

METHOD OF CONTROL THE GENERAL CONDITION OF THE ATHLETES

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Purpose: Study of features of psycho-functional state of weightlifters of different qualifications during the training process. Provide a method of control the general condition of the athletes on base of integrated assessment of psychological, psycho-physiological and functional parameters.

Object of investigation: We examined 18 weightlifters of different qualifications (on the basis of a boarding school for gifted children in sport, Taldykorgan). All of them have been undergone the special medical examination and they have been referred to the «practically healthy» group. All the sportsmen have been divided into 3 groups according to their sport qualifications. In the group 1 are the Masters of Sports and the International Masters of Sports, including the champions and the prizewinners of the largest International and National competitions (including the World and the Asian Championships). The sportsmen having had the Candidate Masters ranks have been included in the group 2. The third group has been made the sportsmen who don't have any sport categories or they have 1-2 sports categories. The registrations of psychological, psycho-physiological and functional parameters have been conducted before and after usual standard 60-minute workout.

Discussion: Particular importance for sports medicine is the monitoring of the functional reserves of athletes by the most informative indicators and integrated assessment of their condition. Monitoring in dynamics (unlike the one-time surveys) is provide of getting more reliable estimates of the parameters of the state athlete and exploration of the connection between the condition of the athlete and the various factors (regime, exercise, nutrition, stress, weather, biorhythms, etc.). The integral assessment for definition of the weakest place can attract the attention of a doctor, coach and athlete to the most significant deviations in the organism and the possible factors that led to these deviations. In our opinion, one of the most suitable complexes (comprising minimally sufficient complex of questionnaires and functional tests) is a variant which include of a block the functional tests (heart rate variability and visual-motor reaction), a block of psychological tests (Luscher test, Spielberg test, etc.), a block of load tests (Apanasenko test, PWC-170, Harvard step-test).

The evaluation of the functional state and adaptive reserves of organism before and after workouts allows provide a quantitative characterization of the «physiological costs of activity», i.e. determine what the price is given performance of certain physical activity. The high levels of adaptation potential at rest (sufficient for its qualitative correction adequately of exercise under conditions of maintaining of sympathetic and parasympathetic reactivity) is testifies about the most optimal functional status.

A comparison of assessment results of the functional state of the central nervous system with the parameters of levels of working capacity showed that the functional state of the athletes without qualifications is at the low level or level of reduced working capacity. This state can be explained by the fact that in conditions of competitions (under heavy load) an excessive functional stress of the body comes, which inadequate of goals and purpose of the athletes. The physiological reaction of the functional system of the trained organism in the development of the state of tension may be an optimal or higher than the optimum level (using a maximum force of irritant. Therefore, the physiological response of the functional system of sportsmen of high qualification is caused by mobilization of body reserves and increase of concentration. All this gives them the opportunity in general to keep the quality of activity the expense of less important components.

On the basis of obtained results is developed and introduced into boarding school for gifted children in sport (Taldykorgan) the method of control the general condition of the athletes on base of integrated assessment of psychological, psycho-physiological and functional parameters. This method was used for the selection of some athletes to participate in the World University Games (Kazan, 2013).

Conclusions:

1 The features of psycho-functional state of weightlifters of different qualifications have been revealed.

2 The necessity to be personalized the level of physical activities and loads in process of workout in accordance with of psychological, psycho-physiological and functional parameters have been shown.