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Principles for Improving the Content of the Female Athletes Training Process

Veaceslav MANOLACHI[1]

Abstract: The training multiannual process of female athletes is governed by training and education general laws, as well as training specific general principles. The sports training principles, used in female sport is distinguished by a specific content being determined by age biological development peculiarities of the female body and social-psychological factors. In continuous developing of the training system of young female athletes, a special place has the early stages of girls' pubertal development. The sudden variation of functional, emotional condition, physical work capacity at various phases of OMC, requires the mandatory development of governing principles of training effort in all sports samples, that women can practice them. Also, in female sport, along with general principles of sports training is necessary to take into account other theoretical and methodological guidelines.

Keywords: sports principles, training process, ovarian and menstrual cycle.

Introduction

The current level of sports achievements requires the organization, with a well-defined purpose, of female athletes' long-term training, creating the necessary basis, which would include an extensive program of organizational, theoretical and methodical, material measures, wide involvement in practice and selection of talented women to increase the contingent of performance athletes.

The main link of progressive increase of female athletes' mastery is the sports training, as their basic form of training.

There are the following basic elements in terms of systemic approach:

a) all indices that characterize the condition of female athlete in all stages of training;
b) all optimal pedagogical influences and their rational structure;
c) control and regulation information systems of training process.

The training multiannual process of female athletes is governed by training and education general laws, as well as training specific general principles. However, sports training principles, used in female sport are

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distinguished by a specific content being determined by age biological peculiarities of development of the female body and social-psychological factors (Fiodorov, 1985; Iancauskas & Longvinov, 1984).

Theoretical Background

Analysis of professional literature data (Manolachi, Budevici-Puiu & Manolachi, 2016; Manolachi, 2015), of the collected experimental material, of sports practice clearly shows that in female sport , the content and structure of the training process should be based on the following key principles:

1. *Proportionality of basic physical, moral and moral-volitional qualities* requires requirements of providing the harmonious development of female athletes at every stage of multiannual training.

One of the important factors influencing the formation of the personality of the modern woman is her attitude towards the sport.

While practicing physical exercises, besides physical qualities, woman contemporary forms and improves a series of moral and moral-volitional character, such as: diligence, honesty, perseverance in monitoring the goal, determination, courage, punctuality, concentration, sense of discipline etc. All these virtues fully determine the moral education of woman and her status in the social and family life.

2. *The necessity of a strong base of general and special physical training of female athletes focusing on growth of force-speed potential,* basically it takes into consideration biological conditioning of female body meaning that to women the correlation between active muscle mass and passive fat tissue is less favourable; their neuromuscular system is capable for smaller force achievements; training in women (in particular in strength and speed) at the age of 19-40 years is lower than in men of the same age. Respecting this principle will allow, firstly, to ensure a closer continuity of training and competition efforts, means and methods by moving from a certain level of training to another, much higher. Secondly, on the basis of level of force-speed potential, can be created more favourable conditions for improving the training of female body.

3. *Requirements towards efforts should be made gradually to the highest possible limits (mildly), while respecting strictly their variability (contrastive character) both after directing and after intensity* - principle conditioned by pedagogical, social-psychological factors and the biological peculiarities of the female body. The essence of this principle is that in current performance sport, great physical efforts, especially the psychic ones, do not match to any female athlete.

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Therefore, solving the main purpose of the training and achieving high sports results - is necessary that, in terms of amplifying the training process, of increasing the intensity of female athletes activity, not letting to happen physical or emotional over-tensions (Gaiton, 2008; Vovk, 2002).

Efficient achievement of this principle in practice of female sport depends in a large extent by following factors:

- rationally the sportswomen habit, with the great training and competition efforts execution, but ontogenetically accessible (girl - teenager - woman);

- female body predisposition to efforts changing, considerable resistance in the main allow, reducing the volume, intensification of training. This creates even more the possibility of efforts diversifying, creating conditions for faster functional recovery. The importance of efforts variability lies in the fact that, despite the high frequency of training effort, obviously decreases their uniformity danger and mental over-tension;

- renunciation of various efforts and to their intensification during training leads to their long-term standardization and to setting standardized forms of conducting the training, that can significantly prejudice the increase of sports results;

- The size and effort directing, in certain circumstances, may favour the recovery processes of the female athlete body. Thus, in the days close to the training cycle are planned a medium effort, oriented towards development of special and general resistance, then, in the first day, it is appropriate to focus on developing special resistance. Recovery in such a case occurs faster.

4. *In the female training structure, "medium cycle" (menstrual) should be considered essential (programmed by nature itself), and its structure is required to be adjusted depending on the contents of the small cycles, according to phases character of ovarian and menstrual cycle (OMC).* As OMC represents an important phenomenon concluding sexual maturation process of teenager, it is necessary to study it thoroughly, by fleshing at the same time, the extent to which the physiological changes caused by it can influence the sport activity, and the coach must focus primarily, on the fact that until now, there are still diametrically opposed views on the level of working capacity of the female body in various phases of OMC. However, in most studies, it is stipulated that the lowest level of physical work capacity is during ovulation, and the greatest attention should be given to the first and fourth phases (especially in the 2nd and 3rd days), because only during those days is conditioned training process individualization of women (Gaiton, 2008; Iancauskas, Longvinov, 1984).

