showed us that 75% of the gymnasts consider that make fewer errors when running the "risk elements" at the end of the year, 15% at baseline and 10% in half the achievement of the element. This shows that the recoveries of the handsets are best performed by gymnasts. And a small portion, have difficulty in the middle, when performing rotations.

We note that way that a large part of the errors (15%) is at the beginning, or at launch, and 10% are in the middle (in rotation). So there must be a moment in specific training for exercises that improve these techniques.

The second question was referring to the materials with the greatest difficulties in implementing these elements. In Figure 1 below the results follow:

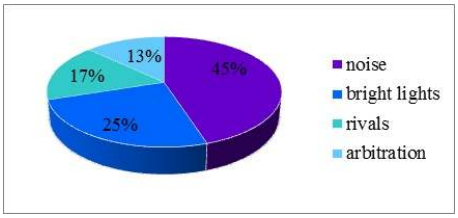


Graph 1 . Division objects rhythmic gymnastics by the difficulty of use in implementing elements of launching without visual control (%) .

In this question , 55 % said that apples are the devices that are more difficult , 30 % said it was the tape , 10% reported being the ball and 5 % said it was the rope . Note that the unit arc does not appear in any of the answers. This object was not mentioned even once by any respondent . Therefore it can be concluded that it is an apparatus in which the gymnasts are more easily.

In the third question , most gymnasts responded that feels difficulty in implementing elements without visual control - 55 % and 45 % responded that they have difficulties in these elements . Continued showed us that the mistakes made , described by them were wrong launch - 55 % , object rotation wrong - 40 % and 5 % marked the errors in the recovery of the object . This contrasts with the answer of the first question.

In the fourth question sought to identify which external factors can cause errors in the elements of risk. Below are the answers :



Graph 2 . Key external factors that influence and affect the successful implementation of " risk elements " during competitions (%)

In this issue , 45 % of participants indicated the noise as the main external factor that interfered with performance . 25 % said it was the bright lights, 17 % that it was the presence of rivals and 13 % that it was the presence of arbitration .

In the fifth issue in the opinion of 70 % of the respondents , the gymnasts perform best elements of launching without visual control in training and 22 % of the gymnasts perform in competitions , and only 8 % said there was no difference between training and competition . At this point we observe that the number of gymnasts who said that performs the best releases in training was very significant (70 %) , this number so high, reflecting the technical difficulty in implementing these elements .

In question 6 , between the main physical qualities and motor skills necessary for mastery of " risk elements " , the gymnasts cited : reaction rate (40 %), accuracy (35 %) , coordinated (18 %) , balance (7 % .) As the gymnasts were already participants of intermediate and advanced , they were unable to answer this question .

In the seventh question all interviewees - 100 % said they perform best elements in question at the end of training and cited the presence of special exercises targeted to achieve the field of " risk elements ".

In the eighth question , for the years of preparation for implementation of risk elements , 60 % responded to have special exercises to achieve these elements and 40 % reported not having this specific preparation .

In the ninth question which we seek to identify the major difficulties of working with elements of risk , and found that 95 % responded that it is working without visual control . Only 5 % responded that is to perform rotational movements . Other factors were not cited.

In the tenth question all gymnasts interviewed (100 %) said that the elements of release executed without visual control in fact are of greatest effect and brightness for free combinations of gymnasts.

In the eleventh question , the last , in the opinion of the gymnasts interviewed world renowned performing the " risk elements " higher end and brightness mentioned by the interviewees are the leaders of the International Rhythmic Gymnastics : Kanaeva E . (38%), Kondakova D. (35%) , S. Mitieva (15%), A. Garaeva (12%).

4. FINAL CONSIDERATIONS:

After checking through their own perceptions of the gymnasts the advantages and difficulties of risk elements we conclude that after a considerable time of practice, the perception of the gymnasts on these elements is very clear.

But it is still needed a suitable methodology for the correction of errors . There is a lack of a guiding methodology that point in the most effective ways to work on the implementation aspects of risk elements for the technical level is enhanced, and consequently all other aspects of rhythmic gymnastics . National literature and virtually no books on the topic , and this work is the beginning of a path to this view , to devise a methodology that teaches the best ways to perform risk elements .

