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Original article

SPORTS TRAINING COMPONENTS IN THE INTERNATIONAL NAUTICAL REPRESENTATIVE TEAMS CHAMPIONSHIP, TUZLA, TURKEY

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Abstract

Objectives. Analysis and dynamic results achieved by the team representative "Mircea cel Batran" Naval Academy during 2014-2016 International Nautical Championship - organized annually by the Naval Academy Tuzla - Turkey.

Methods of research. In our research we used the method of literature study, questionnaire survey method and comparative analysis method results, the dynamic results achieved by the naval pentathlon team.

Results. The study results of the ascertaining of the samples were recorded naval pentathlon: obstacle race - nautical specific obstacle course; Swimming equipped for rescue operations (saiving life); swimming application (Utility swimming); seamanship (skills sailing); cross country amphibious (combined sample comprising: running, shooting, throwing the grenade, slight displacement craft) in 2014-2016. The study of the system of preparation of the international existence was based on the results of the teams representing the first 6 participating countries. We chose these representatives based on their geographical location and adopted training system, which demonstrated the observance of the principle of continuity in sports training through the results obtained. In the observational study, the national pentathlon naval batches of the following countries were selected: Turkey, China, England, Italy, Germany and Romania.

Conclusions. The performance differences recorded and graphically represented in the final standings of this World Championship edition are the expression of the differentiated distribution of the workload for each representative team. Compared to Turkey's steady performance in the sense that this team has maintained its gold medal at the 2015 Nautical International Championship, we consider that this year's significant progress in Romania's performances (the country's representative being the 4th out of 11 participating countries with 4,994 points) is the result of the implementation of a higher volume of physical training compared to the previous edition (38 hours).

Key words: training components, naval pentathlon, Romanian team.

Introduction. Given the fact that at national level there is no scientific methodology to deal with specifically naval pentathlon training; a legislative body-driving, i.e., a Federation of national military-naval pentathlon, which suggest selection criteria and scales (Platonov, 2015), models of training and competition (Bompa, 2002), leading sports performance of this sports discipline, we believe it is necessary to establish a uniform structure concept and content to the specific objectives of the sports performance preparation from Euro-Atlantic military structures, in regards preparing sportsmen in naval pentathlon current.

Today, naval pentathlon is one of the 26 sports disciplines from which runs continental and regional competitions of the world, under the patronage

of CISM (International Military Sports Council). It comprises five samples: obstacle race; life saiving; utility swimming; seamanship; amphibious cross country.

Individual champion is determined by the sum of the results of the 5 samples. The winning team shall be designated by uniting individual results of its components.

Championships and World Championships League system comprises: International Shipping-organized annual; 4 in 4 years Military World Games (2016 Vietnam) under the leadership and guidance of CISM (International Military Sports Council based in Brussels).

In this context, the Romanian naval pentathlon has become a necessity imposed by modernization and

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connection of the system to the requirements of military political and social (Teodorescu, 2009). Determined by these circumstances, in the development of a national representative of the naval pentathlon, we are faced with a multitude of faults, in terms of structure and content as the obtaining of a specific training system for participation at the international Championships, 2017.

Objectives.

1. Identify sources of information necessary for preliminary research approach: it is based on the objectives already identified for the theme of our study, which can be extracted from both the specialized bibliography specifies the basis of research and records of teachers of physical education within the Mircea cel Bătrân Naval Academy from military groups of students;
2. Analysis and dynamic results achieved by the team representative "Mircea cel Batran" Naval Academy during 2014-2016 International Nautical Championship - organized annually by the Naval Academy Tuzla - Turkey.
3. SWOT analysis-determine strengths and weaknesses from 2014-2016 competitions.

Methods of research. In our research we used the method of literature study, questionnaire survey

method and comparative analysis method results the dynamic results achieved by the naval pentathlon team.

Results.

In our research was undertaken a study of the results recorded at trening samples naval pentathlon: obstacle race; life saiving; utility swimming; seamanship race; amphibious cross country (combined sample contains: running, shooting, throwing the grenade, move light boats) during 2014-2016.

Study of existential training system at the international level was made based on scores achieved by teams representing the first six countries participating. In the study were selected trening national naval pentathlon batches of următoarele countries: Turkey, China, England, Italy, Germany and Romania.

We chose these to representative based on geographic and training system adopted, which demonstrated the principle of continuity in the sports results through training. In table 1 the results of the International Championship, Tuzla, April 2014, the year in which the Romanian squad did not participate for objective reasons. The Romanian team has not been employed in international scales since the representative batch components were graduates, and the selection was possible after admission, exam session July 2014.

Table 1

International Nautic Championship - results -2014-2016 Tuzla, Turkey

Country Year	Turkey (points)	China (points)	England (points)	Italy (points)	Germany (points)	Romania (points)
2014	5141	5012	4621	4821	4414	-
2015	5219	5118	4702	4722	4256	4965
2016	5112	5108	4775	4902	4654	4994

So based on the study of dynamics trening results samples of naval pentathlon from International Nautic Championships releases for the period 2016, analysed previously, and training

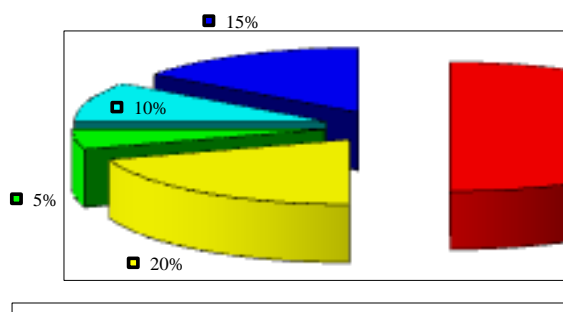
programs through the study of representative teams highlighted in table 2, we have established distribution workload for athletic training, in basic mezzo-cycle (chart 1, 2, 3, 4, 5, 6).