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5. The *adaptation of female athlete body to an intense training and competitive activity* is subject, firstly, by essential biological function of the woman, the maternal one. In achieving it, a significant importance has the data regarding muscle working ability of female athletes in different phases of OMC. The principle content is that adaptation to sports efforts is accompanied by a rapid increase of functional reserves of the body, so that the training process must be considered as one of the safest means of identification and increase of reserves for the adaptation of the female body. It is also very important to consider the following: systemically the adaptation does not exclude, but includes irregular character of functional and structural changes of body systems. On the basis of excellent adaptation of some systems, it can be maintain a weaker adapting effect of other systems and organs. The weak adaptation elements may be acquired in the wrong distribution of training and competition efforts in higher cycles of training. In the organization of the pedagogical management activity of adaptive process of female body, complex and well-structured system, it is necessary to respect internal mechanisms already existing of its management and self-regulation and to use them effectively (Manolachi, Budevici-Puiu & Manolachi, 2016; Manolachi, 2015).

6. *Effectiveness of applying physical qualities depending on age peculiarities of the female body motor skills development,* principle directly related by training process individualization. The coach, first of all, must pay attention to the course where female athlete achieves its possibilities. The increase of the development level of physical qualities and their application in practicing basic physical exercise should be considered as two related methodological processes. It is known that to female body is characteristic the asynchronies in development, both of each qualitative forms of manifestation of motor activity, and the entirely motricity. However, in any case, the question of the optimal use of individual features of female athletes in the range of concrete classification has a great importance. In practice it is noted that often coaches pay a great attention to continued increase of the level of development of basic physical qualities, neglecting other important issues, such as the effectiveness of their implementation. Therefore, the principle regarding the effect of applying physical qualities depending on the age particularities must be understood as a significant necessity of achievement of existing development level of physical qualities or the preparation of female athletes. At the same time, it should be noted for achieving the planned results by female athletes it is necessary to be performed on the basis of multilateral extensive preparation (Fiodorov, 1985; Iancauskas, Longvinov, 1984).

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7. *Performance sport, beginning with the selection, determination of sporting talent of girls, adolescents, women for practicing of a particular sport sample* (Manolachi, Budevici-Puiu, & Manolachi, 2016; Manolachi, 2015). It means that primarily should be established the highest probability prognosis: the possibility of beginner female athlete (especially the young one) to promote successfully the basic training stage in the chosen sport sample and later is followed training in order to achieve some performance results, with quite strong prospects. In sport, the early starting of specialization has serious consequences. Early sport specialization can become a major impediment in achieving sporting performance. So in identifying optimal terms to start specialized practicing in sport, it is necessary to consider not intuition and will (of a girl, parents, etc.) but the objective data checked during long-term activities with female athletes. In continuous developing of the training system of young female athletes, a special place has the early stages of girls' pubertal development. The sudden variation of functional, emotional condition, physical work capacity at various phases of OMC, requires the mandatory development of governing principles of training effort in all sports samples, that women can practice them. Organization of training process without considering the OMC phases is followed by the reduction of the special general labour capacity, loss of interest in sport, the appearance of conflict situations in relations with the coach.

According to psychological and pedagogical literature (Vovk, 2002; Fiodorov, 1985; Iancauskas & Longvinov, 1984) and on the basis of advanced practice, athletic talent with a relatively high probability can be determined by the following criteria: 1) the level of performance - must be determined whether young female athlete has perspectives, talent for achieving performances in chosen sport sample; 2) increasing tempo of the results - as rapidly is developed young female athlete, particularly in terms of capabilities that determine the performance in chosen sport sample; 3) the stability of performance - whether psychologically female athlete has, a high level of preparation, constant for achieving permanent performances, records breaking, obtaining significant results in elite competitions.

All of these three criteria have a complex character.

8. *The systematic and complex control* is directly related to managing the training process of the female athletes. The essence of this principle is that coaches should know better how to determine the condition and dynamics of the female athletes' preparation level, to organize more appropriately the training and to dose more rationally an effort. Taking into account the specific diversity of the female body, great importance in preparing female athletes has the medical check (especially gynaecological one), pedagogical

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and self-control (systematic and rigorous evidence of trainings agenda). All these types of checking allow detecting in time some pathological phenomena in the female athlete body, and, in a certain extent, to analyse the rationality of planning and carrying out teaching and training process (Manolachi, 2016).

Conclusions

In conclusion, it should be noted that in female sport, along with general principles of sports training, is necessary to take into account other theoretical and methodological guidelines. The complex of principles exposed in this case, as demonstrated by practice, offers the opportunity to enhance the effectiveness of the teaching and training process in women's sport.

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