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V. Спорт и здоровьесберегающие технологии

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Анализ результативности в беговых дисциплинах легкоатлетов Свердловской области на чемпионатах России в постсоветский период

Статья посвящена анализу результативности выступлений легкоатлетов Свердловской области в беговых дисциплинах на Чемпионатах России в постсоветский период. На основе анализа динамики выступлений легкоатлетов Свердловской области сделаны выводы об успешности выступлений легкоатлетов Свердловской области.

Analysis of performance in running disciplines of the Sverdlovsk region athletes in the championships of Russia in the post-soviet period

Sports results characterize quantitative and qualitative indicators of competitive activity. The purpose for all athletes in competitive activities is the achievement of high results. High results in sports are records, set by athletes, and winning prizes. The study of dynamics of results helps identify strengths and weaknesses of the system of sports training, and reserves for improving sports performance.

Many works of local and foreign experts are devoted to the analysis of sports achievements in running types of athletics [2]. At the same time, studies of the regional aspect of this problem are fragmented.

The purpose of the study was to identify trends in the dynamics of sports results of athletes from the Sverdlovsk region in the running disciplines in the Championships of Russia in athletics during the period from 1992 to 2016.

The article discusses the running discipline of athletics and examines the results of the athletes of the Sverdlovsk region in the Championships of Russia in the post-Soviet period. The study was conducted in the following directions:

- analysis of the dynamics of the performance of athletes from the Sverdlovsk region in comparison with similar indicators of sportsmen of other regions;
- identification of the most successful years for athletes of the Sverdlovsk region;
- identification of the most productive years for the Sverdlovsk region in the Russian Championships in athletics.

The results of the study. For the first time competitions in athletics in the Sverdlovsk region, including running disciplines, were held in 1920 at the Ural Olympics. By the end of 90-s, a powerful system of high class athletes' preparation was created in the Sverdlovsk region.

At present, the results of Sverdlovsk athletes in running disciplines can be considered high, as Sverdlovsk region is among ten top regions in Russia. These ten are called Super League. In the Championship of Russia in 2016 Sverdlovsk region took the fifth place in the Super League.

Figure 1 shows the dynamics of the number of prizes of athletes from the Sverdlovsk region in comparison with the results of athletes from other

regions in running disciplines at the Championships of Russia – from 1992 till 2016.

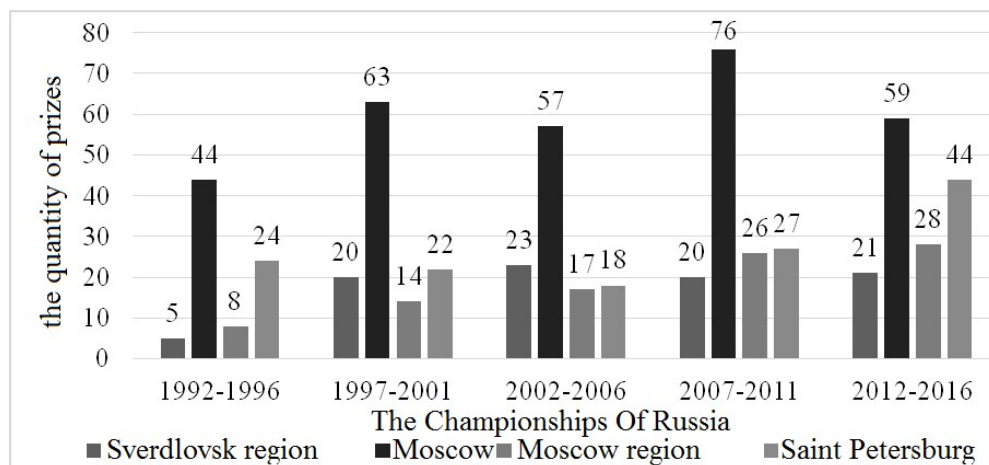


Fig. 1. Dynamics of the quantity of prizes of athletes from the Sverdlovsk region and the leading regions of the Russian Federation in running disciplines in the Championships of Russia 1992-2016.

According to figure 1, we can say that for all the Championships of Russia in running disciplines athletes from Moscow are leading with a big advantage. Speaking about the national team of Sverdlovsk region, we should note the stability of results between 1997 and 2016. In the second five-year reviewed period, Sverdlovsk region showed the third place, losing only to national teams of Moscow and St. Petersburg. In the first five years of the XXI century, Sverdlovsk region showed the best result in the post-Soviet period – took the second place, losing only to the national team of Moscow. The total quantity of prizes in running disciplines in the Championships of Russia in the post-Soviet period Sverdlovsk region ranks fourth (with 89 medals), Moscow ranks first (with 299 medals), Saint Petersburg ranks second (with 135 medals) and the Moscow region – third (with 93 medals).

Table 1 shows the dynamics of the number of prizes won by athletes from different regions of the Russian Federation in running disciplines 100 m, 200 m, 400 m, 800 m, 1,500 m and 5,000 m in the Championships of Russia from 1992 till 2016. [3].

