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**THEORETICAL TRAINING IN FENCING:
STATE AND PROSPECTS OF RESEARCHES****Maryan PITYN, Yuriy BRISKIN, Olga ZADOROZHNA***Lviv State University of Physical Culture***ТЕОРЕТИЧНА ПІДГОТОВКА У ФЕХТУВАННІ: СТАН І ПЕРСПЕКТИВИ ДОСЛІДЖЕНЬ. Мар'ян ПІТИН, Юрій БРИСКІН, Ольга ЗАДОРОЖНА. Львівський державний університет фізичної культури**

Анотація. Структура технічних і тактичних дій фехтувальників під час змагань значною мірою залежить від раціональної інтелектуальної діяльності. Розвиток розумових здібностей і набуття спеціальних знань у галузі теорії та методики конкретного виду спорту належать до завдань теоретичної підготовки. З удосконаленням системи підготовки набувають актуальності питання, пов'язані з формуванням достатнього рівня знань, особливо в обраному виді спорту, як важливої передумови зростання майстерності спортсмена.

Мета дослідження полягає у визначенні актуальних напрямів досліджень у теоретичній підготовці у фехтуванні.

Методи дослідження: теоретичний аналіз та узагальнення, вивчення документальних матеріалів, порівняння й систематизація.

Раціональна інтелектуальна діяльність займає важливе місце у спорті, оскільки вона створює відповідні умови для ефективної реалізації отриманих знань і навичок.

Важливим компонентом багаторічної системи підготовки у фехтуванні є теоретичної підготовка. Вона спрямовується на розвиток загальної культури особистості та конкретних розумових здібностей. Її цінність полягає у вихованні всебічно розвинених, висококваліфікованих спортсменів, які здатні досягти успіху в змаганнях найвищого рівня.

Питання удосконалення структури й змісту теоретичної підготовки та підвищення рівня обізнаності спортсменів у фехтуванні є актуальними, оскільки теоретична підготовка є важливою складовою розвитку знань і формування навичок у спортсменів на різних етапах багаторічного удосконалення.

Ключові слова: фехтування, теоретична підготовка, наукові дослідження.

The problem of presentation and the analysis of recent investigations and publications.

As you know, the important components of a long-term improvement of athletes are technical, tactical, physical, psychological and integral ones. [5, 8].

The analysis of scientific and methodological literature of an athlete's training in fencing pointed to a wide representation of works, which examine: specific aspects of technical as well as tactical training (Arkadyev V. A., 1969; Voytov V. G., 2004; Tyshler D. A., 2006; Kabanova I. A., 2007; O. Shevchuk, 2008; Tyshler E. G., 2010), improvement of general and special physical preparedness (Busol V. A., 1978; V. S. Schubert, 2009; Lynets M. M., Hohla A. I., 2010), mental (psychological) training (Tyshler D. A., Mydler M. P., 1966; Keller V. S., 1970; Turetsky B., 1982; Rodionov A. V., 1983). However, it should be noted that theoretical training in fencing is mentioned much less than other components of the training system of sportsmen (Tyshler D. A., Korolyova A. P., 1997).

The structure of technical as well as tactical actions of fencers during competitions depends a lot on rational, intellectual activity. Moreover, the development of mental abilities and acquirement of specific knowledge in the theory and methodology of the particular kind of sport are the tasks of theoretical training [1, 9].

Thus, in modern conditions the question connected with the formation of a sufficient level of knowledge, especially in the chosen kind of sport, becomes actual as it is an important factor of sportsman's improvement.

The relation to important scientific and practical tasks. Research performed under the theme 2.8 "Improving the training of athletes in some sports groups" Consolidated Plan research in the field of physical culture and sport for 2011-2015.

Aim of the research consists in determination of the relevance of research in theoretical training in fencing.

Methods of research: analysis and generalization of scientific literature; analysis of documentary materials; comparison and logical method, abstracting and systematization of the obtained results.

Presentation of the basic material. The achievement of high sports results is impossible without the formation of a rational and scientifically appropriate training system. Such training system provides the acquirement of specific knowledge, abilities and skills, aimed at solving technical, tactical, physical and mental sides of training. It is emphasized that each of these sides not only depends on the degree of development of others, but also determines their level [8]. That's why, a prerequisite for improving different aspects of sportsmen's preparedness consists in the acquirement of specific knowledge in the theory of chosen kind of sport and their implementation in practice [7].

