Journal of Physical Education and Sport ® (JPES), 18 Supplement issue 5 Art 311, pp. 2078 - 2083, 2018
online ISSN: 2247 - 806X; p-ISSN: 2247 – 8051; ISSN - L = 2247 - 8051 © JPES

Original Article

Strategies for elaborating the methodology for training future performers in order to increase the level of specific training of Basketball players

NINI FLORIN
University of Galați, ROMANIA

Published online: November 30, 2018
(Accepted for publication November 20, 2018)
DOI:10.7752/jpes.2018.s5311

Abstract:
Objective: To explore the participation and attitude of institutionalised elderly towards Physical Activity.
Method: This study is cross-sectional in time with a quantitative paradigm approach. The sample consists of 113 institutionalised elderly people (mean 82.96 ± 7.03 years of age). A questionnaire was used to collect data which was statistically analysed. This questionnaire was constructed by the researcher who used tests also validated by other authors.
Results: The participation of the elderly was higher than inactivity. The general attitude towards physical activity was found to be positive. The frequency of participation influenced the attitude towards physical activity (Kruskal-Wallis; $p \geq 0.01$).
Conclusion: The elderly people in this study were found sedentary lifestyle, however they had a generally positive attitude towards Physical Exercise. The frequency of participation seems to influence the attitude towards Physical Activity.
Key words: physical activity; attitude; motivation; institutionalised elderly..

Introduction

The main purpose of this research is the specific process of identifying and implementing individualized physical training specialized in high performance basketball, the purpose of which is to check the potential effectiveness of the proposed methods.

The main objective of the research is to elaborate a specialized methodology proposed in the preparation of future performers in order to make the level of specific training of basketball players more efficient as objectives:

1. implementation in the process of preparation of the proposed experimental methods;
2. application of the methodology of the experimental methodological methodology to objectively determine the progress, stopping or regression of the performance performance, thus enabling it to intervene effectively through adaptation of the actuation systems during the basic experiment;
3. ensuring the continuity of the training means throughout the experimental approach;
4. verifying the efficiency of the proposed methodology by increasing the competitive yield.

The hypothesis of the work.

In this context, in the present research, a working hypothesis has been formulated, according to which the improvement of the level of training of basketball players can be achieved by implementing a training methodology specialized in the content of the training.

As secondary assumptions we can state that the implementation of the proposed methodology based on the modern technology will lead to a positive influence on the quality of the game by increasing the number of attacks and consequently the number of scored points and the program by its efficiency will raise the values obtained in the specific effort areas the requirements of the modern basketball game.

The basic research steps and strategies pursued:

a. establishing working hypotheses;
b. establishing the experimental group;
c. establishing test methods;
d. performing initial testing;
e. the introduction of the proposed methodology in the process of preparation;
f. performing intermediate testing;
g. analysis of the results of the mid-term test;
h. final testing of the group of subjects;
i. tabulation and analysis of results;
j. formulation of conclusions and recommendations.

Corresponding Author: NINI FLORIN, E-mail: …….

Research tasks

The experimental approach involves performing some tasks that have contributed to the representation of the results:

1. studying the bibliography, the literature for the basic scientific reasoning of the topic;
2. establishing the premises and assumptions of this research;
3. establishing the purpose of the research;
4. Sample setting and periodization of research;
5. Establishment of objectives and strategies of action in order to obtain the expected result;
6. Establishing the research methods and the methodology used in the basic experiment;
7. implementation of the proposed operational model;
8. collecting and processing research data;
9. interpretation of the results;
10. Develop conclusions and recommendations.

The research methods used in the baseline experiment were:

a. the study of the bibliography, consisting of the analysis of the specialized literature, considering that this must be a permanent concern of each trainer;

b. observation, used to properly conduct all training activities;

c. the pedagogical experiment described below;

d. the statistical - mathematical method, allowing us to validate the results;

e. the method of conversation, consisting of discussions with the subjects of the research on the importance of the physical factor and in order to provide a feedback on the application of the proposed methodology;

f. the graphical method used to give the interpretation and presentation of the research results as suggestive as possible.

The present research includes a number of 14 subjects, sporting components of the Romanian national basketball team.

Periodicity of basic research

The basic research is from 20 April to 15 June 2015, a period of 56 days, coinciding with the reunion of the national women's basketball team, the last European Basketball Championship.

The independent variable was used by the experiment managers to make the level of training specific to basketball at the national batch level more efficient. This variable takes the form of an original and innovative methodology, and the dependent variable refers to the results obtained by the experimental group following the application of the proposed operational model.

