

MANAGEMENT OF ATHLETICS TRAINING INFLUENCE OF THE INDEX PERFORMANCE

D. CHIRILĂ¹, MARIANA CHIRILĂ¹

¹*Polytechnic University Timisoara:* chirila_runner@yahoo.com

In this paper we try to establish the importance of sport management and case athletic preparation, and determination of favorable factors that can improve athlete's performance in terms of performance management supported by the head group of athletes, coach respectively. Comparative study was performed in two groups of athlete's component Universities Sports Club Timisoara, in annual competitions.

Difference between the two groups consisted in implementing the plan for management training in particular sports training method and means.

Starting from a theoretical model proposed with regard to performance achievement, the present paper extends the knowledge of these theories up-dating them with new research findings with regard to talent identification and development athletic performance.

Key words: sport management, athletic trainer, coach, index performance

INTRODUCTION

It started with the idea that without a well-established management plan at a group of athletes, getting relevant results is just chance. The comparative study conducted in this work we confirm this hypothesis.

Management presents sports as a developmental component of modern social life, with its national and international structures, the organization-based systems, legitimate principles aimed at training, biological or spiritual improvement of all participants, and achieves performance targets in terms of sports efficiency of all resources.

DeSensi, Kelley, Blanton, and Beitel defined sport management in a broad sense as “any combination of skills related to planning, organizing, directing, controlling, budgeting, leading, and evaluating within the context of an organization or department whose primary product or service is related to sport and/or physical activity.”

Expanding horizons led participatory and conceptual change in the way of business development, which required the adoption of means to guide the organization and operation of sports structures to achieve increased performance. Under these conditions, use in sport management has become indispensable to achieve specific purposes in the context of changing conditions.

Current trends in sport require for operational needs, use management to ensure interconnection structures and activities. This makes the management to play a leading role in sports, providing a sharp expertise in addressing key issues and sustainable.

Management applied to sport contributes to the full functionality of sports structures, of large masses of people, a multitude means and skills, objectives and intentions. In sports management through coordinated efforts are individuals or groups of people (teams) to achieve a common goal, complicated and difficult process because divergent aspects always through his issues are transformed into converged, providing mobility objectives.

Thus, in sports management helps to control and monitor both situations and complex systems, ensuring a continuous and ongoing management of the multitude of sports activities, generating efficiency. Management in sport is a catalyst inside the sports structures and their specific activities to help achieve the detection efficiency encourage and stimulate people with special skills for sports, the selection process giving them an

incentive and psycho-social climate reward those who continually strive to deliver superior performance.

Also contributing to the management in sport and physical activity and optimal sizing of individuals involved in this process, ensuring recruitment, hiring and promoting individuals based on professional competence, creating consensus and creating optimal conditions to achieve a favorable climate to ensure a impact on achieving efficiency in sport.

Division management process in management functions includes the following functions: forecasting, organization, coordination, training, control. In terms of form and content management functions differ with respect to the exercise of hierarchical level.

Thus, if senior management, are prevailing and forecast the organization, while lower levels are predominantly hierarchical coordination and training.

Sports, as part of social life, evolve alongside it. Analysis of past years has been a major contradiction between the performance level achieved in sport and sporting activity declining state of national performance, caused by under funding sports facilities. Other effects of under funding were:

- 1) Loss of significant numbers of coaches and technicians valuable, due to departure abroad for better financial commitments advantageous;
- 2) There is no apparatus for preparing competitive athletes;
- 3) Lack of financial resources for projects to use the database materials of physical education and sports activities.

Management best suited to a sports organization will be created by managers that athletes can comply with the specificities of world sport. A major error of current sports managers is trying to invent things that already exist, models were built and good things can influence and direct.

Sports management can be efficient only if you take into account the following factor:

- General factors - are generated from the context - political, economic and social;
- Own factors - each sport organizations, which refer to the specific organization, historic al features, their values, myths, etc.
- Personal factors - which are the personality and management training for sport coaches.

Influence of personal factor has been shown to be a coach of getting the keys to success in sports. Here mention specialized professional training, multidisciplinary training, teaching and managerial knowledge is the defining work with the younger generation.

For recreational athletes, which is your best race performance, given that they are at different distances? Athletics best records can be used to compare athletic performances, at all levels. We fit a model to these which describes change in performance with distance of the race.

The basic assumption is that the best times in the world close to the world records are equally good. By looking at the residuals from this model, we can find which records appear to be better.

The model can then be used to compare races at any distance, whether these were at 100% of the average world record performance, or anywhere below this. A brief summary of these ideas is given below.

The study demonstrates the beneficial influence on the growth index athletic performance when competitors follows a management plan that **aims at planning** athletic training organization and evaluation of motivation

The study demonstrates the beneficial influence on the growth index athletic performance when competitor follows a management plan that follows: - planning, motivation and evaluation of athletic training.

