Optimization strategies theoretical training in competitive athletics

Mihăilescu Liliana, Predescu Alina *

University of Pitești, Pitești, Romania

Abstract

This paper is an action research is based on a study of ascertaining a determined level of theoretical knowledge about nutrition and recovery. We found that the athletes in sports training is neglected permanent transfer of theoretical knowledge about nutrition, the importance of diets in general and athletics in particular. I assumed that athletes are not sufficiently known theoretical aspects of nutrition and recovery and is not appropriate behavior determines to reflect personal lifestyle. The research which found that the practice of sports training athletes neglect the transmission of theoretical knowledge about nutrition and recovery, this major negative implications both in life and in the sport. To remedy this action research focuses on two projects to complement these theoretical knowledge to target groups of the research ascertaining athletes.
1. Introduction

Sports training is addressed in this paper from the perspective of its role in shaping personalities athlete through positive influence driving dimension, intellectual, emotional, aesthetic, moral and volitional human personality, human beings demanding sport in all its complexity and satisfying predominantly instructional role education [1,2,3].

Training complexity derives both from its many actions taken in order to obtain precise effects in relation to characteristics that determine an athlete's performance and the complexity of the human being, the athlete undergo training [4,5,6].

By means of theoretical knowledge can be transmitted athletes physiological and psychological bases of training, nutrition, rest, lifestyle, coach responsibility extending to the athlete's training complex personality that is both human society and manufacturer of human performance the sport you practice [3].

Known theoretical knowledge acquired by athletes determines their awareness, manifestation of good behavior and positive influence on performance capacity.

2. Methodology

Research hypotheses

In the athletes training is neglected the permanent transfer of theoretical knowledge about nutrition, the importance of diets in general and for athletics in particular.

Theoretical knowledge about nutrition and recovery are insufficiently known about athletes and they don’t determine an appropriate behaviors reflected in the personal lifestyle, in order to increase the performance capacity, on one hand by providing energy resources, and on the other hand by muscle, metabolic and mental restoring specific to some training task.

Research methods focused on ascertaining study based on the outcome of an investigation and the development of two improvement projects on the transmission of theoretical knowledge of nutrition and recovery modular over 30 days.

Through research to determine the level of knowledge of the theoretical aspects of the field among sports nutrition Mircea National College of Ramnicu Valcea (20 subjects), class sports, athletics and specialization in the field of restoration at the University of Pitesti Sports Club athletes (12 subjects). To determine the level of knowledge of specific aspects of both issues at Atlee two questionnaires were used to check the level of theoretical knowledge quizzes 18 questions each constructed of closed, open and mixed.

3. Results, discussions

The first target of the investigation was finding information sources athletes on nutrition and recovery.

Athlete’s respondents mentioned nutrition as the main source of information coach of athletics (fig.1). Among other official sources, educational institution was selected by a small number of respondents (10%), FRA website is preferred at the expense of the I.A.A.F. There is a great importance of informal sources of information and other athletes, friends, acquaintances (65-70%) and a preference for information from electronic sources athletes, unlike magazines, publications and information brochures.
To detect awareness about the importance of nutrition in sport, to raise the question: "what is the role of balanced nutrition and optimal sports performance?". Respondents were asked to select one or more answers as they see. Athletes respondents mentioned nutrition as the main information source for athletics coach. Among other official sources, educational institution was selected by a small number of respondents (10%), FRA website is preferred at the expense of the I.A.A.F. There is a great importance of informal sources of information and other athletes, friends, acquaintances (65-70%) and a preference for information from electronic sources athletes, unlike magazines, publications and information brochures.

Regarding the restoration of prevailing, the official sources of information (coach, educational institution), all athletes were given information about recovery from the coach. No athlete not mentioned as an information source IAAF website and information stands preference for virtual students, at the expense of reading magazines, publications and information brochures.

Unofficial sources (other athletes, friends, acquaintances) have a lower share than the official, reflecting the fact that recovery is not an interesting topic in communication between athletes and friends and colleagues. To detect awareness about the importance of nutrition in sport, to raise the question: "what is the role of balanced nutrition and optimal sports performance?". Respondents were asked to select one or more answers as they see.
Seen from Figure 3 that 40% of respondents considered valid for all variants, 40% know that diet makes the body adaptability effort and 50% recognize the role of nutrition in regulating body weight. Aimed to highlight views on competition day diet and training days by formulating the question: "your day eating contest differs from training periods?"

