



UDC 378.147-796.818

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CRITERIA AND LEVELS OF FITNESS OF JUDOKAS – MASTERS FOR COMPETITIVE ACTIVITY

Key words: *long-term training, judo, competencies, readiness, criteria, levels, annual cycle, veteran athletes.*

Колєсніков В. В., Бутенко К. В., Горпинич Г. Ф. КРИТЕРІЇ ТА РІВНІ СФОРМОВАНОСТІ ГОТОВНОСТІ ДЗЮДОЇСТІВ – ВЕТЕРАНІВ ДО ЗМАГАЛЬНОЇ ДІЯЛЬНОСТІ



Ключові слова: багаторічна підготовка, дзюдо, компетентності, готовність, критерії, рівні, річний цикл, спортсмени-ветерани.

Introduction. Today, the formation of readiness of veteran fighters who specialize in judo to participate in competitions of various ranks with established motor skills is incomplete and does not always involve the use in the system of their long-term training of relevant Pedagogical models, methods and more. In addition, in difficult conditions of competitive activity, mastering by veteran judokas of new technical and tactical combinations without a sufficient level of psychological and functional training – it is impossible to ensure their successful competitive activity.

In accordance with the above, it is important today to search for and develop modern programs, forms, methods, scientific tools, as well as Pedagogical technologies and relevant criteria, indicators and levels of readiness of veteran Sambo wrestlers to compete at various stages of their long-term training.

Conclusions from monitoring (analysis) of recent Research and publications.

Taking into account the results of the analysis of scientific-methodical and special literature (monitoring of Internet sources) [1-9] it is established that the issue of determining the criteria, indicators and levels of readiness of veteran Sambo wrestlers for competitive activities is insufficient scientific and methodological work, which requires further research and emphasizes the relevance and practical component of the chosen area of scientific intelligence.

The Purpose of Scientific Research – determination of criteria, indicators and levels of readiness of male veteran athletes who specialize in Sambo wrestling to participate in competitions of various ranks.

Methods: axiomatic, idealizations, historical and logical, ascent from the concrete, formalization. In addition, we used our own experience in martial arts competitions among masters (veteran wrestlers), as well as the experience of organizing a system of long-term training of wrestlers of different levels and age groups (weight categories) for competitions of higher ranks.

Results. The study is organized in two stages (May - November 2021). During the first stage of the study (May 2021) a research group was created, as well as an analysis of scientific and methodological and special literature (monitoring of Internet sources) [10-17], etc.

In the dynamics of the second stage of the study (June – November 2021), RG members monitored Internet resources and analyzed the scientific and methodological literature in the direction of the definition, criteria, indicators and levels of readiness of veteran fighters to compete. It is worth noting that scientific and methodological works from related Sciences were also taken into account.

The system of international standards "ISO" [7] defines "criterion" as - a measure of the integrity of the property of the object that ensures its existence; methodological tools for education quality management; an ideal that reflects the highest, perfect level of the studied phenomenon, etc. In turn, the indicator is a measure of the criterion, which makes it available for observation, recording and accounting "[16]. In turn, Pedagogical science under the semantic characteristics of the definition of "criterion" means an objective feature, according to which a comparative analysis (assessment or evaluation) of the process or phenomenon to be studied, as well as the degree of its development in the studied individuals of different categories (age groups, etc.), or a set of such qualities of the phenomenon that reflect its essential characteristics, and therefore subject to appropriate (objective) assessment.

In the process of scientific research, our attention was drawn to the work of scientists [11-15] and other specialists. In accordance with scientific and theoretical approaches and leading concepts of the above scientists and practitioners to determine the essence of the "criterion", we believe that its characteristics depend on the object of study, and analysis



should be considered as an applied scientific and methodological tools for quality management training, which provides the formation of professional competencies (technical and tactical skills, psychological stability, functional readiness, etc.) veteran fighters who specialize in judo and is the basis for an objective assessment of sports qualifications, which ensures their successful and effective competitive activities.

Summarizing the above, it is appropriate to conclude that the "criterion of formation of readiness of veteran judokas for competitive activities" is a standard for determining and assessing its true state, which is a set of criteria for concluding the degree of conformity of the above level of readiness competition rules, competition regulations and other legal documents that define the system of long-term training of judo veterans).

It should also be noted that according to the results of the analysis of special scientific and methodological literature (monitoring of Internet sources) in the chosen direction of scientific intelligence and features of the dominant components of technical and tactical skills (professional competencies) of veteran judokas, it is possible to distinguish equivalent veterans evaluation, namely: motivational, semantic and analytical-evaluative, which coincides with the scientific views of leading scientists and practitioners: V. Klymovych, R. Lyubchych, A. Oderov, O. Khatsayuk, O. Khomenko, and other specialists. In addition, it is important that each criterion requires appropriate evaluation on a number of indicators (M. Lynets, O. Osadchy, P. Tychyna, T. Shepelenko).

Thus, in accordance with the above, it is advisable to conclude that the content of the criterion in its volume is broader than the content of the indicator, and the indicator is part of the criterion, so the degree of manifestation, qualitative formation, certainty of the criterion is expressed by appropriate quantitative indicators. In turn, indicators play a leading role in diagnosis, so the indicator is evidence, evidence, a sign and an effective tool for assessing the achievements of various processes and phenomena that are subject to theoretical and empirical research.

