

OPERATIVE SYSTEMS SPECIFY TO THE TRAINING IN MILITARY PENTATHLON

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Abstract: *Experimental realized study express a good result for sample experiment. Regarding all five statistical parameters are significant to final testing which validates the training program applied.*

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1. Introduction

In specialist literature, more majority of sports area sustain that sports training can be done like a model for the appointment in sports performance (N. Alexe, 1993; N.J. Bulgacova, 1996; A. Dragnea, 1996). Through adapted existent testing from specialist literature, as through by a new battery of tests establish significant results in experimental stage 1.

2. Hypotheses

We propose that will be applied same operative systems specify to the training process on monocycle period to eight weeks will contribute to obtaining equivalent values of specific physical parameters with normal level at the training sports-man. □

Subjects and methods

The experiment group of our study consisted to the military sports-man (age 18 – 25). Methodology research, the research methods was applied on an introductive monocycle. The period adequate (eight weeks), represented the period of selection

of the National Military Pentathlon. Championship till the new training year.

3. The analysis and interpretation of the results

The testing specifies training appearance he achieved as part of the experimental stage 1 by characteristic skulls of the military pentathlon, which skulls were applicant concomitantly for subjects the group of the witness and the experimental group. The data collected were subject to statistical processing with more parameters. The results permitted to comparative analyses an average of the group whom appearance specify training to the military sports-man so much to initial testing (Table 1) - to final testing (Table 2). □

Shooting

From the analysis of the date insert in Table 1, noticed that to the initial testing in the first stage of the test, subjects of twice groups registered an average the score 74, 60 – 75, 00 points, equivalent the note 5.

Table 1.

Analyses of results (average parameter) of the five events in the Military Pentathlon
(Initial stage 1)

No.	Parameters		$\bar{X} \pm m$		Criteria	
			Witness	Experimentally	"t"	"p"
1	Shooting	Rapid fire (points);	74,60 ± 0,13	75,00 ± 0,08	0,91	>0.05
		Precision fire (points);	80,80 ± 0,33	81,00 ± 0,31	0,41	>0.05
		Total fire (points);	155,40 ± 0,23	156,00 ± 0,15	0,74	>0.05
2	Obstacle race	Relay 1 (sec.)	26,00 ± 0,15	25,80 ± 0,23	0,74	>0.05
		Relay 2 (sec.)	28,02 ± 0,23	27,87 ± 0,23	0,48	>0.05
		Relay 3 (sec.)	29,01 ± 0,30	29,40 ± 0,26	1,44	>0.05
		Relay 4 (sec.)	37,17 ± 0,07	37,13 ± 0,11	0,30	>0.05
3	Obstacle swimming (sec.)		37,50 ± 0,21	37,20 ± 0,22	1,28	>0.05
4	Throwing (points)		152,00 ± 0,51	153,00 ± 0,48	1,42	>0.05
5	Cross country 8 km (sec.)		1784,00 ± 2,33	1779,00 ± 1,57	1,81	>0.05

To the final testing (the table 2), while subjects the group of the witness obtain an average in performance 79,60 points (note 6), subjects the experimental group realizes an average of the score for the note 7, respectively 80,60 points. From the graphic representation (Chart 1) notice in the second part the event - shooting subjects of twice groups have obtained to the initial testing an average the approximate equal scores (80,80 points -

the equivalent scores of the note 6). Average of the scores crease to the final testing with 7, 8 points for witness group who obtain 88,60 points (note 8) and with 9 points (note 9), for the experimental group. The calculated significance difference among averages the scores realize to the final testing between twice groups is represented by t with the value 3,20 > 2, 95, to p= 0, 01, were a significant difference. □

Table 2.

