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**SIGNIFICANCE OF THE COMPONENTS  
OF FENCERS' ACADEMIC EDUCATION  
AT THE STAGE OF PRIOR BASIC TRAINING****Yuriy BRISKIN, Maryan PITYN, Olha ZADOROZHNA***Lviv State University of Physical Culture, Lviv, Ukraine***ЗНАЧУЩІСТЬ КОМПОНЕНТІВ ТЕОРЕТИЧНОЇ ПІДГОТОВКИ ФЕХТУВАЛЬНИКІВ НА ЕТАПІ ПОПЕРЕДНЬОЇ БАЗОВОЇ ПІДГОТОВКИ. Юрій БРІСКІН, Мар'ян ПІТИН, Ольга ЗАДОРОЖНА.**  
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**Анотація.** Теоретична підготовка є підґрунтям для подальшого удосконалення спортсменів. Фахівці з фехтування представили різні підходи до систематизації теоретичного матеріалу, однак його структура і зміст є недостатньо обґрунтованими.

Мета дослідження полягала у визначенні значущості компонентів теоретичної підготовки та їх змістовної частини на етапі попередньої базової підготовки у фехтуванні.

У дослідженні взяли участь 20 експертів з фехтування, середній стаж професійної діяльності яких становив понад 20 років. Експертне оцінювання проводилося з 04.12.2012 р. до 31.01.2013 р. під час навчально-тренувальних занять на базі СК «Локомотив», ЛДЮСШ №2 та СК ФСТ «Динамо» м. Львова.

Установлено, що рівні значущості компонентів теоретичної підготовки фехтувальників на етапі попередньої базової підготовки перебувають у межах від 3,21 до 3,4 бала.

**Ключові слова:** фехтування, початківці, теоретична підготовка, інформаційні блоки.

**Problem statement:** Enhancement of certain aspects of athletes training, academic education including has turned a topical theoretical and practical task in the modern stage of fencing advancement [3, 4]. It has been stressed in particular [6, 10, 15] that athletes' knowledge of the selected sport's theoretical aspects contributes to more efficient activities during all the stages of long-term training process.

As it has been stated in our previous studies the issue of fencers' academic education is of special significance at the stage of prior basic training primarily, for theoretical knowledge of fencing novices leaves much to be desired [1, 2]. In consideration of the fact that academic education of athletes creates a solid foundation for further physical perfection [9, 12, 15] the definition and substantiation of rational structure and content of fencers' theoretical education at this particular stage is of great topicality.

**Connection of the study with scientific programmes, plans and themes.** The research was conducted according to the theme 2.8 "Improvement of athletes' training in separate groups of sport" as a part of the Consolidated plan of research work in the field of physical education and sport for the years 2011-2015 of the Ministry of science and education, youth and sport of Ukraine as well as the Research work plan of the Lviv State University of Physical Culture for the years 2013–2017.

**Analysis of the latest investigations and publications.** Up-to-date special methodological publications on the issues of fencers training cite a lot of studies devoted to technical and tactical training [4, 7, 14, 17, 18], to perfection of general and special physical efficiency [11, 19], and psychological training [13, 16].

At the same time academic education of fencers has been given less coverage as compared to other components of athletes training system. Moreover the experts describe different methods of approaching the systematization of knowledge necessary for a fencer [3, 5, 15, 17, 18].

Nevertheless the substantiation of the structure and content of the theoretical matter, which athletes have to learn in order to exercise efficiently, has been covered insufficiently in methodological publications [3, 5, 15, 18]. All the above-sited called for the necessity of preliminary learning of certain informative blocks (components of academic education) at the stage of prior basic training in fencing.

**Objective of the research.** To determine the informative significance of the academic education components at the stage of the prior basic training in fencing.

**Methods of the research:** theoretical analysis and generalization, analysis of documentary matter, expert judgment, method of mathematical statistics.

**Organization of the research.** Expert judgment was conducted within the period from 04.12.2012 till 31.01.2013 during training sessions at the premises of “Locomotyv” SC, LDYUSSH No 2 and SK FST “Dynamo” in Lviv among the pupils of “Troyanda” and “Athlete” DYUSSH and among LDYUSSH No 2 pupils, as well as during Ukrainian national theoretical and practical seminar in fencing and the XIXth Ukrainian national fencing tournament in commemoration of V.Andriyevsky in Lviv (10-14.12.2012). Expertize involved 20 experts possessing over 20 years’ average employment experience.

Experts were offered to evaluate the significance of obtaining knowledge of the informative blocks pertaining to the history of fencing origin and development, technique and tactics of fencing, fencers competitive activity as well as theoretical and methodological fundamentals of fencers training and their participation in the Olympics. The experts also assessed the importance of separate units within each informative block.