Further, in accordance with the plan and the defined algorithm of theoretical research, as well as in accordance with the results of analysis of special scientific and methodological literature (monitoring of Internet sources) [4, 7, 9], etc., which determine the requirements for veteran athletes specializing in martial arts (on the example of veteran judokas) in the direction of their readiness for competitive activities, we determined the main indicators of the above criteria. To this end, the members of the RG have developed a special application table (see Table 1), which reveals the content of the criteria and indicators in the chosen direction of scientific research.

Table 1

Criteria, indicators of formation of readiness of judokas of masters (veterans) to competitive activities

Criteria	Indexes
motivational	manifestation of interest in the chosen martial arts (judo), competitive activities (participation in competitions of various ranks) and the desire to implement it in everyday life (system of long-term training); value orientation for future competitive activity, motivation for technical-tactical, psychological, physical self-improvement; formation of motor skills and functional training necessary for successful and effective competitive activity
Meaningful	self-awareness (professional consciousness), theoretical knowledge, successful experience of previous competitive activities, special knowledge; formation of special skills and practical skills (diagnostic, design, design, organizational, etc.), skills and practical skills to implement the acquired knowledge in the process of



	competitive activities (participation in competitions of higher ranks); individual-typological features of the individual and the formation of the motive, which arises from the needs of the individual and ends with his motivation for quality, effective and reliable competitive activities (at different stages of long-term training)
analytical and evaluation	ability to self-analysis, ability to carry out self-assessment and self-regulation during the training process (training) and direct participation in competitions of different ranks, self-development and self-improvement in different conditions of the training process and during participation in competitions; ability to make balanced (correct, reliable and safe) decisions in extreme competitive conditions (different conditions of the training process, training), willingness to constructive dialogue with coaches, psychologists and teammates, willingness to sacrifice, ability to control their own psychophysical condition and the state of teammates, mental stability, stability of sports performance; ability to carry out competitive activities in different climatic and geographical conditions, etc.

The use in the system of long-term training of veteran athletes who specialize in judo (other martial arts) listed in table. 1 criteria, as well as appropriate forms, methods and technologies will contribute to the sustainable formation of professional competencies (technical and tactical skills, psychological stability, functional training, etc.) necessary for successful and effective competitive activities.

In the future, to achieve the main goal of the study, members of the RG plan to use the following forms of comprehensive training of veteran judokas: training sessions, training sessions, morning exercise, individual physical (technical and tactical training), etc. In addition, in the dynamics of future empirical research we plan to use modern and effective methods of diagnosing the level and degree of technical and tactical, psychological and functional training [2 - 6, 9], as well as specialized programs (designed for the annual training cycle). In addition, to achieve a sufficient (high) level of readiness of veteran Sambo wrestlers (veterans) to compete, members of the RG plan to use effective training methods: repeated, uniform, variable, circular, sensory, competitive, etc. Summarizing the above, it is appropriate to conclude that any criterion is characterized by the presence of indicators that reflect the most important (informative) properties of the object, which ensure its existence.

Further, a qualitative description of the comprehensive readiness of veteran judokas for competitive activities in the current system of their long-term training was made. According to the obtained results, the members of RG found that the development of a specialized program of technical-tactical, psychological and functional training of the studied veterans-wrestlers who specialize in judo, will increase the level of their competitive activities.

It is also important that the introduction into the system of long-term training of veteran judokas of the above levels is regulated by the relevant regulations. The next block of research was aimed at identifying effective approaches. Taking into account the results of the analysis of special scientific and methodological literature (monitoring of Internet sources) [7, 9, 14], it is established that the most effective approaches to achieve the main goal of research in the chosen direction of scientific research and to build the future Pedagogical model. veterans to competitive activity "are: activity, personality-oriented, complex, systemic and structural, approaches.

According to the results of the theoretical study, the members of RG found that today in the system of Olympic and professional sports developed specific and scientifically sound



didactic principles that reflect the natural features of the educational process of wrestlers of different ages and weight categories, namely – providing unity of scientific, methodical, sports, educational activity, professional orientation and mobility.

Conclusion. As a result of the research, the members of the research group determined the criteria, indicators and levels of readiness of male veteran athletes who specialize in judo to participate in competitions of various ranks. In addition, in accordance with the results of theoretical research, we have defined the criteria and their inherent indicators: motivational, semantic, analytical and evaluative.

Given the fact that the definition of levels should involve the use of the current legal framework (the current Rules of Judo Competition, the method of expert evaluation, we have identified the following integrated indicators of the readiness of judo veterans to compete: "high" - which is expressed by assessment of technical actions veteran judokas in Ippon, "good" - which is expressed by the assessment of technical actions of veteran judokas "Wazari", etc.

Members of the research group are recommended to implement the results in the system of long-term training of veterans (male article). Prospects for further research in the chosen direction of scientific intelligence include the development of a Pedagogical model of forming the readiness of veterans to compete in the system of their long-term training.

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