Fencing is a special combative kind of sport in which every athlete's action is a consequence of a complex analytical work in the limit of time and space. In such conditions the efficiency of an athlete's actions depends not only on his technical skills, but also on the high intellectual level, which determines the ability to understand and anticipate the opponent's intentions [1, 6, 9]. Therefore, fencing is a creative kind of sport, as a decisive factor in the battle is the ability to non-standard thinking in the rapidly changing situation. According to the specialists [4, 10], a theoretical training is one of the ways of sportsmen's intellectual improvement as it promotes thinking process and individual cultural qualities. Moreover, it creates prerequisites for realization of their potential in sports activity at different stages of long-term improvement.

According to some authors [2, 10], the structure of fencer's knowledge at various stages of long-term preparation includes the following sections: information about the origin, development and current state of fencing and its impact on personal development, details of the conditions and characteristics of training and competitive activities, the foundation of theory and methods in fencing; patterns of recovery processes, the foundation of personal hygiene and nutrition guidance; safety during training sessions and competitions, competition rules, terminology and principles of judgment, requirements for equipment.

At the same time there should be mentioned the value of theoretical knowledge in the development of moral principles and traditions, which are inherent in fencing as an ancient kind of sport. Analysis of the history of higher education establishment's shows that fencing with its traditional system of moral values and nobility of sportsmen's relations has always been used both as element of physical training and individual cultural education. The essential manner of fencer's behavior during the fight promotes courtesy, gallantry and respect for the opponent. Therefore, training system in fencing should be aimed not only at receiving, practical knowledge in the chosen kind of sport, but also at maintenance and promotion of interpersonal traditional relations, as a way to educate a highly cultured person. Because of this, in our opinion, the structure of theoretical training should include information about the ancient Greek Olympic ideas, the concept of Olympism, Olympic symbols and ceremonies, the current state of the Olympic movement in Ukraine and the World, problematic issues in Olympic Sport (professionalization, commercialization, doping use, the concept of «Fair Play»); Olympic Ukraine (Ukrainian athletes' achievements, famous figures in the Olympic sport). Thus, the theoretical training in fencing should cover the knowledge of Olympic movement as the way of education of harmoniously developed personality, able to reveal own potential both in sports and any other activity.

However, analysis of scientific and methodological literature illustrates that the theoretical training is paid much less attention by coaches and athletes in comparison with other sides of training system at different stages of long-term improvement of sportsmen in fencing. In particular, the scoreboard educational and training work in fencing for different groups of sportsmen [2] provides from 0.9 to 2% of the total amount of hours of theoretical training, which, in our opinion, is not enough for the achievement of an optimal level of knowledge in theory and methodology of chosen kind of sport.

Therefore, the formation of a sufficient knowledge level of the theory of fencing is an actual issue at the present stage of development of this kind of sport. Moreover, it is an important factor

which has great influence on the development of the general individual cultural level at different stages of long-term training system. Because of this, we have made an attempt to work out questionnaires (forms) to obtain materials which can illustrate an educational level of fencers in the theory of chosen kind of sport at various stages of long-term training system, taking into account their age characteristics and level of sports skills. The first one provides filling in the forms by fencers at the previous stages and specialized basic training (Form "A"), the second – at the stages of preparation for higher achievements and realization of individual potential (Form "B").

According to the guidance of sociologists and the principle of consistent inclusion of complex questions, the form consists of three parts: introductory, main and concluding [3].

Introduction allows to obtain information about sportsmen's age, their level of mastership and information associated with previous acquaintance with information about Olympism.

The main part of the form "A" consists of two sections. The first section includes three blocks of questions connected with the history of fencing, techniques, tactics and rules of competition. The second one contains questions about ancient Greece, the revival of the Olympic Games, the modern Olympic movement and famous athletes.

The first section of the main part of form "B", besides the previous three blocks, includes the fourth list of questions connected with famous figures in fencing. The second one includes the same sections as the form "A".