The present research is of the longitudinal experimental type, and the tests were performed with the following time points:

a. Initial Experimental Testing - April 21, 2015, Grădiştei Gorges;

b. Intermediate test experimental group - May 6, 2015, Galati;

c. final experiment experimental group - June 7, 2015, Timişoara;

The location of basic research

The actual experiment, through the specific feature of the training plan of the national women's basketball team, took place in various gyms in Grădiştei, Galați, Bucharest, Belarus and Timişoara.

Description of basic research tests

In designing test tools, consideration was given to the possibility to apply them regardless of where the experimental group will be based on the team schedule.

Thus, together with the technical staff, we decided that the tests applied were:

1. speeding on 30 m.
2. Lower limb detention
3. The little marathon
4. Free throws - percentage
5. Running resistance 800 m.
6. specimen specific, extreme, and pivots

For an accurate and accurate indicator of the performance achieved at the initial, intermediate and final moments of the experimental period, we decided to apply all the tests twice in the same training lesson, taking into account the best value of the obtained results, less the resistance test.

Table 1. Initial test group experimental results

	Subjects	30 m	Detention	The little marathon	Free throws	800 m.	Specific Test	
1	S 1	3,9	44	21,6	10	158	19	Fundaţi
2	S 2	4	45	22	10	159	20	
3	S 3	4,1	42	22,1	11	161	21	
4	S 4	4,1	43	23,3	10	160	21	
5	S 5	4,4	38	23,9	9	168	20	
6	S 6	4,5	38	22,8	9	169	19	Extreme
7	S 7	4,4	37	24	10	169	22	
8	S 8	4,3	40	23,7	9	171	23	
9	S 9	4,5	40	23,7	10	172	23	
10	S 10	4,8	39	24,5	9	173	22	
11	S 11	5,3	32	26,8	11	194	26	
12	S 12	4,9	36	27	8	177	24	Pivoţi
13	S 13	4,8	37	26,8	8	179	22	
14	S 14	4,9	37	26,9	8	169	24	
Arithmetic mean		**4,49**	**39.14**	**24,15**	**9**	**169,93**	**Defender 20,25**	

Table 2. Final test group experimental results

	Subjects	30 m	Detention	The little marathon	Free throws	800 m.	Specific Test	
1	S 1	3,8	45	20,9	10	153	21	Fundaţi
2	S 2	3,9	45	21,2	11	154	22	
3	S 3	3,8	43	21,3	11	158	23	
4	S 4	3,9	44	21,7	10	157	23	
5	S 5	4,2	39	22,8	10	161	22	
6	S 6	4,2	38	21,7	9	161	23	Extreme
7	S 7	4,3	39	22,9	10	159	24	
8	S 8	4,2	41	23	10	163	23	
9	S 9	4,3	42	23,1	10	161	25	
10	S 10	4,6	41	22,9	10	164	24	
11	S 11	4,9	35	24,6	11	181	28	
12	S 12	4,8	38	26,1	9	170	24	Pivoţi
13	S 13	4,7	40	25,7	9	171	24	
14	S 14	4,5	39	25,3	8	166	26	
Arithmetic mean		**4,29**	**40,64**	**23,09**	**9,86**	**162,79**	**22,25 Extreme 23,5 Pivoţi 25,5**	

The analysis of the data presented in the previous table leads us to formulate the following partial conclusions made on each test, also supported by graphical performance:

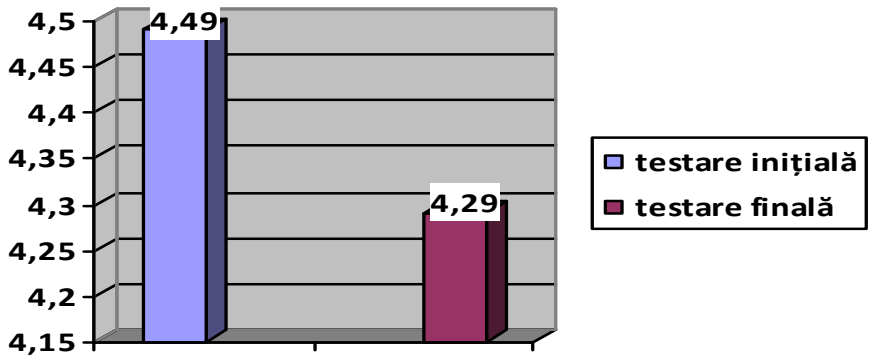

Fig. 1. Graphic representation initial and final test experimental group, speeding 30 m.

Analyzing the values obtained in the initial and final testing of the experimental group, we find a 0.2 second progress in the 30 m speed test. Interestingly, all players have seen an improvement in their performance.

