

ABSTRACT OF THE DOCTORAL THESIS

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THESIS TITLE :

**EXPERIMENTAL STUDY ON DEVELOPING A TRAINING PROGRAM
FOR REPRESENTATIVE'S WOMEN BASKETBALL TEAMS FROM
THE NON-PROFILE UNIVERSITIES**

Keywords: women's basketball, training program, game model, team representative

The work is divided into 3 parts and contains 15 chapters.

The first part is entitled:

Theoretical aspects on developing a training program for representative's women basketball teams from the non-profile universities.

The second part contains :

The preliminary research on the elaboration of the program draft for training the representative's women basketball teams from the non-profile universities, project that will be validated and completed in the third part of the thesis.

Part III is entitled:

Experimental and personal contributions on scientific validation and completion of the training curriculum project in this context.

The first part of the thesis is represented by the theoretical substantiation of the study and is divided into seven chapters that cover the following aspects:

- Scheduled training;
- General points concerning the training programs;
- General and particular aspects in basketball;
- Theoretical and practical aspects in women's basketball representative teams from the universities;
- Modeling of the basketball training;
- Training components;
- Evaluation.

To prepare in detail the experiment itself, in the second part of the thesis we organized a preliminary research on developing the training curriculum project for women's basketball representative teams in discussion. This part of the thesis contains:

- The operational approach of the preliminary research
- The project of the proposed program
- Data interpretation and preliminary research results
- Preliminary research conclusions

Preliminary research hypothesis

Realization of training by the proposed program will lead to a high level of preparation and therefore the increase of the potential motric of athletes, which will lead to an efficient benefit of the team in the University Basketball Championship.

Conducting the preliminary research

The preliminary research was carried out using 2 groups of 5 players. The first group, the experimental one was from representative team formed by students of the Academy of Economic Studies. Control group has been

established within the representative team of the University Politehnica Bucharest.

The research was held in the games room of the National University of Physical Education and Sports and in fitness and physical development rooms of the Academy of Economic Studies.

The preliminary research started on 18th of October 2010 and ended on 30th of November 2010, the duration of the study being of 6 weeks.

Measurement and control tasks within the preliminary research

In the preliminary research we use several types of measurements, tasks and tests: anthropometrics measurements, tests of overall motricity, specific motricity tests, precision tests, functional tests.

The program structure proposed includes:

1. Framework objectives or general skills that have a high degree of generalization and represents the educational aims.
2. Benchmarks or specific skills represents activities which must be performed by athletes after a year of training.
3. The curriculum content refers to topics that will be achieved in training lessons and which will provide the necessary information for achieving the benchmarks.
4. Methodological suggestions are represented by methodical and methodological recommendations on the training process.
5. Principal means for implementing the curriculum. Each curriculum is accompanied by the means for implementing it.
6. Standards are represented by evaluation criteria of the learning outcomes.

Analytical aspects of the curriculum are detailed in the thesis on pages from 80 to 84 and the annexes no. nine and ten.

Preliminary research conclusions

On the whole preliminary research, we can conclude that the experimental group athletes have made progress in all tests. These advancements are higher

than those of the control group. However, comparing the results obtained at the final tests by both groups, on some of the tests the progress made is not statistically significant. This can be explained by the relatively short time of 6 weeks the experiment was conducted, and the low content of subjects both in experimental and control groups.

After applying the proposed curriculum, the evolution of arithmetic average of all tasks at final testing, the two groups of players, validates the effectiveness of selected operational structures at this level. In conclusion, the results obtained in preliminary research support further research to complete the complex study within the doctoral thesis.

The third part of the thesis includes:

- Operational methodological frame of research;
- Instructional design realized within the experiment;
- Analysis, processing and interpretation of research data;
- Conclusions.

The main goal of our theoretical and methodological approach is to create a training program adapted to representative women basketball teams and to apply this curriculum in practice to achieve a proper training strategy to that category.

Research hypotheses:

Targeted and timely application of elaborated curriculum in our research will significantly increase the level of training of the team.

After the program, the quality of the game provided by the team in official games will grow with purchases made of players in process of preparation and game.

The results obtained in official games through increasing the efficiency of team training will lead to appreciation of the proposed training content.

The undergoing research subjects

The experiment was conducted using the 3 groups of 12 athletes. The first group, the experimental consists of the representative team of the Academy of Economic Studies. Control groups are settled by the representative teams of the Faculty of Health Care and Politehnica University.

The venue

The research was held in the sports complex of the Academy of Economic Studies, complex that is equipped with 2 game rooms, 2 aerobic gymnastics rooms and 3 fitness rooms. In these halls were performed two testing of the experimental group. Regarding the two tests of control groups, which were made in the games room of the Faculty of Medicine "Carol Davila" and in the games room from Politehnica Univesity.

Measurement and control tests used

In part three of the thesis we find alongside the preliminary research the tests used in defence a complex (to the tests of specific motricity), and psycho-ability motricy tests (Prague test, Matorin test, personality inventory "Cattell - 16PF") and records of matches to achieve the game model.

The experiment conclusions

Over all of the tasks and tests given to experimental group at both moments of testing, it is noted that at 95.35% of them null hypothesis is rejected and the research hypothesis is accepted.

Analysing by comparing the results obtained by the experimental group and the two control groups of final testing we point out that the 92.67% of the tasks and given tests confirmed the research hypothesis.

Analyzing the data obtained through statistical and mathematical processing of the results of 19 tasks and tests administered confirms our first research hypothesis :

Targeted and timely application of elaborated curriculum in our research will significantly increase the level of training of the team.

Statistical and mathematical processing of data on the 16 game parameters recorded in the two seasons 2010-2011 and 2011-2012 confirms our second research hypothesis:

After the curriculum, quality of the game provided by the team in official games will grow with acquisitions made by players in process of preparation and game.

Conclusions

On the overall the results obtained by experimental group at all measurements, tasks and tests applied, there is a clear increase in the level of education at all levels, as demonstrated by participation of the team in official competitions from the University Championship by a clear improvement of the model game.

All these data supports our scientific approach to assessing the positive content of the curriculum proposed, approach that will help us to increase training of the representative women basketball teams from non-profile universities.

Following the study, is intended the development of an methodological guide for implementing a curriculum, by means of which will be able to use our research results by teachers coordinators of the representative women basketball teams from non-profile universities nationwide, which will increase National University Championship level.

The approach of this research theme is an original approach made to optimize the level of training of young students with skills for the game of basketball.

The present study has an important contribution to science, the novelty being the very curriculum that has not been developed so far for this level of training.

The study brings new aspects of theoretical and practical - methodical in terms of programming and planning sports training for the representative women basketball teams and building game model and the model of their training.