MATERIAL AND METHOD

Experimental study was conducted within groups of student's means components of Timisoara University Sport Club practice at university athletic performance with the average participation in University athletics championships.

Control group was comprised of ordinary students from the Polytechnic course the Timisoara and the five group members participated in training on coach constantly without complying with the principles of management.

Coach has been taken in the study as control group coordinator imposed not strictly training program but followed the simple steps of developing endurance workout by practicing at the pleasure of continue running - jogging, without set high for athletes targets on duration, volume and training intensity.

Agreement with students to set the test indicator of progression obtained by athletes after training period, Cooper Test as the easiest and relevant test requires no special equipment for recording, and is recognized internationally as an indicator of specific endurance long race runners development.

Experimental group was made up of athletes' boys all students attending the University Sports Club – Timisoara, centralized training with a frequency of at least four times a week under the guidance of a coach who used an endurance training management plan.

In both groups was the initial and final testing. Coach of the management plan was implemented during one academic training debut was in October, and the main objective of the group of athletes has been participating in National Championships University. Coach managerial strategy plan to address the group of athletes training included:

1. Setting objective - to participate in NC University Athletics
2. Organizing group - selection for daily training was done according to the readiness of each sport, mandatory participation in four workouts per week
3. Motivating students to participate in athletic training was achieved through free and frequent traveler's free campus
4. Measuring performance in athletics - index performance/international tables
5. The final evaluation was made by Cooper test in May and getting medals at NC University.

Knowledge management coach who has tried to write a management plan for the development of endurance of his students by applying a well-established algorithmic steps dim form, which involves: specifying the objectives for each student organization activity within micro cycle /per week, motivating athletes by bonuses financial, and final evaluation by means of Cooper test.

RESEARCH RESULTS

Groups of runners and training activities were held at the stadium Science - Timisoara, each group being monitored by one coach. Control group had a random program like jogging, while the experimental group had followed the development of a management plan and obtain the endurance athletic performance.

The Cooper test is simple. The athlete must run as far as they can in 12 minutes.

Results in tables in accordance with international amateur runner's age are listed in table 2, and it is displayed in graphical form figure 1.

Table1

International table for amateur runners - Cooper Test

Age	Gerder	Very good	Good	Average	Bad	Very Bad
20-29	Male	2800+m	2400-2800m	2200-2399m	1600-2199m	1600-m
	Women	2700+m	2200-2700m	1800-2199m	1500-1799m	1500-m

Table 2

Control group

Nr.crt	Name	Cooper Test	Cooper Test final	Progression
		initial (m)	(m)	
1	PG	Bad	Bad	
		2000	2050	50
2	FC	Good	Good	
		2400	2500	100
3	SR	Good	Average	
		2500	2450	-50
4	PF	Good	Good	
		2600	2770	170
5	NG	Very good	Very good	
		2850	3000	150
Average				84

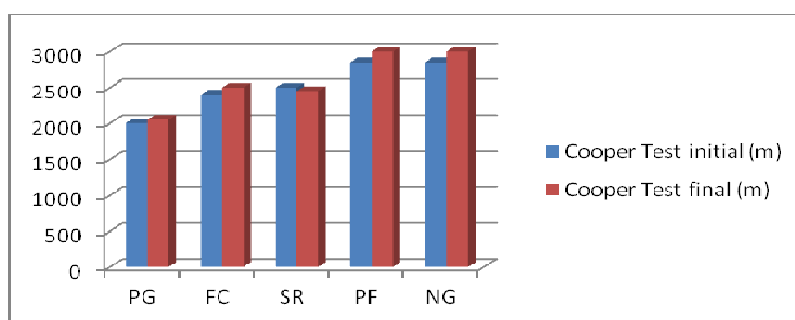


Figure 1. Control group

Table 3

Table can be used with experienced athletes

Gender	Excellent	Above Average	Average	Below Average	Poor
Male	>3700m	3400-3700m	3100-3399m	2800-3099m	<2800m
Females	>3000m	2700-3000m	2400-2999m	2100-2399m	>2100m

Table 4

Experimental group

	Name	Cooper Test	Cooper Test final	Progression
		initial (m)	(m)	
1	NM	Average	Above average	
		3200	3500	300
2	CR	Bellow average	Average	
		2950	3150	200
3	GB	Average	Above average	
		3300	3500	200
4	FM	Bellow average	Good	
		2850	3400	550
5	DE	Bellow average	Above average	
		3000	3280	280
Average				306

Considering that experimental group consists of famous athletes, Cooper Test table has different values, the initial and final results of sample is filled in table 4, and graphical form in figure 2.