**Results of the research and their discussion.** Analysis of current methodological research devoted to the issues of academic education of athletes [2, 9, 10, 14, 15, 16, 17, 18] enabled to single out five informative blocks (components of academic education). As a result of absence of the unified approach to the content of information obligatory for the fencers efficient competitive activity we conducted an expertise in order to determine the significance of obtaining academic knowledge in fencing at the stage of fencers’ basic training.

“History of fencing origin and development” informative block comprises 5 units (U. 1-5):

1. Origin of fencing.
2. Fencing in the Soviet Union.
3. Fencing in the world and in Ukraine.
4. Fencing in the Olympic Games.
5. Famous fencers.

The content of the units elucidates the issues of medieval fencing schools appearance, historic aspects of the establishment of fencing as an educational subject (U. 1); information on first Russian educators who laid the foundations for the country’s fencing training system; facts about first official contests in the USSR and Ukraine; information about the network of children’s fencing schools, about introduction of the first set of rules, publication of manuals and textbooks in fencing; information about the appearance of Soviet fencers at the international arena, their participation in the Olympic Games and world championships (U. 2-3); information about granting fencing an Olympic sport status (U. 4), facts about prominent Ukrainian and foreign fencers, about best national and world coaches (P. 5) [3, 10, 17].

Units containing information on famous persons who contributed to fencing advance, fencing as a combat sport in the world and in Ukraine were considered to be of greatest importance and were estimated by 3.2 to 4.6 points.

According to the experts’ viewpoint the Units that presented facts concerning fencing origin and fencing as an Olympic sport were considered less important. The level of their significance was assessed by different number of points: from 2.4 to 4.0.

Unit, which contained information on the state of fencing advance in the USSR was evaluated as the least important for the athletes at this particular stage of long-term training process, scoring 1.8 to 3.2 points.

There by generalization and interpretation of the expertize results enable to affirm that information on famous fencers from this country and from abroad, about glorious Ukrainian and world famous coaches, about fencing advance in this country abroad, which is encompassed in “History of fencing origination and development” block are the most essential for fencers at the stage of prior basic training. In our judgment such attitude is conducive to sustain motivation to purposeful long-term perfection and develop a steadfast interest to education and training in novice students.

The least significant for the athletes at this stage of training was learning about first Russian fencing teachers, who laid the foundations for the country's fencing training system; facts about first official contests in the USSR and Ukraine; information about the network of children's fencing schools, about introduction of the first set of rules, publication of manuals and textbooks in fencing; information about the appearance of Soviet fencers at the international arena, their participation in the Olympic Games and world championships.

The next step was evaluation of the Units content significance within the "Fencers competitive activity" informative block, which included four Units (U. 1-4):

1. Contests rules and judging.
2. Various systems of holding contests.
3. Programme of national and international contests.
4. Styles of fencing a bout.

The content of the above mentioned units contained information whose knowledge enhances creation of the prerequisites to successful competitive fencing bouts. These units in particular provide information on rules administration, on the ways of assessment the contestants' effectiveness, standards of behavior among the contestants, between the contestants and judges, personal weapon and equipment maintenance, fencing terminology (U. 1); characteristics of the contests of various level and system of their implementation, methods of winners determination and ways of entering further stages of competition (U. 2); kinds of competitions included into the National Fencing Federation schedule (U. 3); most effective ways and methods of fencing a bout with fencers who possess different styles (U. 4) [3, 16, 17, 18].

Interpretation of the expert judgment evaluation as for the significance of the "Fencers competitive activity" informative block allowed singling out those units which seem to be the most important for the athletes at the stage of prior basic training. Thus the greatest significance for the athlete's sportsmanship and efficient competitive fencing bouts at this preliminary stage of training was attributed to the information on the ways of assessment the contestants' effectiveness, standards of behavior among the contestants, between the contestants and judges, personal weapon and equipment maintenance, requirements to the outfit and fencing equipment as well as the decent knowledge of fencing terminology (from 3.2 to 4.5 points). Due regard should be allotted to the information on characteristics of the contests of various level and system of their holding, methods of winners determination and requirements to the ways of entering further stages of competition of different levels (3.2 – 4.5 points).

Teaching the students competitive fencing bouts it is indispensable to give them the knowledge of ABCs of technique and tactics of their sports event. Therefore the experts highlighted the following units within the framework of "Technique and tactics of Fencing" informative block (U. 1-5):

1. Significance of technique and tactics in sports activity.
2. Interrelation of technique and tactics in fencing.
3. Variants of fencers' technical actions.
4. Fundamentals of tactics in fencing a bout.
5. Current trends in the development of technique and tactics in fencing.

