TECHNOLOGY OF TEACHING SPORTS TECHNIQUE OF GYMNASTICS EXERCISES WITH COMPLEX MOVEMENT STRUCTURE

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Introduction: The increasing of complexity and difficulties of programs' range for gymnastic competition introduced by International Federation of Gymnastic (FIG), is manifested by the new, more effective means, forms and methods of teaching. The process of teaching complex exercises along with a constantly rising level, quality and stability is getting more and more difficult. It is necessary to apply new techniques for a better analysis of the structure of sports exercises in order to identify the most significant elements of a particular movement. Information concerning the most characteristic and the most significant, from the point of view of teaching the movement, stages of a physical movement is necessary to prepare effective training programs. Identifying such stages, described in literature as key elements of sports technique, should be an initial step to prepare pedagogical technologies of training. Therefore, the aim of the paper was to describe an effective pedagogical training technology of the process of teaching gymnastics exercises.

Method: Pedagogical experiment and 60 HZ (JVC GR-DVL 9800 NTSC) camera with APAS 2000 cinematographic analysis systems were used to describe the round-off tucked back somersault (n=30) and straight back somersault after flick–flack and round-off (n=9).

Results: On the basis of the research it was concluded that pedagogical technology of teaching includes three components: the first one – a biomechanical analysis of phase structure of movement, the second one – didactic teaching structure, and the third one – contemporary teaching technology including algorithms as well as programs of teaching acrobatic exercises.

Conclusions: The effective teaching of gymnastics exercises is possible due to introducing pedagogical technology of teaching key elements in sports technique. Many authors have similar opinions. It is often claimed that effective teaching depends on the so-called key elements, i.e. the main movements of the body or its parts. These elements are said to be indispensable to do a particular activity.

The acquisition of key elements of technique provides a positive transfer to perform the whole exercise or its profile (e.g. tucked back somersault – double tucked back somersault).

Keywords: technology of teaching, sports technique, athletes.