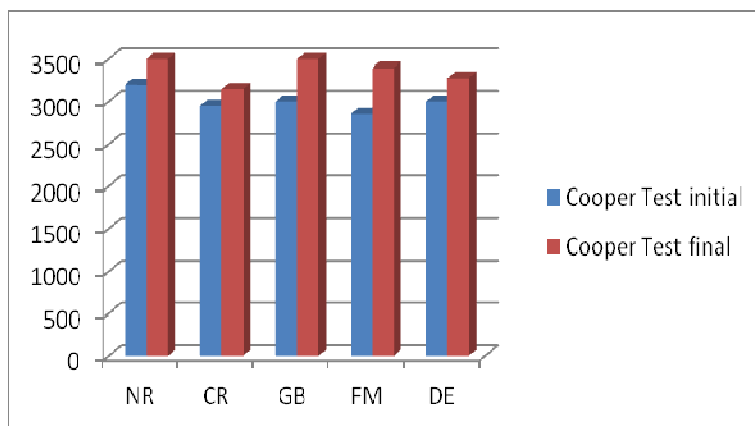


Figure 2 Experimental group

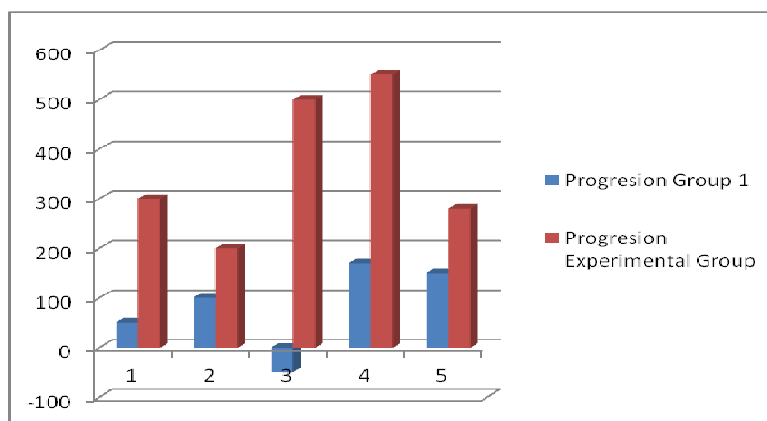


Figure 3 Progression Cooper test

The rate of progress in preparing athletes is represented by the value in meters distance to the two reviews (initial test and final).

CONCLUSION

The aim of the present study is to validate a mesa -level model of performance for student's athletes.

Results of comparative study between the two groups work led to the conclusion that the application of a management plan in preparing athletic performance can achieve positive influence.

Experimental group had a significantly higher success rate than the control group, progression on the distance covered in 12 minutes running test ad with an average of 300m, compared with the control group whose progression was only 80 meters; the experiment has been a true role model by coaches from fund groups.

Progress in the experimental group shows those application specific algorithms apaches' management can always lead to beneficial results for performance.

Also followed along the experiment after an academic year, coaches propose a development plan of long race athletes, as follows: Design a Resistance Training Program

Resistance training is now accepted as an integral and crucial part of any athlete's training plan. This coach design outlines the seven steps to designing effective resistance

training programs, as follows:

Step 1 - Evaluation and Assessment

Step 2 - Exercise Selection

Step 3 – Frequency

Step 4 - Exercise Order

Step 5 - Loading & Repetitions

Step 6 – Volume

Step 7 – Progression putting into practice such a plan will surely have a positive effect on performance in the long running race.

Starting from these assumptions, the proposed dynamic model of performance was tested using a bipartite correlation as well as a multiple test analysis. The associations between variables proved that performance is strongly related to its determinants, findings which are in agreement with past researches that treated the relationship between performance and its determinants.

REFERENCES

1. **ALENCIEN, S. & FOUCHER, D.**, 1994, *Guide du management dans le service public*, les Edition d'Organisation, Paris ;
2. **ALEXE, N.**, 1993, *Antrenamentul Sportiv Modern*, Editis, București;
3. **CHAPPELET, J.L.**, 1996, *Sport Management: An International Approach*, Olympic Museum collection ;
4. **CHIRILĂ, D., CHIRILĂ, MARIANA, ALDA, S., SÎRBULESCU, CLAUDIA** 2010, *Methods and techniques for assessing human resources within a sports organization*, *Lucrări Științifice, Management Agricol, seria I, volumul XII (2)*, Timișoara;
5. **CRISTEA, I.**, 2000, *Management sportiv*, Compendiu, Școala Națională de Antrenori,
6. **HOFFMAN, A.**, 2004, *Resursele umane în activitatea de educație fizică și sport*, Ed. Fundația de mâine, București;
7. **SLACK, T.**, 1996, *Evolution of sport management*, Human Kinetics;
8. **SLACK, T.**, 1997, *Understanding Sport Organizations: The Application of Organization Theory*, Human Kinetics;
9. **VOICU, S.F.**, 2002, *Management în educație fizică și sport*, Editura, Mirton, Timișoara;
10. **WILMORE, JH AND COSTILL, DL.** 2005, *Physiology of Sport and Exercise*: 3rd Edition. Champaign, IL: Human Kinetics.