The content of this informative block elucidates the issues of the tactics and technique's significance and their interaction in sports activity (U. 1-2), the technique of actions execution, the appropriateness of their application in a bout, correlation between separate technical elements and their specific use towards different opponents (U. 3); variety of tactical modes and their application during different bout moments (U. 4); current trends in the development of fencing technique and tactics in accord with changes in the rules of competitions (U. 5) [3, 14, 16, 18].

The majority of experts give preference to gaining knowledge on the variety of technical actions and to fundamentals of fencing a bout tactics evaluating the significance of these issues by 3.0 – 4.0 points. According to the experts the information on the significance of technique and tactics in sports activity and their interrelation in fencing was allotted 2.2 – 3.8 points. It could be accounted for the fact that the Units information needs to get a more detailed coverage at the previous stage of basic training.

The next informative block offered for the experts' evaluation was the block on "Fundamentals of theory and methods of athletes' training". It encompassed the following units:

1. Components of fencer's qualification and their characteristics.
2. Training and competitive load in fencing.
3. Safety techniques and traumas' preventive measures in fencing.

Analysis of the expertise results concerning the above listed informative block justified the necessity for fencers of thorough knowledge of the topics on the safety rules during training sessions, on maintenance of their sports suit and equipment, on major types of electrical equipment malfunctioning and its elimination, causes of possible injuries and their prevention, first aid measures administration during training sessions or competitions – 4.0-4.4 points.

At the same time it is necessary to emphasize that apart from special applied knowledge the students' academic education should fulfill the task of fostering a highly moral educated personality ready to adhere to humanistic principles [12]. Therefore we came forward with the suggestion to include into academic curricula for fencers the information on the Olympic subject area and present it in the "Olympism" informative block. It comprises the following units (U. 1-4):

1. Ancient Greece Olympiads.
2. International Olympic system.
3. Olympic Ukraine.
4. Problems of the current Olympic movement.

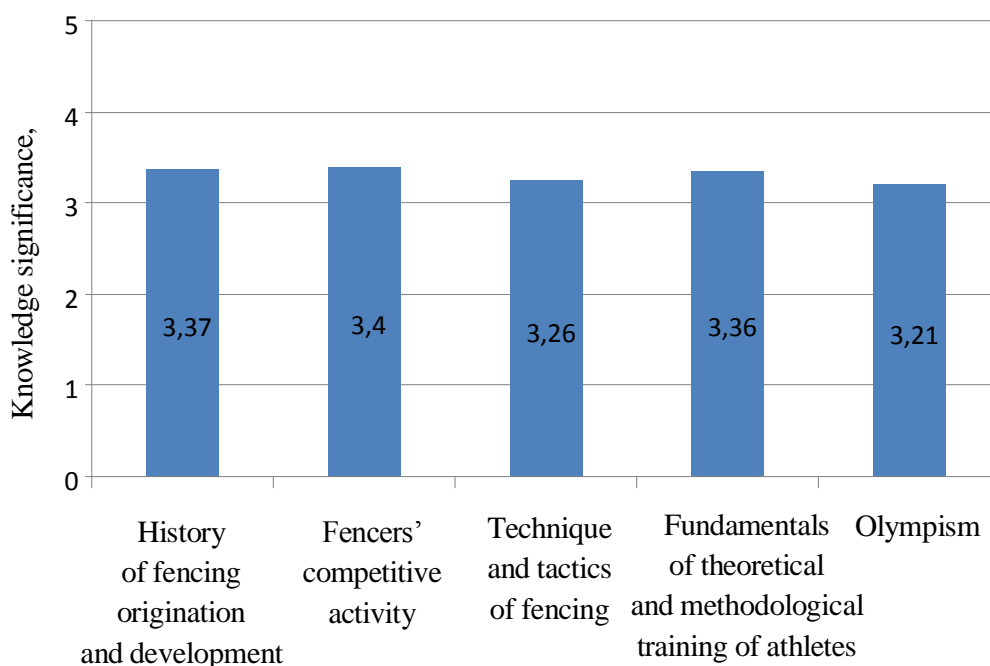


Fig. 1. **Significance of informative blocks for academic education of fencers at the stage of prior basic training**

The meaning content of this informative block presented the information on ancient Olympic Games in Greece, their origination, the kinds of contests held, rituals and ceremonies, training of the participants (U. 1); modern Olympic Games revival, their programmes, organization and holding, Olympic symbols and ceremonies: Olympic concepts, IOC's, NOC's and ISF's activities (U. 2). Besides the above cited information certain materials on the place and role of the Ukrainian NOC in modern Olympic movement, famous foreign athletes and authorities, Ukrainian athletes as a part of Soviet Olympic team and national team of the independent Ukraine on the Olympic arena (U. 3). Particular attention was paid to such current burning issues of the Olympic movement as professionalism, commercialization, performance-enhancing drugs, women in the Olympics, Olympic sport

and politics, Olympic sport and ecology, role of a sportsman in the Olympic movement, "Fair Play" conception ( U. 4) [9, 12].