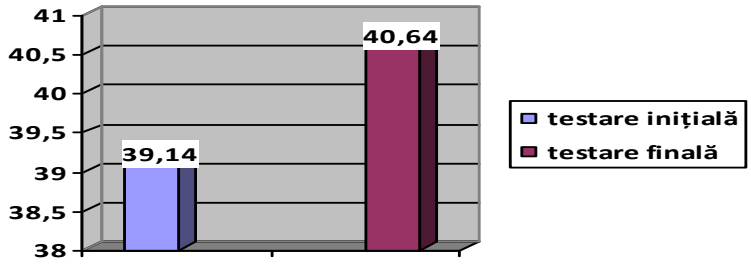

Fig. 2. Graphic representation initial and final test group test

Regarding the sample by which detention is measured, a real increase of the final test values of the experimental group is observed starting from a value of 39.14 cm, reaching a value of 40.64 cm, upper 5.5 cm, more than 10%.

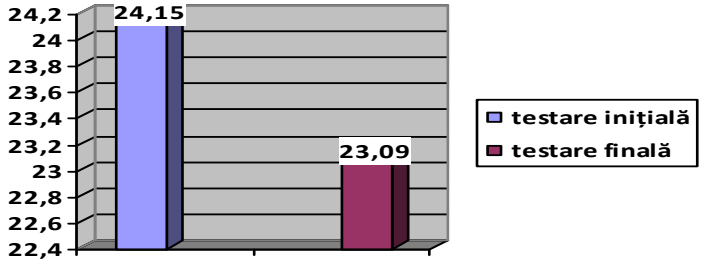

Fig. 3. Graphic representation initial and final test experimental group, small marathon

The efficiency of training is also proven by the results at the small marathon, where performance improvement is recorded by more than 1 second at the level of the experimental group.

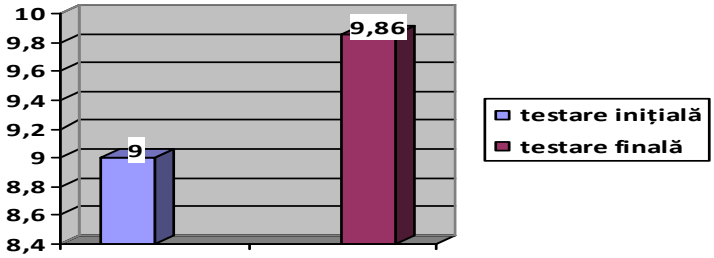

Fig. 4. Graphical representation initial and final test experimental group, free throws

Of the total of 12 throws performed at the free throw test in the initial test, an average of 9 successful throws is achieved. Instead, after the experimental period, there was a progress of 0.86 successful throws, a percentage close to a value of 10%, so the research group aligned with the bands whose percentages at the free throws are higher than the value 75%, reaching 82% during this period.

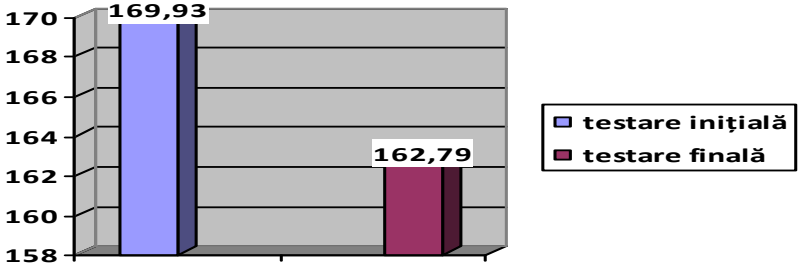

Fig. 5. Graphic representation initial and final test experimental group, running resistance of 800m.

In order to be able to present the most progressive progress in the 800 m running resistance test, I chose to transform the time in seconds.

Thus, in Braşov (the place of initial testing) an average of 169.9 seconds is achieved, and in Timişoara, the final test is 162.7 seconds. Progress, 7.2 seconds, can be seen by comparing the time in minutes and seconds: 2 ', 49' versus 2 ', 42'.

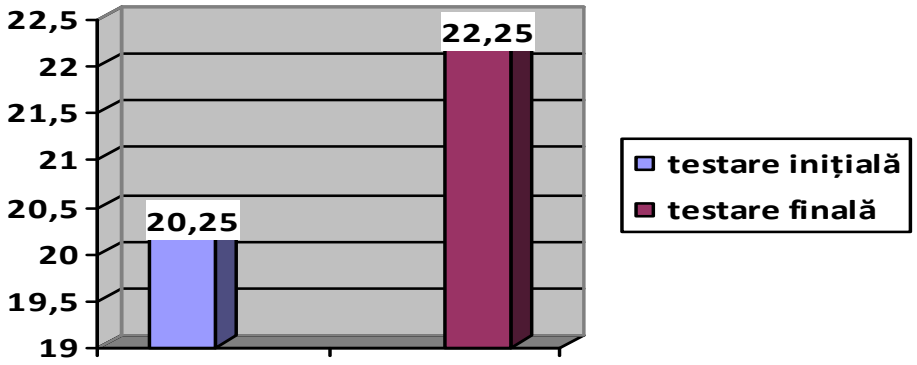

Fig. 6. Graphic representation initial and final test experimental group, sample specific defender

The 4 defenders who support this test get better results at the final test, marking 2 points more. 20.25 points is the arithmetic mean of the values in the initial test, increasing by 2 percent in the final one.

