TUDY CONCERNING THE EDUCATION OF THE ACCELERATION SENSE AND ABILITY IN THE CASE OF 12-13 YEAR-OLD GIRLS
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The acceleration sense and ability is the premises for the education of the movement speed. The present study has started from the hypothesis that the sense of acceleration can be educated and it is a premise for the development of the acceleration ability in the case of 12-13 year-old girls. The study concerning the education of the acceleration sense and ability has been carried out on a group of 12 girls 12-13 years of age, beginner athletes, with an experience in the practice of athletism between 0,5-1 year. The duration of the present study was of 10 months. The group has been divided into two sub-groups: an experimental one – 6 girls – and a control one – 6 girls. The practical experimental research had as a goal the improvement of the result for the 50 m running contest. For the experimental group, during the 10-month preparation period, we have concentrated on the education of the acceleration sense and ability. To this purpose, we have used exercises such as: 30-40 m accelerated running, the 30-80 m progressive speed running, 80-120m running with alternation of the moving speed every 10 or 20 m. These types of running have been carried out twice a week (on Mondays and Fridays), on a working schedule of 4 practice sessions a week. The system of the control tests carried out at the beginning and the end of the training programme was made up of: tests for the measurement and evaluation of the acceleration ability (3x10 m, 3x20m, 3x30 m running, for which we have considered the average of the three results of each test, and 60m, 80m, 120m running which were organized as a competition) and the speed test (50m running). The tests have been registered using electronical equipment.

The analysis of the results of the control tests has shown, in the case of the experimental group, the improvement of the acceleration sense, with higher values for the 80m distance – by 0,26 seconds, of the acceleration ability for the 30m distance – by 0,18 seconds, and for the 50m – by 0,28 seconds, compared to the control group. The values of the experimental group have been higher than the ones of the control group in the other tests, too. As a conclusion, the acceleration sense and ability has better improved in the case of the girls included in the experimental group, and consequently the speed measured on the 50 m tests has also improved.

Keywords: Speed Changes, Children, Training and Testing