Table 2.

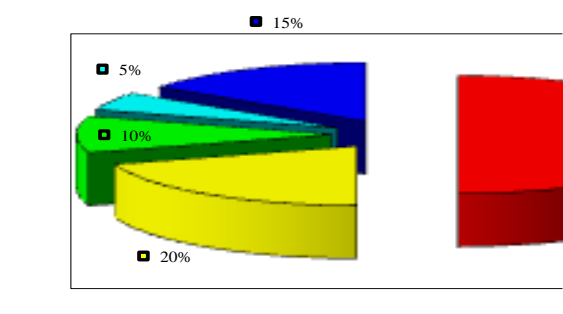
Distribution of the volume of work for training in basic mezzo-cycle International Nautic Championship - results -2016 Tuzla, Turkey

Country	Turkey	China	England	Italy	Germany	România
Saptamani	24	18	20	14	16	6
Nr.work./week. (hours)	12 (24)	12 (24)	11 (22)	10 (20)	10 (20)	10 (20)
Nr.work./mez. (hours)	288 (576)	216 (432)	220 (440)	140 (280)	160 (320)	60 (120)

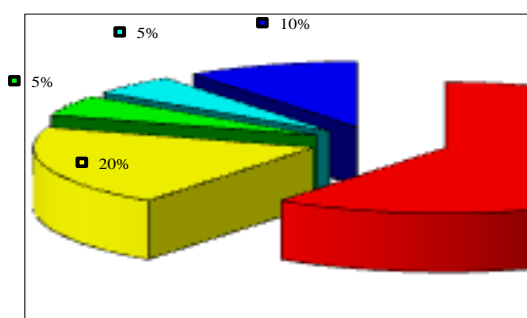
physical training (hours)	288	194,2	176	136	192	60
technical training (hours)	115,2	108,2	110	42	64	24
tactical training (hours)	28,8	43,2	66	42	16	12
theoretical training (hours)	57,6	43,2	44	42	16	18
psihological training (hours)	86,4	43,2	44	28	32	6



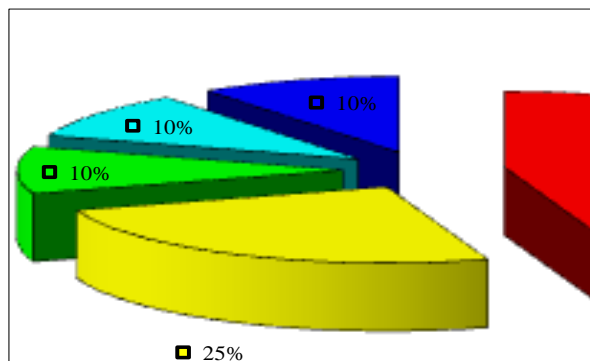
Graph. 1. Percentage distribution of components of Turkey's national team training-2016



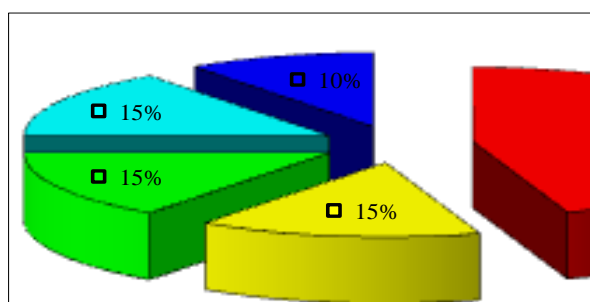
Graph. 2. Percentage distribution of components of Romanian's team training - 2016



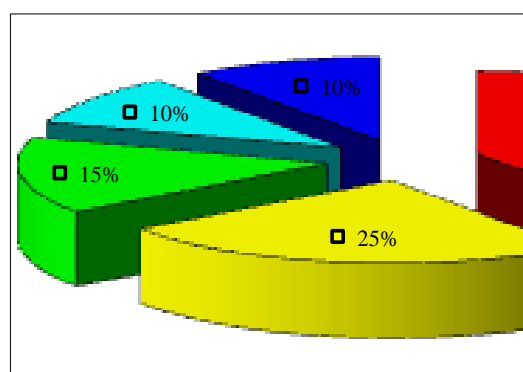
Graph. 3. Percentage distribution of components Germany's team training - 2016



Graph. 4. Percentage distribution of components China's team training - 2016



Graph. 5. Percentage distribution of components Italy's team training - 2016



Graph. 6. Percentage distribution of components England's - 2016

As can be seen in the graphs above, in terms of percentage of sports training components in mezzocycl are relatively close to all countries participating in our study.

Conclusions. The performance differences recorded (Thomas, Noleson, 2009) and graphically

represented in the final standings of this World Championship edition are the expression of the differentiated distribution of the workload for each representative team. Compared to Turkey's steady performance in the sense that this team has maintained its gold medal at the 2015 Nautical International



Championship, we consider that this year's significant progress in Romania's performances (the country's representative being the 4th out of 11 participating countries with 4,994 points) is the result of the implementation of a higher volume of physical training compared to the previous edition (38 hours). The results of this study support intervention by training accounted method of the survey questionnaire at selected representative teams coaches level in scientific research.

On the basis of these clarifications, you can confirm that it is necessary to work out a new system of training group of the naval pentathlon representative of our country. For the classification of representative of the naval pentathlon team on international criteria, performance capacity development is the main starting

point for the preparation of athletes, soldiers of the Navy Academy *Mircea cel Batran*, Constanta.

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