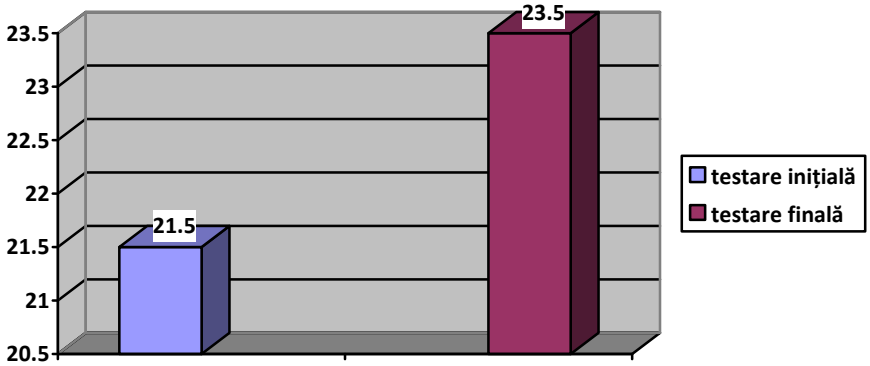

Fig .7. Graphic representation initial and final test experimental group, Extremely specific sample

The extremes of the Romanian national team improve the average of the points scored on the specific test of their position, from 21.5 to 23.5 points scored. These two extra points are all the more valuable (10% progress) as they are from 12 throws.

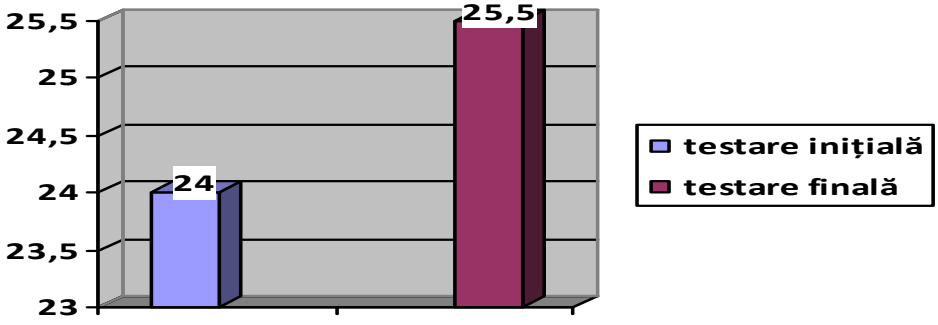

Fig. 8. Graphic representation initial and final test experimental group, pivot-specific sample

The pivots of our country's representative team also progressed to the number of points scored in the job-specific test, from 24 to 25.5 points.

Conclusions

The conclusions of the basic research are centered on the working hypothesis that it confirms, namely, by developing and implementing a specialized methodology, the level of training of the basketball players is improved, the competitive yield on this aspect of the game being considerably improved. The reason for the continuation of the scientific approach regarding the subject is determined by the interest we have shown over the past few years in the field of professional training regarding the basketball game, being a trained coach in this sport discipline, preparing different masculine and feminine teams at higher level, coming from sports performance, practicing this sport from an early age.

Bibliography

Fleanu, J.L., *Basketball. Guidelines and Concepts in Basketball,* Training, Author: Fleancu, JulienLeonard, ISBN: 978-973-742-746-5, Universitaria Publishing House

Moanta, Alina Daniela. *Computer documentation*. conf. univ. Dr Alina Daniela Moanta. Bucharest: Discobolul, 2011. 108 p.: Il. ; 24 cm. (Continuing training, ICT applications in teaching physical education and sport). Bibliogr. ISBN 978-606-8294-30-8. III 21993; 796 / M84.

3.http: //www.frbaschet.ro/regulamente/Probe_si_Norme_de_control_2012.pdf), accessed on 20.02.2017;

4.http://archive.fiba.com/pages/eng/fa/game/p/gid/9/grid/A/rid/10168/sid/9464/_/2015_EuroBasket_Women/statistic.html, accessed on 15.12. 2016