The questions submitted in both forms take into account the age characteristics and level of sportsmen's experience at various stages of long-term training system. We used the questions of different nature and level of complexity considering such as closed, open, half-closed, direct questions and questions to establish compliance.

To answer the questions in form "A" sportsmen should be conscious of basic information about the current state of fencing, terminology, technical and tactical elements, competition rules, the origin of the Olympic Games and their revival in the 19th century, concepts, symbols, ceremonies and famous figures in the modern Olympic movement, kinds of sports in the program of the Olympic Games.

The questions in the form "B" in comparison with the content of the questions in form "A" demand from the athletes the thorough (deep) knowledge about the origin, development and current state of fencing, famous domestic and foreign athletes and coaches, terminology, technical and tactical elements, competition rules, the features of the Olympic Games in Ancient Greece, their revival in the 19th century, concepts, symbols, ceremonies and famous personalities connected with the modern Olympic movement kinds of sports in the program of the Olympic Games, chronology of the Olympic Games and places where they were held.

To sum up, we assume that our research work will increase sportsmen's motivation in the acquisition of the specific knowledge in the theory of fencing.

Conclusions. The rational intellectual activity occupies an important place in sport as it creates appropriate prerequisites for the effective implementation of acquired knowledge and skills.

An important component of the long-term training system in fencing is theoretical training. It is aimed at development of the general culture of personality and specific mental abilities. Its value lies in the education of comprehensively developed, highly skilled athletes who are able to succeed in the competitions of the highest level.

At present the issues concerning theoretical training in fencing are actual as theoretical training is an important component of the development of sportsmen's skills and knowledge at various stages of long-term training system.

Further research perspectives involve a survey of fencers at various stages of long-term training system.

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ТЕОРЕТИЧЕСКАЯ ПОДГОТОВКА В ФЕХТОВАНИИ: СОСТОЯНИЕ И ПЕРСПЕКТИВЫ ИССЛЕДОВАНИЙ

**Марьян ПИТЫН, Юрий БРИСКИН,
Ольга ЗАДОРЖНАЯ**

*Львовский государственный университет
физической культуры*

Аннотация. Структура технических и тактических действий фехтовальщиков во время соревнований в значительной степени зависит от рациональной интеллектуальной деятельности. Развитие умственных способностей и приобретение специальных знаний в области теории и методики конкретного вида спорта входит в задачи теоретической подготовки. При совершенствовании системы подготовки становятся актуальными вопросы, связанные с формированием достаточного уровня знаний, особенно в избранном виде спорта, как необходимого условия повышения мастерства спортсмена.

Цель исследования состоит в определении актуальных направлений исследований в области теоретической подготовки в фехтовании.

Методы исследования: анализ и обобщение научной литературы, анализ документальных материалов, сравнения и логический метод, абстрагирование и систематизация полученных результатов.

Рациональная интеллектуальная деятельность занимает важное место в спорте, поскольку она создает соответствующие условия для эффективной реализации полученных знаний и навыков.

Важным компонентом многолетней системы подготовки в фехтовании является теоретическая подготовка. Она направлена на развитие общей культуры личности и конкретных умственных способностей. Ее ценность заключается в воспитании всесторонне развитых, высококвалифицированных спортсменов, способных достичь успеха в соревнованиях самого высокого уровня.

Вопросы совершенствования структуры и содержания теоретической подготовки, а также повышения уровня компетентности спортсменов в фехтовании, актуализируются, так как теоретическая подготовка является важной составляющей развития знаний и формирования навыков у спортсменов на различных этапах многолетнего спортивного совершенствования.

Ключевые слова: фехтование, теоретическая подготовка, научные исследования.

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Maryan PITYN, Yuriy BRISKIN, Olga ZADOROZHNA

Lviv State University of Physical Culture

Annotation. The structure of technical as well as tactical actions of fencers during competitions depends a lot on rational intellectual activity. Moreover, the development of mental abilities and acquirement of specific knowledge in the theory and the methodology of particular kind of sport are the tasks of theoretical training.

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At present the issues concerning theoretical training in fencing are actual as theoretical training is an important component of development of sportsmen's skills and knowledge at various stages of long-term training system.

Key words: fencing, theoretical training, research.

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