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ORIGINAL RESEARCH

WAYS OF OPTIMIZING FORCE DEVELOPMENT AT PRIMARY SCHOOL CHILDREN

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Key words: elastic band, force, primary school, evaluation.

Introduction:

The accomplishment of progressively developing the muscular mass is a permanent objective of the Physical Education and Sport lessons. The breakthrough of the elastic band makes this objective achievable. This band is quite useful in improving the muscle capacity, for it can adapt in function of each individual's possibilities, including his or her age, muscular force, articulation mobility.

These elastic bands are of 5 types, with a roughness degree in between 1 and 5, and it comes in various colours.

The elastics using gymnastics is a light sportive activity that respects basic rules. It simply has to be applied progressively. One first uses the elastic band of the color corresponding to that difficulty degree that allows for easy movements. Strength is then measured in order for the band to be changed according to the newly necessary resistance.

	Class			
	I	II	III	IV
1.				
2.				
3.				
4.				
5.				

Table no. 1. The repartition of the different categories of elastic bands fution of age and class
 Elastic using gymnastics used to strengthen the muscular mass can be successfully practiced form 6 to 7. The progressive passage from one level to another allows for the practice of exercises, with no accident risks. If the basic position is respected and if the movement is correctly executed, there will appear no spine connected problems.

The elastic bands under the shape of scarves can be used at any age; lately, sportsmen have been using it during practice or competition warm-ups. Being easy to carry, we recommend that they be present in every pupil's or student's equipment.



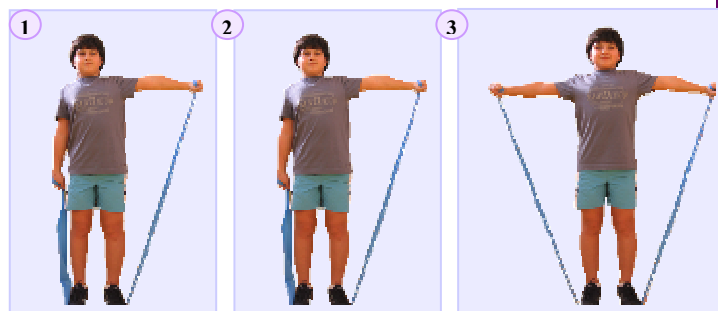
EXAMPLE OF A COMPLEX OF EXERCISES PERFORMED BY MAKING USE OF THE ELASTIC CORD

Description: from a standing position, with legs apart, the elastic held at both ends, legs on it, one alternatively lifts the arms laterally, forming a 90 degrees angle ;come-back. Simultaneous side-ways arm lifting and come-back.

Dosage: 5 SERIES X 10 movements

Methodical indications:

- straight back;
- stretched knees;
- sraight elbows.

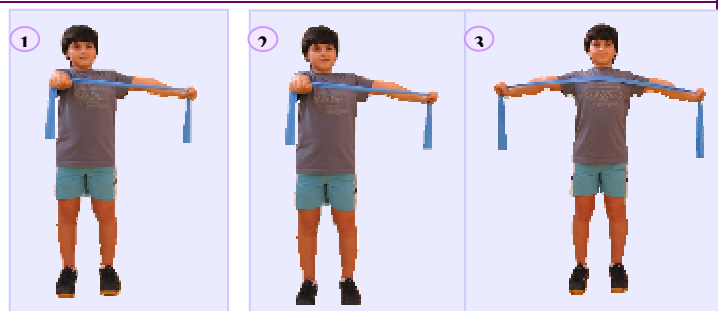


Descriere: from a legs apart standing position, arms stretched forward, the elastic held at both ends. The alternative lateral moving of the arms. The simultaneous lateral moving of the arms.

Dosage: 5 SERIES X 10 movements

Methodical indications:

- straight back;
- stretched knees;
- sraight elbows.

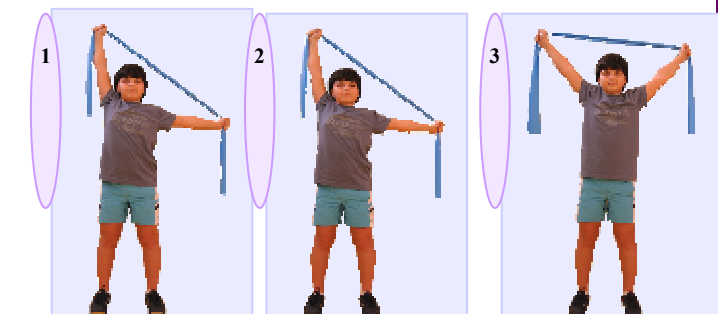


Description: from a legs apart, arms stretched upward position, the elastic held at both ends. The alternative lateral descent of the arms. The simultaneous lateral descent of the arms.

Dosage: 5 SERIES X 10 movements

Methodical indications:

- straight back;
- stretched knees;
- sraight elbows.



Description: from a lunged forwards position, with the elastic held at both ends, one leg on it, the alternative lifting of the arms forward at a 90⁰ degree and come-back. The simultaneous arms lifting forward at a 90⁰ and come-back.

Dosage: 5 SERIES X 10 movements

Methodical indications:

- straight back;
- stretched knees;
- sraight elbows.



Description: from a legs apart position, with the elastic held at both ends, legs on it, the alternative lifting of the arms and come-back. The simultaneous arm lifting and come-back.

Dosage: 5 SERIES X 10 movements

Methodical indications:

- straight back;
- stretched knees;
- straight elbows.

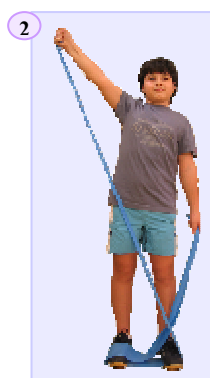
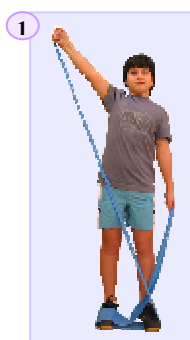


Descriere: from a legs apart position, with the elastic held at both ends by the opposite hand, legs on it, the alternative lifting of the arms and come-back. Arms-lifting and come-back.

Dosage: 5 SERIES X 10 movements

Methodical indications:

- straight back;
- stretched knees;
- straight elbows.



Evaluation methods:

The throw of the medicinal ball (2 kg) – the pupil is seated backwards to the gymnastics case, in order to better allow the arms extension in launching the medicinal ball as a direct result of elbow stretching. The starting position: seated. 3 medicinal balls of 2 kg-s each. A measuring tape is placed starting from the gymnastics case. Three consecutive trials are available for each pupil. The measurement is done in meters.

Abdominal – one works from a back-seated position, the soles being placed on the floor, bended knees, the back to the mattress, hands bended, palms to one's nape; the trunk is lifted up until reaching the chest with one's knees. 30'' work time. The trunk lifts are counted.

Conclusions:

- Introducing the elastic bands in the primary school is useful and highly motivates pupils;
- It helps to develop the muscular force (especially that of the pectoral and shoulders arch);
- It addresses all primary school classes due to the 5 resistance levels of these elastics;
- They can also be used in the warm-up part.

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