

THE PROCESS OF SCHEDULING DOWNLOADS IN SOLO SPORTS

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Abstract: The article presents the results of monitoring the implementation of the humanitarian and technical profile of the discipline "physical culture", conducted in universities according to the indicators of material and technical equipment of departments, the level of physical fitness, the state of somatic health of students of various educational courses and their attitude to the values of physical education.

Keywords: student, physical culture and sports activity, physical culture of personality, physical fitness, somatic health, motivation, values of physical culture.

Аннотация В статье представлены результаты мониторинга реализации гуманитарно - технического профиля учебной дисциплины "физическая культура", проведенного в вузах по показателям материально-технического оснащения кафедр, уровня физической подготовленности, состояния соматического здоровья студентов различных учебных курсов и их отношения к ценностям физического воспитания.

Ключевые слова: студент, физкультурно-спортивная деятельность, физическая культура личности, физическая подготовленность, соматическое здоровье, мотивация, ценности физической культуры.

The peculiarity of planning training loads in martial arts is primarily determined by the specific features of competitive activity (SD). SD in martial arts is characterized by high variability of different situationality, rigid overcoming of the protection of rivals in conditions of compensated fatigue and variable intensity of work. Planning the athletes' training process looks, first of all, like creating a system of plans designed for different periods in which a set of interrelated goals should be implemented. During the creation of training plans, it is necessary to identify the optimal options for building micro-, meso- and macrostructures of the training process.

The microstructure includes load cycles of training tasks (sessions), classes, training days and weekly microcycles (MC). Meso- and macrostructures include load plans for monthly cycles, period stages, annual cycles, etc. The optimization of the planning process of the training process is determined by the optimal variability of its microstructures: alternating tasks, classes, training rest days, etc. (L.P. Matveev, 1991). Recently, the idea of planning the training process in wrestling has changed

significantly. This is due to some changes in the rules of the competition and the objective requirements of the International Wrestling Federation to increase the entertainment of competitive fights.

Currently, a lot of experimental material has been accumulated, objective prerequisites have been created for planning the training of athletes at a higher quality level. Our observations show that the SD of wrestlers is characterized by the following factors: - Wrestlers hold a large number of fights during one day; - The duration of the fight is 5 minutes, and in the case of an equal number of evaluated actions, another fight lasting 5 minutes is held; - Rest between fights is from 10 to 20 minutes (8 final fights); - The rules of competition in judo provide for the punishment of a wrestler if he does not carry out any attacking actions within 15-20 seconds. Thus, the main requirements in the training of wrestlers should include a high value of the level of special endurance of wrestlers, in which the component of speed and strength training; explosive power and strength endurance should be of great importance. In order to optimally solve the tasks of planning training loads, increase their training potential, including selectively influencing the necessary components, special endurance wrestlers should first of all conduct a thorough classification and systematization of loads in training micro- and macrostructures.

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