Table 1

Dynamics of the quantity of prizes won by athletes from different regions of the Russian Federation in the Championships of Russia from 1992 to 2016

Years	Athletic disciplines					
	100 m	200 m	400 m	800 m	1,500 m	5,000 m
Sverdlovsk region						

1992-96	0	0	4	0	0	1
1997-01	2	3	6	7	2	0
2002-06	3	6	7	5	0	2
2007-11	2	4	6	5	1	2
2012-16	0	0	9	8	1	3
Moscow						
1992-96	14	11	3	7	7	2
1997-01	11	6	11	11	14	10
2002-06	13	5	9	8	13	9
2007-11	11	12	9	14	16	14
2012-16	7	12	7	12	13	8
Moscow region						
1992-96	1	2	0	4	1	0
1997-01	3	0	1	7	3	0
2002-06	5	1	1	6	3	1
2007-11	3	4	4	9	2	4
2012-16	2	3	9	6	4	4
Saint Petersburg						
1992-96	6	4	5	1	4	4
1997-01	2	5	8	2	1	4
2002-06	2	2	6	5	2	1
2007-11	3	4	4	6	10	0
2012-16	9	14	3	0	17	1

The total and generalized data on the number of prizes won by the athletes of Sverdlovsk region in the Championships of Russia in the period from 1992 to 2016 are presented in figure 2.

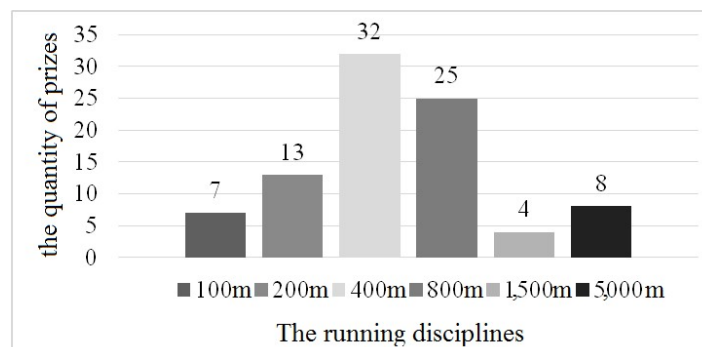


Fig.2. The quantity of prizes won by the athletes of Sverdlovsk in the running disciplines in the Championships of Russia 1992-2016

The data of table 1 and figure 2 show that Sverdlovsk region athletes won the greatest number of Russian Championship medals in the running discipline of 400 m. The winners in this running discipline in different years of the period under review were: Olga Kotlyarova, Andrey Semenov, Dmitry Forshaw, Tatiana Veshkurova, Pavel Trenikhin, Ksenia Ustalova and Alena Mamina [4]. No medal in this running discipline was received

only between 1992 and 1996. The average annual medal "harvest" in the discipline of running 400 meters was more than 1 medal, and for each five-year period – more than 6 medals.

As far as 800 m is concerned, over the 25-year period covered in this article, the athletes from the Sverdlovsk region had won one medal annually on average thanks to the contributions of the following athletes: Boris Kaveshnikov, Dmitry Bogdanov, Natalia Rusaleva, Olga Kotlyarova, Maria Savinova, Ivan Nesterov, Catherine Poistogova, Stepan Poistogov and Anastasia Bazdyreva [4].

The worst performance showed by Sverdlovsk sportsmen is in the running discipline of 1500 m – only four medals in 25 years. In the running disciplines of 100 m, 200 m and 5000 m in the period under review, the medals were awarded every 2-4 years. At the distances of 100 m and 200 m, the distinguished sprinter Ivan Teplykh won 6 different medals in the period 2004-2010 [1].

Figure 3 shows the dynamics of the number of prizes of Sverdlovsk athletes in running disciplines at the Russian Championships in athletics in the period from 1992 to 2016.

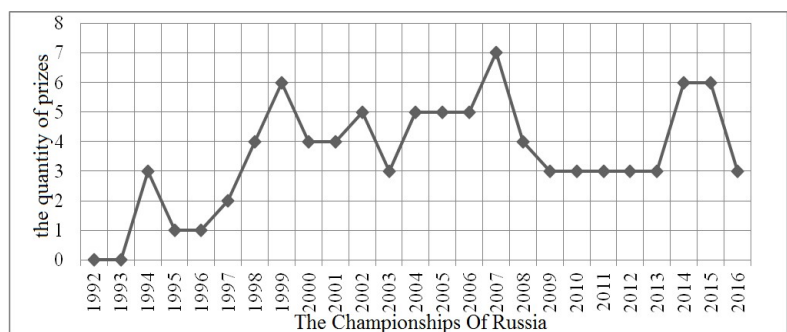


Fig.3. Dynamics of the quantity of prizes of Sverdlovsk athletes in running disciplines at the Russian Championships in athletics in the period from 1992 to 2016

According to figure 3, we can see that the lowest medal rates in running disciplines by Sverdlovsk sportsmen in the Russian Championships were recorded in the period 1992-1998, and the highest – in 2007, 1999, 2014 and 2015.

In general, the analysis of the effectiveness of the performance of the athletes from the Sverdlovsk region in the running disciplines in comparison to athletes of other regions has shown the relative stability of the results. It is found that best results by Sverdlovsk athletes have been achieved in running disciplines 400 m and 800 m. To improve the efficiency in other running disciplines it is necessary to analyze the system

and the methodology used in the preparation of athletes of leading regions and compare them with those implemented in the Sverdlovsk region.

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Исследование физических и социальных навыков детей младшего школьного возраста с ДЦП

В статье представлен понятийный аппарат проводимого педагогического эксперимента по формированию вертикализации и обучению ходьбе детей с ДЦП. Представлены и проанализированы результаты констатирующего эксперимента.