

Study regarding the role of transfer mechanism in learning handball

PETRU GHERVAN^{1,2}

¹Stefan cel Mare University of Suceava,

²University Sportive Club of Suceava,

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Abstract:

Purpose: Improving the process of learning the playing technique of handball game by knowing and applying transfer mechanism as a necessary tool for the design to the practical application of the methodology of training.

Hypothesis: knowing the transfer mechanism valences, we create a judiciously design assumption for sportive training process, with direct effect in increasing its efficiency.

Materials and methods: the study of literature concerning the mechanism of transfer of motor skills, interviewing practitioners at different levels of handball practice, achieving a classification in their own view, for the possible types of transfer in handball regarding the specific motor skills. In the planning process, the effect of the transfer we must focus to the development of psycho-motor qualities and learning of motor skills to determine the possibility of their influence on other forms of activities.

Conclusions: It is necessary to know the psychological mechanism of transfer and each transfer types encountered in handball practice on every practice level.

Keywords: specific motor skills, classification, teaching design, sports training, efficiency

Introduction

Transfer as complex mechanism on the nervous system is a challenge for specialists in psycho-pedagogical sciences, which have effects still insufficiently clarified in motor activities also.

In professional sports, great efforts are made to improve performance by using all the available resources. The transfer and its mechanism are usually approached only in scientific papers relating to learning the technique, about the same level of generalization. It is not clearly specified with concrete examples and arguments which its effect is in a sport, which are the results, especially if this mechanism is predicted and if we can count on its effect in an early activity stage design.

M. Epuran defines the transfer as improvements in learning a new task through a previous learned task. The learned elements can be transferred to a new task due to common components between what has been learned and what is to be learned, therefore it will occur when between an old and a new skill proposed for learning are similar structures. Transfer mechanism is based on factors such methodical, organizational learning, physiological or psychological nature. The transfer of psycho-motor skills, mentioned by AN Krestovnikov since 1951, indicates the generalized effects of nervous system, of switching in cerebral cortex of functional systems to others in situations where dynamic stereotypes links previously formed is applied to form dynamic stereotype again. In the planning process of transfer effect, we must start from the development level of qualities and psycho-motor skills, for determine their influence on other forms of activities. As Demianenko IK (1982) mentioned, the transfer of the physical state as a support of specialized skills, is performed more useful in the early stages of motor skills development in both activities.

At lower levels of sportive motor skills stability, when their structure is not yet confirmed, there are more opportunities in achieving the success based on the "start" analog insurance mechanisms of other specialized sportive activities. Knowledge and use of the data expressed by the above authors, has a major importance in the planning process of applied sport physical training (general and initial).

During the period of athletes initial training the fact that are aimed at multilateral motor experience accumulated by practicing physical exercises wide range of dynamic and kinematic structures will positively influence the learning process of specialized sports psycho-motor and qualities skills. At the same time the top level of certain psycho-motor skills in order to coordinate their integrative becomes a negative factor for the formation of new connection process coordinating actions with the analogue structure.

From the foregoing regarding the transfer of motor skills and quality, results that in the initial stage of training, the development of psycho-physical qualities is a very complex process. That is why regardless of the different accents in the methodological guidelines of sports training, psychophysical development process is carried out fairly uniform.

Mastering (acquisition) the general applied sport psycho-motor skills contribute to an appropriate measure to physiological processes transfer, representing the physiological basis of stability, physical exercise capacity and creating the conditions for maintaining the skill when fatigue occurs. In this context, some authors (ID Karțev, SA Polievskii, 1972) submit that, in the base of applied sport psycho-physical training we should train the physiological functions through which depend the quality of acquiring the specific sports skills.

Applied sports physiological criterion represents, as authors point out a specific part of the dynamic stereotype and consists in high or low levels of physical indicators. Training functions technology (obtaining physiological effects) through sports training methods (physical) must determine the content of the initial sports physical training. Therefore, the necessity to develop certain functions of the body, increasing the adaptation possibilities a specific sports training determines the searching for some acting systems that simultaneously influence the whole complex of organs, functions and qualities.