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IDENTIFICATION OF FACTORS AFFECTING THE IMPLEMENTATION OF ELEMENTS OF RELEASE WITH NO EYE CONTACT IN RHYTHMIC GYMNASTICS IN ATHLETES OF THE CITY OF FORTALEZA/CE

ABSTRACT

The Rhythmic Gymnastics, or GR, as it is popularly known, is a sport that develops beauty, and athleticism. The most difficult elements of the sport, and they most value series are the "elements of risk." These elements are the following phases: launching device, spins down the device and retrieving the device. Therefore the objective of this study was to identify the main problems identified by the gymnasts in relation to risks. The methodology was performed exploratory field research with quantitative approach. The sample was composed of 60 athletes aged between 12 and 15 years of age. The instrument used was a questionnaire consisting of 11 questions (5 and 6 were objective questions were mixed - with objective justification). Among the results, the following were most prominent: 75 % of the gymnasts consider committing fewer errors when running the "risk elements" at the end of the year, 15 % at baseline and 10 % in half. Regarding the apparatus considered more difficult, 55 % responded clubs, 30 % tape, 10 % and 5 % ball rope. The unit arc was not cited. 55 % of the gymnasts reported feeling difficulty in implementing elements without visual control and 45 % responded that they have difficulties in these elements. As external factors that could disrupt 45 % of the participants pointed out the noise, bright lights, 25 %, 17% the presence of rivals and 13 % the presence of arbitration. On Thursday 70 % reported performing best elements of launching without the visual control during training and competitions in 22 %, 8% said there was no difference between training and competition. We conclude that to reach high performance, athletes can clearly see the advantages and difficulties while performing the "risks". However, it is still necessary to establish a method for effectively obtaining a technical improvement in the performance of these elements.

KEYWORDS: Rhythmic Gymnastics , risk elements , training

IDENTIFICATION DES FACTEURS DE LA MISE EN ŒUVRE DES ELEMENTS DE PRESSE SANS CONTACT AVEC LES YEUX EN GYMNASTIQUE RYTHMIQUE CHEZ LES ATHLÉTES DE FORTALEZA/CE

RÉSUMÉ

Les gymnastique rythmique ou GR , comme il est populairement connu , est un sport qui se développe beauté , et l'athlétisme un des éléments les plus difficiles du sport, et ils la plupart des séries de valeurs sont les « éléments de risque. " Ces éléments sont les phases suivantes: dispositif de lancement , stoppe l'appareil et récupérer l'appareil. Par conséquent, l' objectif de cette étude était d'identifier les principaux problèmes identifiés par les gymnastes par rapport aux risques. La méthodologie a été effectué des recherches sur le terrain exploratoire avec l'approche quantitative. L'échantillon était composé de 60 athlètes âgés entre 12 et 15 ans. L'instrument utilisé est un questionnaire composé de 11 questions (5 et 6 sont des questions objectives ont été mélangés - avec justification objective) . Parmi les résultats , le suivant était le plus important : 75% des gymnastes envisage de commettre moins d'erreurs lors de l'exécution des «éléments de risque » à la fin de l'année , 15% au départ et 10 % dans la moitié . En ce qui concerne l'appareil considéré comme plus difficile , 55 % ont répondu pommes , ruban de 30% , 10% et 5% corde de balle. L'unité arc n'a pas été cité . 55% des gymnastes ont déclaré se sentir mal à des éléments de mise en œuvre sans contrôle visuel et 45% ont répondu qu'ils ont des difficultés à ces éléments. Comme les facteurs externes qui pourraient perturber 45% des participants ont souligné le bruit , des lumières vives , 25 %, 17% la présence de ses rivaux et 13% la présence de l'arbitrage. Le jeudi 70 % ont déclaré effectuer meilleurs éléments de lancement sans le contrôle visuel lors de l'entraînement et des compétitions dans 22% , 8 % ont dit qu'il n'y avait pas de différence entre la formation et de la concurrence . Nous concluons que pour atteindre de hautes performances, les athlètes peuvent voir clairement les avantages et les difficultés tout en effectuant les «risques» . Cependant, il est cependant nécessaire d'établir une méthode pour obtenir effectivement une amélioration technique dans l'exécution de ces éléments.

