

DISCIPLINE: **«ORGANIZATION OF COMPETITIVE ACTIVITY»**

COURSE: 2

SEMESTER: 3

LECTURE 3

- **TOPIC: «PHASE STRUCTURE OF COMPETITIVE
ACTIVITY OF THE ATHLETE »**

TOPIC: PHASE STRUCTURE OF COMPETITIVE ACTIVITY OF THE ATHLETE

- SPECIALISTS FROM MANY COUNTRIES AGREE THAT SPORT PREPARATION IS A HOLISTIC AND MULTIANNUAL PROCESS, DURING WHICH THE ATHLETE AIMS TO ACHIEVE HIS OR HER TOP PERFORMANCE IN ORDER TO CONTEND IN MOST PRESTIGIOUS COMPETITIONS. THE ACHIEVEMENT OF THIS GOAL IS IMPOSSIBLE WHEN ATTEMPTED WITHOUT THE CONSIDERATION OF THE FUNDAMENTAL PRINCIPLES OF **PERIODIZATION**, WHICH IS UNDERSTOOD AS STRUCTURING OF THE TRAINING PROCESS AND COMPETITION PARTICIPATION INTO VARIOUS **PHASES, PERIODS AND CYCLES**.
- THE CONCEPT OF PERIODIZATION IN SPORTS AND ACADEMIC RESEARCH IS ASSOCIATED WITH THE NAME OF A PROMINENT SPECIALIST, **MATWIEJEW**, WHO, IN **1964, PUBLISHED** HIS WORK “**THE PROBLEM OF SPORT TRAINING PERIODIZATION**”. THE AUTHOR PROVED THAT PROPER AND PERIODIC ALTERATION OF THE STRUCTURE AND CONTENT OF THE TRAINING PROCESS IN ITS SUCCESSIVE CYCLES WAS THE BASIS OF RATIONAL PERIODIZATION FOR ELITE ATHLETES, AS IT AIMED AT ACHIEVING TOP PERFORMANCE BEFORE PARTICIPATING IN THE MAIN COMPETITIONS (WORLD CHAMPIONSHIPS, EUROPEAN CHAMPIONSHIPS, OLYMPIC GAMES, ETC.).

- FUNDAMENTAL WORKS ON PERIODIZATION OF SPORTS TRAINING HAVE BEEN PUBLISHED BY [MATWIEJEW \(1977, 1987, 1991, 1997, 1999\)](#) AND OTHER RUSSIAN ([LISZCZENKO, 1997, 2014](#); [OZOLIN, 1970](#); [SUSLOW, 1995, 2002](#); [SUSLOV AND FILLIN, 1998](#)) AND UKRAINIAN SPECIALISTS ([KELLER, 1995](#); [PLATONOV, 1986, 1997, 1998, 2004, 2008, 2013](#)). ALTHOUGH SCIENTISTS FROM COUNTRIES OF THE FORMER SOVIET UNION ([BONDARCZUK, 2000, 2005, 2010](#); ISSURIN, 2010, 2010A, [2008](#); [VERHOSHANSKY, 1985, 1998, 1998A, 2005](#)) AS WELL AS OTHER COUNTRIES: AUSTRALIA ([HAFF, 2004](#); [HAFF AND HAFF, 2012](#)), GERMANY ([HARRE, 1982](#); [PFEIFER AND HARRE, 1982](#)), CANADA ([BOMPA, 1994, 1999, 2002, 2006](#); [BOMPA ET AL., 2009](#)), USA ([KRAEMER, 2004](#); [MAGLISCHO, 2003](#); [O'BRYAND, 2004](#); [STONE, 2004](#); [STONE ET AL., 2007](#)), HUNGARY ([NADORI AND GRANЕК, 1989](#); [MALACKO, 2004](#)), ALSO SIGNIFICANTLY ENRICHED THIS TOPIC.

- AN ESPECIALLY VALUABLE CONTRIBUTION TO THE DEVELOPMENT OF THE THEORY AND PRACTICE OF SPORT TRAINING PERIODIZATION WAS MADE BY A UKRAINIAN SPECIALIST – [PLATONOV V.N. \(2013\)](#).

- HE NOT ONLY PRESENTED THE TOPIC OF PERIODIZATION USING AN ENORMOUS AMOUNT OF THEORETICAL AND EMPIRICAL MATERIAL SUPPORTED BY NUMEROUS EXAMPLES, BUT ALSO CONDUCTED MOST COMPLEX ANALYSIS OF ALL OTHER KNOWN CONCEPTS (MODELS) OF ANNUAL AND MULTIANNUAL PERIODIZATION OF TRAINING FOR ATHLETES PRACTICING VARIOUS SPORT DISCIPLINES.



Platonov
Vladimir Nickolayevich



TOPIC: **PHASE STRUCTURE OF COMPETITIVE ACTIVITY OF THE ATHLETE**

CERTAIN RESEARCHERS ARE GUIDED BY **PHASE STRUCTURE OF COMPETITIVE ACTIVITY OF THE ATHLETE**.

