

# THE NEW APPROACH TO DEVELOPMENT OF THE EXPLOSIVE PSYCHOMOTOR AND ITS INFLUENCE ON PERSONAL FACTORS AND COMPETITIVE ACTIVITY OF YOUNG WEIGHT-LIFTERS

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## ABSTRACT

The experimental proof of development of an explosive psychomotility at young weight-lifters is received at use of new device " SPORK", its positive influence on personal factors and competitive activity

**Key words:** SPORK, psychomotor, jump, development, personal factors, competitive, explosive, purpose, muscular efforts, motivator, sports qualification, result, technics, physical, psychological.

## INTRODUCTION, LITERATURE REVIEW AND DISCUSSION

The explosive psychomotor is included into structure of techniques of a raising of a bar, therefore it develops during the training of the weight-lifter. It is necessary to notice, that with addition of the lifted weight from weight-lifters the increase in size and explosive force is required for to the sportsman to overcome the lifted weight it will not be possible. Therefore in the course of physical preparation weight-lifters development of an explosive psychomotor should advance the next training weight of a bar constantly. In connection with the aforesaid ascertaining experiment on development of the given quality weight-lifters has been made.

Psychomotor development was carried out with the help device "SPORK" (Z.G.Gapparov, J.M.Ishtaev. M.Fan-sportga magazine № 4/2011 year p.37-39, the copyright certificate № AGU 0070). see. Rice-1.



picture-1 Device " SPORK " for measurement of ability of explosive actions.

For measurement of explosive force the sportsman approaches under device "SPORK" which is suspended on the Swedish wall, lifts or lowers a mobile part of the device on the height, the extended hand upwards in a rack. Thus fingers of hands should concern a mobile bottom part of the device. From this position, having laid down for itself the aim (on how many centimetres to jump out), the sportsman makes a jump from two feet upwards and in a dead point of a jump with fingers touches on an obverse part of the device, visually marks height of a touch of fingers where there are centimetric marks. Thus, the height from the bottom mobile part of the device to a mark of a touch of fingers of hands will define size of explosive force of the sportsman. It means, that the sportsman has come off the earth on 20,25 ... 40,50 sec.[2]

20 weight-lifters including masters of sports-2, candidates for the master of sports-3, first-rank sportsmen-4, second-rank sportsmen-8 were object of research, only 2 sportsmen had the third category and one weight-lifters had the third youthful category. Experiment lasted hardly more than one month.

Results of researches on development of a psychomotor of explosive force at weight-lifters to different sports qualification has shown, that at beginning sportsmen for expired period of exercises on development of an explosive psychomotor the gain of size of jumps at all examinees (11 persons) is observed, thus the highest indicator of a gain is marked at weight-lifters Sho-U which is equal 8,4 sm, The considerable the indicator (5,8) is marked at examinees Ka-X, Ni-U, 4,6 sm at Ha-R, from 3-3,8 sm at four sportsmen, and an insignificant gain only at a three (1-2,2 sm) Za-sh, Rad-f, Ra-f.

Thus, from 11 persons at 8 the sportsmen the gain of size of a jump, and at three development insignificant is observed.

If to compare total average indexes before training (42,3 sm) and after it (47,15 sm) the difference between them is authentic at  $P < 0.05$ .

At weight-lifters the higher sports qualification during exercises the gain of size of an explosive psychomotor at all examinees (9 persons) is observed, thus the highest indicator of a gain is marked at weight-lifters Mi-I which is equal 11 sm, the considerable the indicator (from 5,8-to 8 sm) is marked at examinees Sha-A, Ab-D, Ga-A, Uz-T. from 4 sm at two sportsmen Ar-R, Ab-A to 3,2 sm at Hu-Sh, an insignificant gain only at one (2sm) Ni-G.

Thus, from 9 persons at 8 the gain of size of a jump, and at one it insignificant is observed.

If to compare total average indexes before training (54,3 sm) and after it (60,2 sm) the difference between them is authentic at  $P < 0.05$ .

What promoted acceleration of development of explosive force at young weight-lifters? We consider to it device "SPORK" which creates promoted: [3]

- Purpose (before each jump weight-lifters puts before itself concrete, for itself the feasible purpose)[4],
- Concentration of attention according to an object in view:
- Concentration of the muscular efforts, corresponding to an object in view:
- Display of strong-willed effort for achievement of constantly increasing purpose:
- Motivator (achievement of the next purpose induces the sportsman to raise a purpose):

-Conditions for return afferentation [1] according to which was carried out an estimation of the executed actions and if necessary entering of corresponding corrections into executed action

Results of researches of development of an explosive psychomotor and its influence on sports result weight-lifters has shown, that positive influence can be noted only at sportsmen of the top skills. Two participated in competitions KMC and four first-rank sportsmen, only 6 persons. From them four sportsmen have taken the first places, and two have taken prize-winning second and third places, participating in competition in higher weight category. Such law it is not observed at sportsmen of the lowest sports qualification. So, the examinee of de th having size of an explosive psychomotor of 43,4 sm has won first place, and weight-lifters Sho having size of explosive force of 54 sm has managed to take only the eighth place, and examinees Is glad-f, Ing having size of a jump of 37,4-44,8 sm have taken the second places. Thus, the resulted results of researches say that development of a psychomotor at weight-lifters the lowest qualification of such bright influence on their sports result is not observed. The reason of it we see yet in the generated technics of a raising of a bar, weak physical and psychological readiness.

Proceeding from the above-stated it is possible to come to a following conclusion: development of an explosive psychomotor makes effective impact on competitive activity weight-lifters when they sufficiently seize technical, physical and psychological preparation.

Researches have shown, that purposeful development of an explosive psychomotor with the help device "SPORK" positively influence as sports result and personal factors weight-lifters . As a result of questioning it is revealed, that during exercises on development of an explosive psychomotor as all examinees mark there were following changes: «I had a feeling of ease», «Has raised a self-trust», «has distinctly started to feel an increase of the lifted weight», «During competition I feel an increase of forces», «At a raising of a heavy bar at me the fear condition has disappeared», «During competition the proved risk on a raising of the ordered big weight has raised», «During competition of the beginnings it is easy to focus attention to bar lifting», «it is better than the beginnings to realise the possibilities».

## CONCLUSIONS

1. It is experimentally proved possibility for short time purposefully to develop an explosive psychomotor at weight-lifters with device use "SPORK" At sportsmen of the lowest qualification before experiment the explosive psychomotor made 42,3 sm after experiment there were 47,15 sm, the difference makes 5 sm, reliability of distinctions is equal  $P < 0,05$ , and at sportsmen of the top skills before experiment made 54,3 sm after experiment became 60,2 sm, the difference makes 6 sm, Reliability of distinctions is equal  $P < 0,05$ .
2. Researches have shown, that the size of an explosive psychomotor is one of qualification indicators weight-lifters . About it speak sizes total averages indicators. At weight-lifters it is equal to the top skills 60,2 sm, and at sportsmen of the lowest qualification it makes 47,15 Reliability of distinctions between these sizes high see at  $P < 0,01$ .
3. It is established, that at an equal weight category there is a direct communication between size of an explosive psychomotor and competitive result. Sportsmen (MC, KMC) with high size of an explosive psychomotor achieve the big successes.
4. As a result of questioning it is revealed, that purposeful development of an explosive psychomotor by means of device "SPORK" positively influences as on sports result and personal factors weight-lifters which are necessary for achievement of high result

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