Analyses of results (average parameter) of the five events in the Military Pentathlon
(Final stage 1)

No.	Parameters		$\bar{X} \pm m$		Criteria	
			Witness	Experimentally	"t"	"p"
1	Shooting	Rapid fire (points);	79,60 ± 0,33	80,60 ± 0,28	1,88	>0.05
		Precision fire (points);	88,60 ± 0,53	90,00 ± 0,46	1,42	>0.05
		Total fire (points);	168,20 ± 0,46	170,60 ± 0,46	3,20	< 0,01
2	Obstacle race	Relay 1 (sec.)	24,73 ± 0,07	24,67 ± 0,07	0,66	>0.05
		Relay 2 (sec.)	27,76 ± 0,23	27,16 ± 0,15	2,22	< 0,05
		Relay 3 (sec.)	27,67 ± 0,23	27,37 ± 0,23	0,93	>0.05
		Relay 4 (sec.)	35,77 ± 0,38	35,47 ± 0,23	0,68	>0.05
3	Obstacle swimming (sec.)		37,10 ± 0,53	35,40 ± 0,45	2,53	< 0,05
4	Throwing (points)		160,00 ± 2,65	172,00 ± 1,90	3,68	< 0,01
5	Cross country 8 km (sec.)		1772,00 ± 3,03	1764,00 ± 2,31	2,05	>0.05

Obstacle race

This event contains four points and 20 obstacles. Based on comparative analysis of media (Table 1) we see that the average

value of the two samples is close to the threshold of significance (n-1, p= 0, 05).

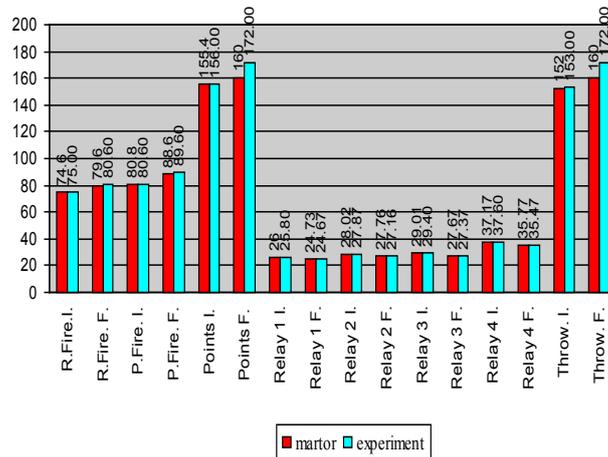
The experimental group recorded performance approached as value in all the

submissive moments' research.

Calculating the difference between the average express that the performance realized to the initial testing between twice groups am insignificant to the degree of freedom n-1, $p= 0, 05$. To the final testing, analyze comparative an average of groups (the table 2), confirm the fact that the averages performance obtained by subjects have increased gradually to both groups research. An increase can be noticed in the Chart 1. – Group 2. In this case exist a significant difference among the averages obtained of twice lots to the final testing, notice that difference was significant statistically to n-1, statistically significant threshold 0,05 (t is 2, 22 > 2, 13).

Swimming with obstacles

The test realized in conditions of the swimming on a distance of 50 m, with four specific obstacles (the gate, the raft, massage and the beam). From analyzing comparative, an average of groups realized to the initial testing (Table 1) notice that the average results obtained were near as the value (37.50s for the group the witness and 37.20s for the group the experiment. From the graphic representation (Chart 1) consisted of the ultimate testing a significant difference between average (t with the value 2, 53 > 2, 13 to n-1, $p= 0, 05$), where a significant difference in favour of the experimental lot.



The chart 1. The dynamics values in the experimental stage I

The throwing of the grenade

The performances realized by subjects of research to this test were compared to an international table of score. On the strength of these results elaborated as much analyzed environments of groups to twice testing (the table 1– 2), as part as the experimental stage 1. To the initial testing subjects of both groups have obtained environments of performances realized close scores as the value (152 points the witness group; 153 points the experiment group). On the finish of the experimental stage 1, the average of the scores obtained suffered modified (160 points the group witness; 172 points the

group experiment). Signification takes difference they among average to the final testing between twice lots is represented by t , carry expressed through the value 3, 68 > 2, 95, to n-1, $p= 0, 01$, the difference was significant.

4. CONCLUSIONS

The results of the experimental subjects from our study to the characteristically events on military pentathlon, who selected in research, to components of specific training parameters, was demonstrated final of research. □

On the comparative analyses average of specific performance obtained by the

subjects experiment group to the final testing to events: shooting, obstacle race, obstacle swimming, throwing, cross country,

have significant values on statistically significant threshold ($n-1$, $p=0.05$). □

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