ABSTRACT OF THE DOCTORAL THESIS BY Mr. ROȘA ALIN CRISTIAN

THESIS SUBMITTED TO:

NATIONAL UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS

Bucharest, Romania, 2021

THESIS ADVISOR: PhD. NEAMȚU MIRCEA

TITLE THESIS:

STUDY ON THE STRATEGIES OF MANAGING THE PHYSICAL TRAINING IN DANCE SPORT, AT THE LEVEL OF JUNIORS II

Keywords: *dance sport, physical training, junior II.*

THE IMPORTANCE AND THE MOTIVATION OF CHOOSING THE TOPIC

Sports dance is a socio-sports phenomenon that has gained a special scale in recent years, both nationally and worldwide, as evidenced by the growing number of the legitimate athletes and the intensification of the competitive activity.

In this context, the specialists in the field make considerable efforts oriented towards finding the most opportune methods, strategies, means of action in order to obtain the exceptional results that all those who step into a sports ballroom want.

The analysis of the performance capacity structure, whose maximization is the primary objective of the training process, reveals the bio-psycho-social complexity of the sports performance and implicitly, the complexity of the training, that must target all components, each with its importance in the economy of dance sport.

Thus, a modern approach to the dance sport training, in order to achieve the proposed objectives, must target the basic landmarks: the specific technique, the tactics, the choreography, both in terms of difficulty and originality, the general and specific physical training, the capacity to recover, the artistic training, the theoretical training.

Going through the specialized literature (both Romanian and foreign authors) provided us with information mainly about the technique, about the evolution of the figures, about the artistic training, but too little about the physical training and its methodology in dance sports.

From the specialized bibliographic sources we have studied lies the importance and the contribution of dance to the development of the main psychic processes: the distributive attention, the rich imagination, the mental representation of the body, the plastic thinking, as well as of the nonverbal communication skills, the self-confidence, the sensory activity, etc.

At the level of the doctoral studies, there have been researches that fall into the field of dance sport, but the main topics are the psychomotor skills, the self-image that can be influenced by dance, the dance used in obesity prophylaxis, the human resources involved in dance sport, the arbitration.

Thus, the small number of the information sources on the physical training specific to dance sport and especially the lack of a rigorous motor profile developed for each age category, in accordance with the complexity of the technique and the specific physical demands, led us to try an analysis of motor qualities and especially of the their forms of manifestation, specific to dance sport, in order to optimize the training process of the juniors II.

The age of 14-15 years, corresponding to juniors II, respectively the second stage of training, can be considered a "golden age", due to the bio-psycho-motor peculiarities of the adolescents that allow their full development, in all aspects: technical, physical, tactical, artistic, in the conditions of a rigorously programmed and planned training.

We consider that the approach of the physical training and the strategies for its optimization in the training process can be a milestone in the field of the specialized knowledge, and can be a training model that can be implemented by other colleagues, whose feedback will be of a great use to us.

Without wishing to overestimate the importance of the physical training, however, it is known that the technical, tactical, choreographic, artistic potential of the dancers can be expressed at maximum capacity only on the background of an optimally developed effort capacity and on the background of the superior level of the motor qualities. In this context, our challenge with regard to physical training will be to specify and concretely determine the parameters of the effort, all the means used, whose amount and typology must be different depending on the tasks and the objectives of the training period, and their connection to the methodical procedures and the degree of the complexity of the technical elements used.

THE PURPOSE OF THE PAPER AND THE RESEARCH HYPOTHESES

The purpose of the research:

We consider that a challenge and, at the same time, the mastery of a sports coach when elaborating the physical training program consists in specifying and concretely dosing the effort parameters, the set of means used, whose amount and typology must be different depending on the tasks and

objectives of the training period, as well as their connection to the methodical training procedures and the degree of complexity of the technical elements used.

In this paper, the proposed scientific issue aims to make more efficient the training of the dance sport practitioners, juniors II, with an emphasis on the optimizing physical training to determine superior performance in a competitive context.

Thus, in this study we aim to develop strategies for optimizing the physical training of juniors II, by concretely improving the various components of the motor capacity.

The objectives of the research:

- the elaboration and implementation of the physical training optimization program, taking into account the feedback and the results of the preliminary research;
- the experimental demonstration of the efficiency of the application of our training programs in improving the indices of manifestation of the motor qualities specific to dance sport.

The research hypothesis

The use of both specific and non-specific means (borrowed from other sports) in the physical training of dancers, in an amount corresponding to the characteristics of the training periods, will help to improve the indices of the motor qualities involved in dance sports.

A judiciously directed physical training will also contribute to the adaptation of the functional capacity of the athletes, as well as to the improvement of the technical and competitive performance indicators.

PROCEEDINGS OF THE RESEARCH

The research methods

The study of the specialized bibliography

The bibliographic study of the specialized literature involved the analysis of bibliographic materials in the field of the research but also of some related fields.