A percentage of 65% of respondents answered yes, while 35% of them said that their diet does not differ during competition days from preparatory periods. When asked "Do you think you have enough knowledge in the field of sports specific nutrition to ensure proper nutrition?" 32% of athletes provided a positive response, while 68% of them consider to not having enough knowledge in this field.

Regarding restoring most interesting were the answers to items 2,6 whose representations we illustrated in Figure 4,5. When asked "which of the following statements concerning the recovery after exercise are, in your opinion, true?" the prevailing opinion that restoring students helps to restore homeostasis in the body before training or competition (72.7%). A small percentage, 18.2% know that restoration aims and achieve a higher level through overcompensation. 36.6% of athletes have confused the concept of recovery with recovery.
As regards the means to achieve active rest (item 11) 63.6% of respondents were able to correctly specify three means 27.3% of the athletes mentioned two, while 9.1% did not provide the answer to this item. To form proper nutrition behaviors we considered necessary to draft a general theoretical knowledge essential to promote a project presented below.

**Project name:** „Fuel sports performance”

**Project motto:** "If you want to run fast, jump as high or as much, as far as throwing feeds up to sprint, jumping or throwing."

**Purpose:** inform athletes on sports specific nutrition and forming the habit of eating balanced and reasonable in accordance with the specific sample preparation period and practiced.

**Benchmarks:**
- stimulate interest in discovering athlete positive effects of nutrition on sports performance;
- formation of responsible behavior regarding nutrition;
- identifying dangers of eating unbalanced and unreasonable;
- promoting and encouraging respect for principles in determining diets of different periods of training and competition days;
- defining food-capacity performance relationship;
- stimulation of athlete involvement in setting daily diets.

**Target group:** Grades profile high school sports CNMB

**Resources:** procedure: conversation, explanation, exposure, exercised, discussion, observation, self-employment; equipment: laptop, internet connection, video, drawings, food, worksheets; human high school students in the CNMB, practicing athletics

**Execution date:** november 2012 (4 weeks)

**Frequency of lessons:** 1 hour per week, the tutor lesson

**Project team:** coach, teacher teacher, nutritionist

**Forms of work organization:** frontal, individually

**Forms of assessment:** questionnaire-based survey, comparing the final results with the original record in this research.

To form correct behavior regarding recovery were generally considered necessary to develop a project to promote the essential theoretical knowledge
Project name: "Recovery, support sports performance"
Project Motto: Learn to help your body to help
Purpose: To review and systematization of knowledge about specific athletes restoration, update knowledge. Vocational skills to apply media recovery after exercise

Benchmarks:
• stimulate interest in discovering athlete major contribution that you have on sports performance and recovery in the discovery of modern and efficient means of recovery used by elite athletes
• training of responsible behavior regarding recovery after exercise
• reviewing the dangers of lack of recovery from sports training process, identify opportunities for avoiding these dangers
• redefining the relationship-capacity recovery performance
• stimulation of athlete involvement in developing their rehabilitation program

Target group: athletes Sports Club Pitesti University

resources: procedure: conversation, explanation, exposure, exercised, case study, discussion, observation, self-employment; equipment: laptop, internet connection, videos, worksheets; human athletes at CSU Pitesti legitimated

Deployment duration: november 2012

Frequency theoretical training: 1 hour per week in the afternoon for 4 weeks, the day is done a single training session in the morning

Venue: laboratory CCPU

Project team: coach and sports doctor

Forms of organization of work: scientific seminar

Forms of assessment: questionnaire-based survey, comparing the final results with the original record in this research

Conclusions

The theoretical knowledge transmitted during the training process has major importance in the active involvement of athletes’, in his motivation and in the education of a favorable behavior of the sports high performances based on his awareness.

By the theoretical training behaviors and attitudes that have influences on performance are developed.

Athletes with outstanding results have a great amount of solid theoretical knowledge in the field of nutrition and recovery that allows them to adopt a balanced and rational lifestyle which promotes the optimum development of the performance capacity.

References