

NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORT

PHD THESIS

**The Activation of the Specific Training by
Somatico-Mental Methods and Means in
Swimmers(8-14 years of age)**

ABSTRACT

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Key words: development, activation, well-rounded training, progress, natation, puberty.

The forming experiment which stands at the basis of our paper is oriented towards the improvement of the quality of training of young swimmers with the purpose of achieving extraordinary results both in their sports life and their social life.

Having watched the evolution of the subjects from a bio-socio-mental point of view for a period of almost four years, we are entitled to state that the hypothesis are confirmed and that these means and methods which have as purpose the activation of the training of young swimmers are amazing and we recommend these to be used for the training of sportsmen. And we state the above-mentioned facts not only because we have watched the evolution of these sportsmen, but also due to the results that these have obtained both in sports and school activities at the end of our research.

The introduction of the many-sided preparation inside the training programme was not a random one, made only after a thorough study of the specific literature, and from the wish to improve the quality of training and of the social life of young swimmers.

Our paper is structured in three parts, which have eleven chapters and bibliography.

In the first part we have established the theoretical perspective of our theme so as to be able to benefit of the latest novelties in this field.

In the second part we have presented the preliminary study which submits to the general logic of the research; it represents a

linking element between the fundamental research and the experimental one; referring to the preliminary research, we have the possibility to verify the procedures and the working techniques and also, it gives us very important information for the drafting of the acting system.

The third part, the proper research, starts from the fact that the practicing of a sport has a positive influence on the physical development and the social performance of the subjects directly involved. The multi-sided preparation is indicated for accelerating the somatico-mental development and it represents a wonderful basis for the further performances of the trainee. This research represents a forming experiment, and its opportunity consists in the fact that it has as purpose the improving of the sports performance on the basis of an harmonious somatico-mental development of the sportsmen of young and middle school age who practice swimming, joining the already existent research in the specific literature which focuses on the improving the quality of the training in Romania, in times when the human and financial resources are in a continuous decrease.

Taking into account that the two hypothesis have been confirmed, we can state that the multi-sided preparation should be included in all the training programmes of young sportsmen (children or pubescents), because its effects are benefic both from the point of view of the performance and also of the socio-mental evolution of the individual, becoming the gantry or the starting point for the future champions whether we talk about the sports or social life