

## STRUCTURE AND CONTENT OF FENCERS' THEORETICAL TRAINING

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**Annotation.** The structure and content of the theoretical training in the system of long-term improvement of athletes fencers is identified. Found that the theoretical training athletes selected 1.2-2.0% (initial training), 1,9-2,3% (preliminary stage of basic training), 2.1% (stage specialized basic training), 1, 8% (preparation stage for the highest achievements) of the total training load in the annual cycle of training. It is established that there is a wrong approach to the planning of educational material on theoretical training. Under it, information material (by category and blocks) presented based on the total phase, rather than individual grade levels. Recommended compensation direction of the individual components of theoretical training athletes: refining the means and methods of theoretical training, structuring of information, implementation of control theoretical training.

**Key words:** preparation, fencing, knowledge, category theory.

### Introduction

Theoretical knowledge, obtained on different stages of many years training, belong to the sportsmen's system of values, which forms preconditions to successful formation and maintenance of sportsmanship level (Glazyrin I.D. 2005–2012; Barinov S.Yu., 2008–2011; Platonov V.N., 1997–2004).

Evolution of scientific views on the process of sportsmen's training in different kinds of sports influenced on significant quantity of fundamental researches, which were devoted both: to separate sides of educational-training process and physical (Zatsiorskiy V.M., 1970; Kuznetsov V.V., 1970; Verkhoshanskiy Yu.V., 1985; Bulatova M.M., Platonov V.M., 1995; Linets M.M., 1997; Liakh V.I., 2005 et al. technical (Gaverdovskiyy Yu.K., 1991–2007; Bogen M.M., 1981; Laputin A.N., 1986), tactical (Talagy I., 1988; Dulibskiy A.V., 1997; Banakh S.M., 2004; Kozina Zh.L., 2010), integral (Mitova Ye.O., 2004; Shustin B.N., 1995; Keller V.S., 1995), psychological (Votonova V.I., 2007; Gorbunov G.D., 2007; Ilyin Ye.P., 2009; Pyny A.Ts. Пуни, 1967-1984; Radionov A.V., 1995; Turetskiy B.V., 1993) training as well as their combination in the system of many years sportsmen's perfection (Bondarchuk A.P., 2000; Lisenchuk G.A., 2004; Maksimenko I.G., 2010; Nosko N.A., 2003; Pavlenko Yu.A., 2012 et al.) in different kinds of sports.

In the opinion of Platonov V.N. [2], theoretical preparation has its own part in the frames of realization of each of them and shall be carried out on all stages of many years sportsmen's training.

However, in spite of separate attempts of scientific researches in direction of sportsmen's theoretical preparation (Arpino M., 2011; Isayeva Ye.B., 2011; Kim N.V., 2011; Kuzmenko G.A., 2008; Maksimenko I.G., 2009; Мкртчян Ю.Е., 1993; Nikolaychuk O., 2007; Strokatov V.V., 1980) there are no researches on theoretical preparation in sports with determination of intrinsic integrally oriented system of methods and means of transferring and formation of specific knowledge of the sports-pedagogical process's participants.

The research has been fulfilled as per subject 2.8. "Improvement of sportsmen's training in separate groups of kinds of sports" of combined plan of scientific & research works in the sphere of physical culture and sports for 2011-2015 and initiative subject: Principles of theoretical preparation in sports" of Lvov state university of physical culture and sports for 2013-1017.

### Purpose, tasks of the work, material and methods

*The purpose of the researches:* to determine the structure and content of theoretical preparation in the system of many years' fencers' perfection.

*The methods of the research:* theoretical analysis and generalization, comparison, analysis of documents, methods of mathematical statistics.

### Results of the researches

We have studied theoretical preparation of sportsmen-fencers [6, 7], which belongs to the group of martial arts [2]. For many years training of young fencers it is required to determine education of comprehensively developed, highly qualified sportsmen, who could be able to defend the honor of their team and state at competitions of the highest level.

With it the content of one of the stages of fencers' many years training does not consider the questions of comprehensive development and the tasks on formation of different qualification fencers' special knowledge system is absent [1, 3, 7].

The assertion [7], as per which sports results of preliminary and initial stages trainees, especially in the first 2 years of training, cannot be the criteria of prospects is rather important. We noted the necessity of substantial physical training on the base of specialization of physical and psychic qualities, formation of wide technical-tactic actions' complex and acquiring of battle experience. All these were determined as basic components of successful training on these stages.