In the following authors work N.V. Zimkin (1955), M. I. Vinogradov (1957), V.S. Farfel (1962), S.A. Kosilov (1965) it is mentioned that learning and improving motor skills with complex coordinating structure is performed based on regularities of higher nervous activity - laws of irradiation and concentration of fundamental nervous processes, the formation of conditioned reflexes and dynamic stereotype.

This phenomenon, defined as "the transfer of training status" (NV Zimkin, 1955) became the basis for selecting the sports physical training methods in the initial stage. Thus, selection exercise in this context refers not only to their mechanically selection, but primarily integrative positive transfer organization for training both physical and psycho-motor functions, as well as the senses.

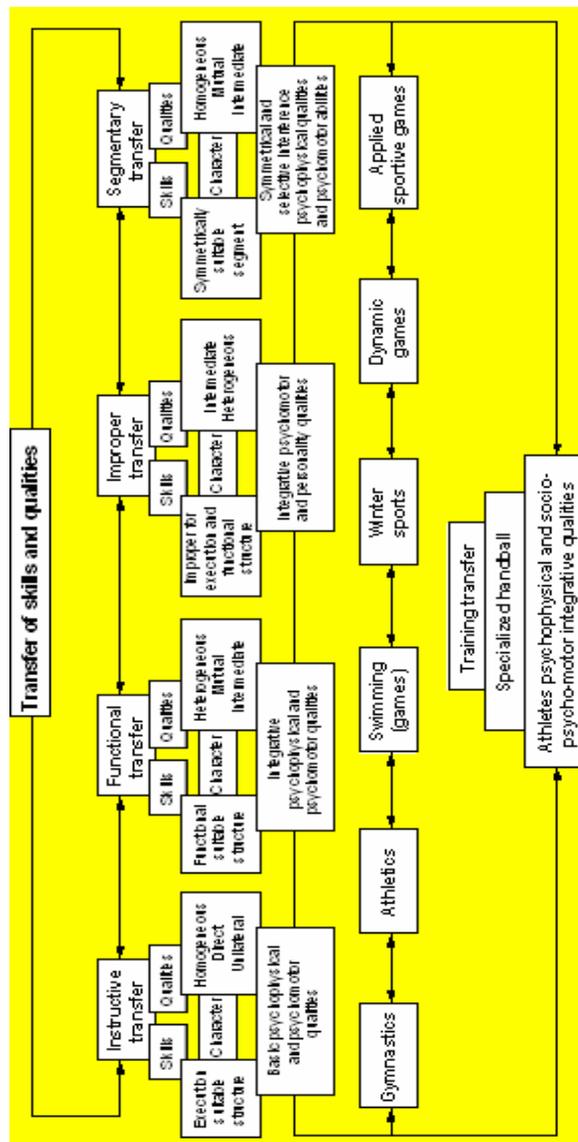


Figure 1. Taxonomy of psychomotor qualities, psychophysical and physiological general constructs transfer (proposed by us for sports training process formation at the initial stage of junior handball).

Knowing the principles that govern the growth and development of individuals, it is necessary to understand the evolution of sports performance. The importance of early training of motor skills in children cannot be stressed in its entirety. The individual who has acquired a wide range of movement patterns in the early stages of life are most likely able to perform the most complex models later motion.

At the same time, as Iu. Verhoşanskii (1970) mentioned the local character of accumulation of locomotors function and their high degree of specificity - reflecting the qualitative side of the motor system of the body - is the main basis for selecting the methods and methodology to educate psycho-motor qualities and psychosocial skills formation in each case.

As shown in the above information, well as from investigating the use of physical exercise in order to optimize the sports training process at the initial stage, we can mention that the transfer instrument in itself a complex interconnector which has the potential of integrative athletes psycho-physical qualities, psycho-motor and motor formation especially in the novice level skills, whose physiological support is quite flexible. This is the premise for the next stage of athletic training.

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