In this sense, we undertook a documentary activity by studying the works, the specialized articles both from Romania and abroad, having as topic the issue that interests us, by watching videos, accessing the official website of the Romanian Dance Sports Federation, as well as of the WDSF.

The pedagogical observation

This method is used to obtain concrete data through which a scientific analysis of them is possible.

Thus, we used the method of observation throughout the experiment, on our athletes, in order to determine and to direct their behavior, as well as during testing and competitions, so that we can obtain as much information as possible on the proposed scientific issues.

The experimental method

In the case of our experiment, the independent variable was established and its effect on the dependent variable was followed. Thus, the independent variable was represented by the physical training programs included in the annual training plan for juniors II, and the dependent variable materialized in the improvement of the specific motor capacity.

The test method

In the case of the experimental approach, we used both the set of tests used in the preliminary research that we considered most suitable for our purpose, as well as others, belonging to a battery of modern tests, targeting three categories of indicators:

a) functional indicators (Harvard Test);
b) indicators for the general and specific motor skills:
   - 8 tests adapted according to the Eurofit model;
   - Optojump test battery (8 tests);
   - the Burpee test;
   - the test for the detenta.
c) indicators for technical-physical execution (2 tests).

The statistical method

For statistical-mathematical processing, we used the program SPSS V23 and Microsoft Office 2016 (Excel) and consisted in calculating several indicators, such as: Arithmetic mean, Standard deviation, Mean deviation, Coefficient of variability, t-Test "Student", Effect size.

The graphical method

The graphic representations have expressed very eloquently the picture of the recorded results and of the processed data. They also have been used as a means of analyzing research results.

The subjects and the research venue

Our experimental approach was carried out on a sample of 20 subjects (10 girls and 10 boys), aged between 14 and 15, from various sports classes, legitimized at the ACS Top Dance Sports Club 2007, all involved in the competitive system of the Romanian Federation of Dance Sport.

The two evaluations, initial and final, of the indicators proposed for measurement took place in the training room of the club, the usual conditions for training being sufficient: the equipment and the other special elements used in the application of the tests.

Stages of the research

The experimental approach took place between January 2019 and December 2019, with 4-5 training sessions per week and competitions on weekends (competition period), our study having the following stages:

January 2019	The initial evaluation
January – December 2019 December 2019	The implementation of the training program The final evaluation Processing of the experiment data

ANALYSIS AND INTERPRETATION OF THE RESULTS

In terms of ***functional assessment***, both girls and boys showed significant improvements in effort capacity. In other words, both the means used, but especially the dosing of the effort during the training period significantly led to the improvement of the cardiovascular resistance of the subjects included in the research.

The motor assessment

All the evaluated motor parameters experienced significant improvements, in terms of the calculated statistical indicators, which confirms the effectiveness of the training program we used.

In the motor assessment, in the test for detenta, an important quality in the case of the execution of all technical figures, but manifesting itself especially in the jive and quickstep, it has seen significant improvements from a test to another, as a result of our training strategy, both for boys and girls.

Also in the OPTOJUMP test battery, both girls and boys made significant progress from one test to another (in all tests), both in terms of anaerobic power measured by jump tests (at the level of all measured parameters), as well as regarding the dynamic balance measured by the "March in place" test.

The statistically significant differences obtained by all the research subjects in the jump tests certify the judicious choice of means used in training, both non-specific and specific, for the consistent improvement of the anaerobic power, claimed by many technical elements in Latin and Standard dances.

In the tests for dynamic balance, both categories of subjects obtained the most statistically significant differences between the two tests in the test "March in place – eyes open/30 seconds", thus being able to state that this psychomotor ability was properly optimized by the methodology of training we used.

The technical-physical assessment

Both girls and boys, in all tests (standard and Latin) significantly improved their grades from one test to another, as evidenced by the representative differences between the averages of the grades obtained by our subjects, at a threshold of significance greater than t critical, for $p < 0.05$, which rejects the null hypothesis and validates the research hypothesis.

CONCLUSIONS AND PERSPECTIVES

In the conclusions and perspectives, we are entitled to state that the hypotheses were confirmed.

Consequently, a coherent physical training strategy, in accordance with the competitive schedule, the training stages and the proposed objectives will not only lead to higher indices of manifestation of the specific motor qualities, but will positively influence the other factors of training and, by default, the performance capacity.

There is also a need for a regular assessment of physical performance, with modern equipment, as much as possible, so that the planning and the scheduling of subsequent activity always starts from concrete data.

We still believe that it is imperative to create a physical model at the level of the Romanian Dance Sports Federation, for each age category, to which all the dance practitioners should report, during the periodic evaluations, so that the training process should be permanently adjusted when deviations from the national average are found.