MOTS-CLÉS: gymnastique rythmique, les éléments de risque , la formation

IDENTIFICACIÓN DE LOS FACTORES QUE INFLUYEN EN LA APLICACIÓN DE LOS ELEMENTOS DE PRENSA SIN CONTACTO CON LOS OJOS EN GIMNASIA RÍTMICA EN DEPORTISTAS DE LA CIUDAD DE LA FORTALEZA / CE

RESUMEN

La gimnasia rítmica, o GR, como se le conoce popularmente , es un deporte que se desarrolla la belleza, y el atletismo Uno de los elementos más difíciles de este deporte , y más series de valores son los " elementos de riesgo . " Estos elementos son los siguientes fases : dispositivo de lanzamiento , hace girar hacia abajo el dispositivo y recuperar el dispositivo . Por lo tanto el objetivo de este estudio fue identificar los principales problemas identificados por los gimnastas en relación con los riesgos . La metodología que se llevó a cabo la investigación de campo exploratorio con enfoque cuantitativo . La muestra estuvo compuesta por 60 atletas de edades comprendidas entre 12 y 15 años de edad. El instrumento utilizado fue un cuestionario compuesto por 11 preguntas (5 y 6 fueron preguntas objetivas fueron mixtos - con justificación objetiva) . Entre los resultados, los siguientes fueron los más destacados: el 75% de las gimnastas que considere la posibilidad de cometer menos errores al ejecutar los " elementos de riesgo " al final del año , el 15% al inicio del estudio y el 10% de media . En cuanto el aparato considerado más difícil , 55 % respondió manzanas , cinta de 30 % , 10 % y cuerda balón 5 % . El arco de la unidad no fue citado . 55 % de las gimnastas dijeron sentirse dificultades para poner en práctica elementos sin control visual y el 45% respondieron que tienen dificultades en estos elementos. Como factores externos que podrían interrumpir el 45% de los participantes señalaron que el ruido , las luces brillantes , 25 %, 17 % la presencia de los rivales y el 13% la presencia de arbitraje. El jueves 70 % reportó realizar mejores elementos de la puesta en marcha sin el control visual durante el entrenamiento y las competiciones en el 22% , el 8% dijo que no había diferencia entre el entrenamiento y la competencia. Llegamos a la conclusión de que para alcanzar un alto rendimiento , los atletas pueden ver claramente las ventajas y dificultades en el desempeño de los "riesgos" . Sin embargo, todavía es necesario establecer un método para obtener efectivamente una mejora técnica en el desempeño de estos elementos .

PALABRAS CLAVE: Gimnasia rítmic , elementos de riesgo , capacitación .

IDENTIFICAÇÃO DOS FATORES QUE AFETAM A EXECUÇÃO DOS ELEMENTOS DE LANÇAMENTO SEM O CONTATO VISUAL NA GINÁSTICA RÍTMICA EM ATLETAS DA CIDADE DE FORTALEZA/CE

RESUMO

A Ginástica Rítmica, ou GR, como é conhecida popularmente, é uma modalidade que desenvolve beleza, arte e capacidades atléticas Um dos elementos mais difíceis da modalidade, e que mais valorizam as séries são os “elementos de risco”. Estes elementos se constituem pelas seguintes fases: lançamento do aparelho, rotações abaixo do aparelho e recuperação do aparelho. Portanto o objetivo deste trabalho foi identificar quais os principais problemas detectados pelas ginastas em relação aos riscos. Como metodologia foi realizada uma pesquisa de campo exploratória, com abordagem quantitativa. A amostra foi composta por 60 atletas com idade entre 12 e 15 anos de idade. O instrumento utilizado foi um questionário composto por 11 questões (5 eram objetivas e 6 eram questões mistas - objetivas com justificativa). Entre os resultados obtidos, os seguintes tiveram maior destaque: 75% das ginastas consideram cometer menos erros ao executar os “elementos de risco” no final do exercício, 15% no início e 10% na metade. Em relação aos aparelhos considerados mais difíceis, 55% responderam maças; 30% fita; 10% bola e 5% corda. O aparelho arco não foi citado. 55% das ginastas disseram sentir dificuldade na execução de elementos sem controle visual e 45% responderam que não sentem dificuldades nestes elementos. Como fatores externos que poderiam atrapalhar 45% das participantes apontaram o barulho; 25% luzes fortes; 17% a presença das rivais e 13% a presença da arbitragem. Na quinta 70% relataram executar melhor os elementos de lançamento sem o controle visual nos treinos e 22% nas competições; 8% disseram que não há diferença entre o treino e competição. Concluímos que ao chegar ao alto rendimento, as atletas conseguem perceber claramente as facilidades e dificuldades ao executar os “riscos”. Porém ainda é necessária a criação de uma metodologia efetiva para a obtenção de uma melhora técnica na realização destes elementos.

PALAVRAS-CHAVE: Ginástica rítmica, elementos de risco, treinamento.