- **THE FIRST PHASE - *PRESTARTING*** - INCLUDES TIME BETWEEN THE LAST TRAINING AND THE BEGINNING OF COMPETITIONS. IT CONSISTS OF PSYCHOLOGICAL CONTROL AND PRECOMPETITIVE WARM-UP WHICH OFTEN CONSIDERABLY DIFFERS FROM TRAINING.
- **THE SECOND PHASE - *ACTUALLY A COMPETITION*** - ALL DAYS DURING WHICH ATHLETES COMPETE. IT INCLUDES THE CONSTRUCTED MODEL OF TECHNICAL AND TACTICAL ACTIONS, PROCESS OF SPORTS RIVALRY AND CORRECTION OF SEPARATE ELEMENTS OF COMPETITIVE ACTIVITY IN THE COURSE OF THE COMPETITION.
- **THE THIRD PHASE - *AN AFTER-EFFECT*** - INCLUDES A PHASE OF NEAR RESTORATION (FINAL PHYSICAL ACTIVITY OF LOW INTENSITY, OFTEN IS CALLED "HITCH"), THE ANALYSIS OF THE HELD COMPETITION AND DISTANT RESTORATION WITH A POSSIBLE EXIT IN SUPERCOMPENSATION PHASE (STATES HIGHER, THAN BEFORE START).

- ***PRESTARTING PHASE***
- *SPIRIT - НАСТРОЙ*
- WARM-UP - РАЗМИНКА
- ***ACTUALLY A COMPETITION PHASE***
- MODEL OF TECHNICAL AND TACTICAL ACTIONS – МОДЕЛЬ ТЕХНИКО-ТАКТИЧЕСКИХ ДЕЙСТВИЙ
- PROCESS OF SPORTS RIVALRY – СОСТЯЗАНИЕ, СОПЕРНИЧЕСТВО
- CORRECTION OF SEPARATE ELEMENTS OF COMPETITIVE ACTIVITY – КОРРЕКЦИЯ ЭЛЕМЕНТОВ СОРЕВНОВАТЕЛЬНОЙ ДЕЯТЕЛЬНОСТИ
- ***AN AFTER-EFFECT PHASE***
- A PHASE OF NEAR RESTORATION – ВОСТАНОВЛЕНИЕ БЛИЖНЕЕ «ЗАМИНКА»
- THE ANALYSIS OF THE HELD COMPETITION – АНАЛИЗ СОРЕВНОВАНИЯ
- DISTANT RESTORATION – ДАЛЬНЕЕ ВОССТАНОВЛЕНИЕ

- **PRESTARTING ACTIVITY (ПРЕДСТАРТОВАЯ ДЕЯТЕЛЬНОСТЬ)** . HER PURPOSE – TO REACH A READY STATE TO A PERFORMANCE WHICH IN GENERAL HAS BEEN CREATED IN THE COURSE OF PRECOMPETITIVE PREPARATION AND IS DEFINED BY OPTIMUM PERFORMANCE OF THE MAIN INTERNAL MECHANISMS (COMPONENTS) OF FIGHTING ACTIVITY. IN PRESTARTING ACTIVITY OF THE MARTIAL ARTIST THE MAIN TARGET COMPETITIVE INSTALLATION, AS WELL AS THE LEADING MOTIVATION OF ACHIEVEMENT IS SHOWN. CAN BE THE MOTIVATING FACTORS OF PRESTARTING ACTIVITY: INFORMATION OBTAINED FROM OUTSIDE (OR PSEUDO-INFORMATION) ABOUT WEAK POINTS OF OPPONENTS, THEIR INSUFFICIENT READINESS (PHYSICAL, MENTAL, ETC.), AND VICE VERSA, ABOUT MERITS AND ADVANTAGES OF THE ATHLETE, OPINION OF EXPERTS ON HIS SKILL AND PROSPECTS, SUCCESSFUL DRAW.
- **FIGHTING (DIRECT AND COMPETITIVE) ACTIVITY (БОЕВАЯ, НЕПОСРЕДСТВЕННО-СОРЕВНОВАТЕЛЬНАЯ ДЕЯТЕЛЬНОСТЬ)**. COMPETITIVE FIGHT IN SINGLE COMBATS IS THE MAIN, MOST SPECIFIC AND ACUTELY CONFLICT KIND OF ACTIVITY OF THE ATHLETE IN THE COURSE OF WHICH THOSE COMPONENTS OF A CONDITION OF SPORTS READINESS WHICH ARE NECESSARY FOR HER EFFECTIVE IMPLEMENTATION ARE SHOWN. IN A COURSE OF ACTION EARLIER CREATED MOTIVES OF COMPETITIVE ACTIVITY AND MOTIVATION OF ACHIEVEMENTS AND ALSO THE PURPOSES DEVELOPED PRIOR TO FIGHT ARE SHOWN AND INFLUENCE ATHLETES. THE PURPOSE OF A PERFORMANCE CREATED PRIOR TO COMPETITIONS AND THE CORRESPONDING INSTALLATION OF THE ATHLETE USUALLY REMAIN THROUGHOUT A TOURNAMENT. BY THE BEGINNING OF FIGHT ATHLETES HAVE THE INDICATIVE ACTION PROGRAM IN DIFFERENT DEGREE DETAILED AT VARIOUS ATHLETES WHICH SUBSTANTIALLY DEFINES A COMPLEX OF FIGHTING INSTALLATIONS OF THE ATHLETE.