With it, the importance of creation of objective pre-conditions for formation of appropriate fencers' qualities on these stages, i.e. theoretical preparation is ignored [4, 5].

Considering the conducted analysis of structure and content of training programs of different kinds of sports, it can be noted that the absence of scientifically grounded system of theoretical preparation means and methods is traditional. General characteristics of means and methods, against the contingent of coaches (specialists) for whom this training program was designed, has been presented, but it is simplified and does not satisfy the requirements of modern theory and practice of sportsmen's, in particular fencers', training [2, 4].

Besides, there is a wrong approach to planning of training material on theoretical preparation. It implies that informational material (by categories and blocks) is given for the whole stage, but not annually. It confirms our assumptions about absence of plan character and system in delivering of material and permits to insist on correction of general approaches to theoretical preparation of fencers in general.

Let us note that it is proposed to assign 4 hours for fencers at initial stage in the first year, 8 hours – in the second year and 10 hours, if fencers are trained more than 2 years in this stage. In percentage it is: 1,2%, 1,9% and 2,0% correspondingly to general scope of loads.

With it, informational content of training material is in the next categories: history of fencing's development, appearance and modern state of fencing's development in Ukraine; safety measures at fencing trainings and competitions; personal hygiene of sportsman and hygiene of fencing; functional systems of human organism and their importance in fencing; competitions' rules and the basis of fencing refereeing.

Their quantity is also incorrect and is presented in separate informational blocks not uniformly. Like in other cases (volleyball, ping-pong etc.) authors do not pay attention to insignificant possibilities of sportsmen's comprehension on this stage [2, 4]. In combination with the absence of definite criteria and supporting- content moments of informational material, efficient theoretical preparation is deprived of possibility to be realized. So, it is proposed to regard the following informational blocks [6, 7] during 22 hours (for three years training at initial training stage):

- fencing as a cold arms art; fencing in ancient times; origin of sports fencing; fencing at Olympic Games; advanced international fencing schools; FIF and its role in international sports (category 1);
- cold arms and armed force of Princely epoch, Cossacks of Zaporozhskaya Sech; origin of sports fencing in Ukraine, development of Ukrainian fencing in pre-war and post-war periods; fencing in Ukraine in the years of independence, advanced fencing centers in Ukraine, the best sportsmen (category 2);
- behavior rules in fencing halls, safety measures with general-preparatory and special exercises with arms, protection equipment and their application for protection of vital fencer body's parts, norms of safety for equipment, stipulated by Competition Rules, sportsmen's behavior at competitions (category 3);
- importance of hygiene for prevention from diseases; care of body, mouth cavity and teeth; hygienic demands to cloth and footwear; significance of correct daily schedule and eating, principles of toughening up, care of sports uniform and fencing equipment; sanitary and hygienic standards of training and competition places (category 4);
- construction of human organism, main systems and peculiarities of functioning; muscular, cardio-vascular, respiratory and nervous systems during trainings and competitions, the role of analyzers (category 5);
- kinds of competitions and the methods of their conducting; draws of personal and team competitions; functions of senior referee and referee-seconds meter, the rights and obligations of competition participants, violations of competition rules and punishments, referee's signs (category 6).

Considering significant quantity of scientific and methodic literature's data in appropriate section of pedagogic, psychology and general theory of sportsmen's training, one can state that there is no registration of main training principles [1,2,4,5,9].

For groups of preliminary, basic training, the found on the previous stage problem situation in theoretical preparation of fencers became still more acute. In spite of the fact that absolute values of theoretical preparation scopes, naturally, increased (12 hours in the first year of training, 16 – in the second, 20 in the third and 24 on the following years of training) the relative scopes had, to some extent, different wavy trend (1,9% ; 2,2%; 2,1% and 2,3% correspondingly).

The substantial part of information rather increased, with it, there is no strategic planning of theoretical preparation for all preparatory period of fencers' basic training.

For sportsmen to study there offered the following categories of information with appropriate content: 1. Modern development of fencing in Ukraine; 2. Ukrainian fencers at Olympic Games; 3. The components of fencer's sportsmanship; 4. Self-control at trainings and competitions; 5. Fencing terminology; 6. The reasons of traumas and their prevention; 7. Fencing single sports classification; 8. Medical control and its significance in sports; 9. Refereeing of competition duels; 10. Arms, cloths and equipment of fencer; 11. The system of hits (touches) registration in fencing.