According to the experts' assessment the information on the place of Ukrainian NOC in modern Olympic movement, on famous athletes and authorities of this country, on the participation of the Ukrainian athletes as a part of Soviet Olympic team and national team of the independent Ukraine on the Olympic arena turned to be the most significant within the "Olympism" informative block – ( 3.0-4.0 points).

We believe the above-said might testify to the effect that information of that kind contributes to the moral values formation in young athletes, elevation of their national awareness and striving for self-perfection.

Generalization of the expertise results enabled to determine the average level of knowledge significance for separate informative blocks (see fig. 1).

The average level of significance peculiar to all the informative blocks fluctuates within 3.21 to 3.4 points. Thus it was found impossible to mark out any particular informative block as the most significant component of academic education of fencers at the stage of prior basic training.

### **Conclusions.**

1. Academic education at the stage of prior basic training in fencing was presented by means of the following informative blocks: "History of fencing origination and development", "Fencers' competitive activity", "Fundamentals of theoretical and methodological training of athletes", "Technique and tactics of fencing".

2. Equal significance rates of all the components are located within 3.21 and 3.4 points which indicates the impossibility of singling out any informative block as the most significant one for the fencers at the stage of prior basic training.

3. The priority level of separate units in the framework of different informative blocks has been determined:

- information on famous personalities in fencing as well as the advance of fencing in Ukraine and abroad was considered to be of greatest importance within the "History of fencing origination and development" block;

- in "Fencers' competitive activity" block the highest priority was attributed to the rules administration, the system of judgment and major characteristics of holding fencing bouts and contests;

- information on the variety of technical actions and fundamentals of tactics in fencing a bout attracted the greatest interest within the "Technique and tactics of fencing" block;

- information on safety techniques and accident prevention was considered the most significant within the "Fundamentals of theoretical and methodological training of athletes" block;

- Olympic movement in Ukraine was of greatest significance in the "Olympism" block.

**Possible further research in the area** presuppose taking into account the significance level of the components of academic education at the stage of prior basic training in fencing for the purpose of the author's experimental teaching program elaboration.

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**ЗНАЧИМОСТЬ КОМПОНЕНТОВ  
ТЕОРЕТИЧЕСКОЙ ПОДГОТОВКИ  
ФЕХТОВАЛЬЩИКОВ НА ЭТАПЕ  
ПРЕДВАРИТЕЛЬНОЙ БАЗОВОЙ ПОДГОТОВКИ**

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**Аннотация.** Теоретическая подготовка является основой для дальнейшего совершенствования спортсменов. Специалистами по фехтованию представлены разные подходы к систематизации теоретического материала, но его структура и содержание являются недостаточно обоснованными.

Целью исследования было определение значимости компонентов теоретической подготовки и их содержательной части на этапе предварительной базовой подготовки в фехтовании.

В исследовании приняли участие 20 экспертов по фехтованию, средний стаж профессиональной деятельности которых составлял более 20 лет. Экспертная оценка проводилась с 04.12.2012 г. по 31.01.2013 г. во время учебно-тренировочных занятий на базе СК «Локомотив», ЛДЮСШ №2 и СК ФСТ «Динамо» г. Львова.

Установлено, что уровни значимости компонентов теоретической подготовки фехтовальщиков на этапе предварительной базовой подготовки находятся в пределах от 3,2 до 3,35 баллов.

**Ключевые слова:** фехтование, новички, теоретическая подготовка, информационные блоки.

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**Abstract.** Academic education lays the foundation for further athlete's perfection. Experts in fencing have offered various approaches to systematization of theoretical matter though its structure and content have been given inadequate validation.

Objective of the research was to define the significance of the components of academic education and to determine its content at the stage of prior basic training in fencing.

Twenty experts in fencing, possessing over 20 years' average employment experience participated in the research. Expert estimation was conducted during the period from 04.12.2012 till 31.01.2013 in the course of training sessions at the premises of "Locomotyv" SC, LDYUSSH No 2 and SK FST "Dynamo" in Lviv.

It has been found that equally significant components of fencers' academic education at the stage of prior basic training are located within the range of 3.21 to 3.4 points.

**Key words:** fencing, novice fencers, academic education, informative blocks.

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