- **INTERROUND ACTIVITY (МЕЖРАУНДОВАЯ ДЕЯТЕЛЬНОСТЬ)** – THE TYPE OF COMPETITIVE ACTIVITY SUPERCOMPRESSED IN TIME WHICH IS DIRECTLY ADJOINING TO FIGHTING ACTIVITY AND SUBORDINATED TO THE SAME MAIN GOAL. THIS ACTIVITY IS CARRIED OUT IN CLOSE CONTACT WITH THE SECOND (THE TRAINER OR THE PERSON WHO REPLACES HIM), AND HER PURPOSES ARE MAINTENANCE OF THE ATHLETE AND INCREASE OR MAINTAINING EFFICIENCY OF SHOCK AND PROTECTIVE COUNTERACTION TO THE RIVAL IN A NEXT ROUND, A DUEL.
- **INTERFIGHTING ACTIVITY (МЕЖБОЕВАЯ ДЕЯТЕЛЬНОСТЬ)** – IS CARRIED OUT DURING THE PERIOD AFTER THE END OF THE WON FIGHT AND PRIOR TO PRESTARTING ACTIVITY BEFORE THE FOLLOWING DUEL. IN THE COURSE OF INTERFIGHTING ACTIVITY THE CREATED MOTIVATION OF THIS COMPETITIVE ACTIVITY INCLUDING AND SIGNIFICANT COLLATERAL MOTIVES AND ALSO THE SET EARLIER SPECIFIC GOAL USUALLY DOMINATES. THE PURPOSES OF INTERFIGHTING ACTIVITY ARE: MAINTENANCE, PREPARATION FOR A MEETING WITH THE OPPONENT AND "LEADING" TO AN OPTIMUM CONDITION OF SPORTS READINESS. THE PURPOSES OF INTERFIGHTING ACTIVITY INCLUDE REMOVAL OF THE MENTAL TENSION WHICH HAS ARISEN IN COMPETITIONS, THE ANALYSIS AND ASSESSMENT OF LAST DUEL, DRAWING UP THE INDICATIVE PLAN OF THE FORTHCOMING FIGHT AND CREATION OF THE CORRESPONDING FIGHTING INSTALLATIONS, MAINTENANCE AND IF IT IS REQUIRED, REGULATION OF THE WEIGHT MODE.

Ациклические движения представляют собой целостные, законченные двигательные акты, не связанные между собой, имеющие самостоятельное значение.

Ациклические движения отличаются относительной кратковременностью выполнения и чрезвычайным разнообразием форм. По характеру работы это преимущественно упражнения, максимально мобилизующие силу и скорость сокращения мышц.

FENCING



Free-style wrestling



Циклические виды спорта – это специфический вид человеческой деятельности, который подразумевает в себе циклическое перемещение человеческого тела в пространстве для осуществления передвижения или какого-то другого действия. В определении победителя решающую роль играет скорость перемещения. Для них важна общефизическая подготовка, систематические тренировки, развитие таких физических качеств, как скорость реакции, выносливость, скоростно-силовые качества

SWIMMING



SPRINTING



Модуль 1. Соревновательная деятельности, как специфическая структура спорта**Module 1. Competitive activity as specific structure of sport**

№	Topic	English	Russia	Kazakh
1	Basic concept of competitive activity	Contents Features Competitive activity Ability Rival	Содержание Особенности Соревновательная деятельность Способность Соперник	Мазмұны Өзгешеліктер Жарыстың қызметі Зейін Қарсылас
2	Structure of competitive activity	Structure Phase Period Efficiency Resistance Motivation Motor reaction Technical and tactical readiness Arsenal of actions	Структура Фаза Период Эффективность Сопротивление Мотивация Моторная реакция Техническая и тактическая готовность Арсенал действий	Құрылым Фаза Кезең Тиімділік Қарсылық Уәждеме Моторлы реакциясы Әдіс-тәсілдік әзірлігі Әрекеттің арсеналы

Модуль 1. Соревновательная деятельности, как специфическая структура спорта
Module 1. Competitive activity as specific structure of sport

№	Topic	English	Russia	Kazakh
1	<p>Фазовая структура соревновательной деятельности спортсмена</p> <p>Phase structure of competitive activity of the athlete</p>	<p>Athlete</p> <p>Prestarting phase</p> <p>Own-competitive phase</p> <p>Competitive phase</p> <p>After-effect phase</p>	<p>Спортсмен</p> <p>Предстартовая фаза</p> <p>Собственно-состязательная фаза</p> <p>Соревнователь-ная фаза</p> <p>Фаза последствия</p>	<p>Спортшы</p> <p>Қобалжу кезеңі</p> <p>Жеке менші-жарысы фазасы</p> <p>Жарыстық фазасы</p> <p>Соңғы әсер фазасы</p>