It is obvious that the presented categories and blocks of knowledge significantly exceed the requirements to preparedness of both: a sportsman [1, 3, 4, 5], and a coach. With is sportsman must form certain base of general mental activity and the basis of social status. Concerning coach, we can say about not ordinary personality, who, on a certain level, have all required knowledge and, besides, is able to carry out its efficient transferring in conditions of continuous training process.

It seems to be paradox but in the offered programs [6, 7] there is no mentioning about the necessity of knowledge formation of fencers on kinds of cold arms on structural distinctive peculiarities of competition activity, on possibility of changes different kinds of competitions at early stages of many years training. Considering fundamental knowledge of general sportsmen's preparation [2, 5], exactly at early stages of preliminary basic training the processes of sportsmen's selection and orientation for participation in optimal for them (considering the complex of morpho-

functional and personal features) further competition activity shall take place. The fencers' transfer to the stage of specialized basic training specifies the specificity of their training process [2].

Considering theoretical preparation, the stage of specialized basic training has a number of its own peculiarities. They, in the first turn, are connected with absolute and relative scopes of load in annual cycle of preparation and, in general, on the modern stage.

Let us note that for all years of fencers' training at this stage, the relative scope indicators remained unchanged from the first years, then to the second and more years of training – 2,1%. With it absolute indicators of time have insufficient increment from 26 hours in the first year to 28 hours in the second and 30 hours in the following after the second years of training [6, 7, 8].

The components of theoretical preparation, which are presented in different categories have wide range of information, which is contained in categories, like on the preliminary, basic stage of training: 1. Analysis of Ukrainian fencers performances at international competitions; 2. Fencing as Olympic kind of sports; 3. Techniques and tactics of fencing and their interconnection; 4. Physical preparation of fencers; 5. The role of competitions in training process; 6. Individual plan of training: tasks, content; 7. Periodization of fencers' training; 8. Specialized perception and feelings of fencers; 9. International terminology of refereeing; 10. Hygienic requirements to fencers' eating; 11. Pre-competition state of a sportsman and its regulation.

With it, the part of categories and their components (5, 7, 11) do not correspond to the specificity of sportsmen's training and in most cases they were transferred unreasonably from professional training into the field of physical culture. The other (1, 2, 9, 10) have already been regarded at the previous stages of training and demand specifying of informational material or representation of its reasonable structure.

Theoretical preparation at the stage of training to highest achievements is still remaining broad and, at the same time, vague. The author [6, 7] offered to assign not more than 30 hours of training time for the whole this period. It is 1,8% total training scope in annual training cycle.

It should be noted that in our opinion the consideration of different components of sportsmen's system of knowledge is a positive factor. For consideration it is proposed: 1. Modern trends in international fencing development; 2. Management system of fencing in Ukraine; 3. Planning of high qualification fencers' training and control over it; 4. Recreational means and stimulation of sportsmen's workability; 5. Pre-competition training of highly qualified fencers; 6. Psychological training of fencers; 7. Sportsmen's training on the stage of maximal realization of individual abilities; 8. Tactic preparation of highly qualified fencers; 9. Model characteristics of highly qualified fencers; 10. Violations of competition rules and punishment; 11. Technology of refereeing by senior referee.

Having generalized the data about theoretical preparation in the system of many years fencers' training, we can note a number of negative factors:

- absence of specifying and showing of all spectrum of theoretical preparation means and methods at all, mentioned in the program, stages of training,
- absence of structuring in conditions of many years training process,
- neglecting of control over fencers theoretical training
- absence of informational blocks, especially at later stages of many years perfection, which could be connected with prevention from using of prohibited substances and with means of doping control, technical means of training, efficiency of out-of-training means and other.

Thus, scientific and methodic aspects of theoretical preparation, which were found with the help of analysis of normative document in sportsmen's training system in this kind of sports, confirm our assumptions and supplement information, obtained in other kinds of sports, about the necessity of radical and urgent review of existing organizational-methodological principles of theoretical preparation in sports.

### Summary

1. Theoretical preparation of fencers at different stages of preliminary training stipulates 1,2–2,0%, at the stage of preliminary basic training – 1,9–2,3%, at the stage of specialized basic training – 2,1% and at the stage of training for highest achievements – 1,8% of total training loads scope in annual training cycle.

2. Some components of fencers theoretical preparation need shall be corrected. They initially imply the necessity of specifying of theoretical preparation means and methods, structuring of information in conditions of many years training process, introduction of control over fencers' theoretical preparedness.

*The prospects of further researches* stipulate determination of directions of sportsmen's theoretical preparation's perfection at different stages of many years fencing training.

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