

Anatomical-Physiological Characteristics of the Selection of Young Rowers in Kaying and Canoeing to Beginning Specialty Groups

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ABSTRACT

The limit of human capabilities in sports is determined not only by the optimal shape and structure of the body, but also by the structure of human mental activity. The fitness and nature of the athlete is probably more important than his body shape.

It is not for nothing that a large number of morphological, physiological and psychological indicators are proposed as criteria for selection and selection of sports.

There are specific characteristics of a person, his nature and vitality that determine in advance the achievement of a certain type of sports training and high results.

So far, there are not many empirical studies, but in general, they confirm the existence of a correlation between sports results and certain characteristics of the athlete's personality.

In-depth knowledge of the psychophysiological characteristics of rowers is related to the study of higher nervous activity (ONF), which determines sports achievements to a certain extent. Among rowers of the modern level of sportsmanship, the winners are those who have not only the body structure in accordance with the requirements, but also the appropriate characteristics and high functional indicators. Congenital features of the higher nervous system, i.e. ONF, cannot have a significant impact on typological specific features.

➤ Various aspects of the specific characteristics of the higher nervous system in athletes were studied, and it was noted that the high level of mobility of nervous processes and the dominance of the effect on stopping are useful for short-distance rowers.

On the contrary, - restraint for long distances, low mobility of the nervous system is useful. The

conclusion of researchers that success in sports is related to typological characteristics of ONF is very important. For example, it was found that the duration of the nervous system and exposure process is of great importance in sports. Rowers, skiers, track and field athletes, long-distance runners, and marathoners need a strong nervous system. In the study of the higher nervous system, E.P. Ilin's Tapping Test can help. Telling sportsmanship in qualifying young rowers.

- Predicting the abilities of children and teenagers for the chosen sport is the essence of sports selection, because only with predictability can appropriate selection be possible in any sport.

In selecting athletes for rowing training, the information available in the literature is in most cases predictive of physical development, primarily body length and movement qualities (speed-power and movement coordination abilities). indicates a high level of significance. These characteristics at a high statistical level ensure the future sports performance of rowers. In the later stages of multi-year training, the range of predictive information indicators is much wider, which increases the reliability of the forecast. the number of tests describing the movement, psychological and technical-tactical capabilities of rowers will increase.

Of course, it is difficult to predict the level of development of 13-14-year-olds at a certain time with more or less high probability, to classify (separate) selected athletes into more or less talented groups. Nevertheless, scientists studied these problems and drew their own conclusions.

According to science, anthropometric (morphological), physiometric, movement, psychometric characteristics of a person are more closely related to the transmission from generation to generation. Therefore, it is difficult for them to develop in the course of sports training, and prediction is of great importance in the assessment of sports abilities.

Information on the level of inheritance of some morphological characters in humans is presented. It can be seen that the greatest influence of genetic factors corresponds to body length dimensions, width dimensions and volume dimensions, i.e. body circumference.

1.1-jadval Indicators of transmission of some morphological characteristics of a person from generation to generation. (L.P. Sergienko).

Dimensions	Morphological sign	Passing from generation to generation 1 (%)
The long one	Body, arm and leg length.	85-90 80-85
Width	Body, shoulder and wrist, hip and calf length	70-80 60-70
Circumference	Body mass, pelvis and hips, shoulder and knee width.	60 or less

According to scientific studies, among the anthropometric indicators for rowers, the most informative

given is the body length. Experts in the field of rowing rely on the criteria proposed by German experts (Zigel A.A., Dolnik Yu.A) in predicting body length.

It is estimated that a large number of human muscles are composed of two types of muscle fibers: fast and slow. The first is the effective speed capable of power work, i.e. explosive power, the second is slower contraction, but more durable. Fast-twitch fibers are divided into two groups:

- a) Red, fast-twitch fibers - they contain more myoglobin and are capable of longer activity;
- b) White, fast-twitch fibers differ from fast-twitch red fibers in terms of their morphological structure, they contract stronger and faster, but they "fatigue" faster.

A person is born with a certain ratio of these two types of muscle tissue, and it cannot be changed by training or any other means. From this we can draw the following conclusion: a person born with a large amount of red muscle fibers is prone to endurance sports at a young age and can be successful in this.

Thus, it is possible to find out the muscle composition of young people who have just entered the sport, and direct them to "fast" and "slow" sports.

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