The Level of Sports Results Achievements. Readiness and Forecasting Evaluation System

I.G. Pavel'ev[1], Krasnodar Branch of Academy of Standardization, Metrology and Certification (training)
V.V. Lysenko[2], Kuban State University of Physical Culture, Sports and Tourism, Prof. Dr., v-v-lysenko@yandex.ru
E.V. Martianov[3], Olympic Training Center

[1] Head of the Department of Metrology, Krasnodar, Russia
[2] Professor of the Department, Krasnodar, Russia
[3] USSR and RSFSR Deserved Trainer in Athletics / Trainer-teacher, Krasnodar, Russia

key words

monitoring, testing, control, correlation analysis, regression equations

Based on many years of experience with leading athletes — long jumpers, we have developed a system for assessing athletic fitness and predicting the level of achievement of sports results. To organize effective monitoring of the progress and results of the training process, a constant assessment of the dynamics of changes in the level of sports fitness with the help of informative tests is necessary. The proposed method for assessing the information content of control exercises also serves as a means of selecting and predicting sports results.

So, we have presented a modern method of monitoring indicators formation that reflect the level of different sides of preparedness, and readiness to show sports results, and the effectiveness of the organization of the quality of the training process.

We believe that this method is applicable to any sports. It is possible and necessary to choose the characteristic parameters reflecting at the same time different sides of informativeness for each sport and any types of motor activity, we have substantiated.

References

1. Akhrieva A.Yu. [The problem of using tests for assessment of the quality of education in the modern school], *Theory and practice of social development*, 2014, no. 6, pp. 65–67.
2. Kostenko E.G. [Interpretation of quantitative data of sports and pedagogical researches], *World of pedagogy and psychology,* 2019, no. 5(34), pp. 102–109.
3. Koroleva T.P. [System-structural approach to the analysis and development of professionally important qualities], *Theory and practice of social development*, 2014, no. 13, pp. 48–51.
4. Lysenko V.V. [Instrumental means of operative control of biomechanical characteristics], *Physical culture and sport. Olympic education*, 2019, pp. 88–89.
5. Grigor`ev V.I. [Innovative clusters of physical culture of Russia], *P.F. Lesgaft University,* 2014, no. 8(114), pp. 56–62.
6. Izotova L.E. [Models of maturity of pedagogical systems], *P.F. Lesgaft University*, 2014, no. 9(115), pp. 51–55.
7. Kityukova E.V. [Biomechanical modeling of motor actions], *Resources competitiveness of athletes: theory and practice of implementation*, 2017, pp. 123–127.
8. Kostenko E.G. [Methods of processing the results of complex control in the preparation of highly qualified athletes], *Physical culture and sports. Olympic education*, 2019, pp. 99–101.
9. Serova L.K. [Types of strategies of self-realization of athletes and coaches], *P.F. Lesgaft University*, 2014, no. 9(115), pp. 203–207.
10. Pavel`ev I.G. [Application of mathematical and statistical methods for the analysis of cross-country exercises of qualified athletes], *Actual questions of physical culture and sports*, 2016, v. 18, no. 1, pp. 47-49.