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Complex evaluation of fencers predisposition in three stages of sport development

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The work presents detailed analysis of somatic, psychomotor, special and psychologic parameters of fencers during initial, directed and master stage of the training. Using specific statistical methods (factor and regressive analyses - Hellwig's model) agents determining the sport fitness were identified (n=65). Averages of height and body mass as well the slender index according to Roehrer were calculated basing on age and registered somatic features. Following tests were performed as considering the special fitness predisposition: fencing endurance, precision of weapon movement, speed and special coordination, motorial adaptation and motions frequency capacity (Zuchory's test). As regards the psychomotor abilities the visual-motion coordination test (cross apparatus) and simple and complex computer speed trials with mistakes recording were done. The whole procedure was enriched with the psychological examination through temperamental features measurement - Strelau Temperament Inventory (STI) and personality dimensions - Eysenck Personality Questionnaire (EPQ). The factors analysis was conducted as considering the specific fencing ability. It allowed the evaluation of the fencing abilities factors internal structure. As the most predictive and statistically significant following variables were found: fencing endurance, movements precision and motorial adaptation. Research confirmed the special preparation importance and the role of psychomotor indices, especially the visual-motion coordination and concentration in tests examining the variety of reactions. Contemporary fencers turned to be athletes with strong nervous system what was proved by the temperament and personality tests. Final conclusions of this research focus on the application thoughts, mostly in a sphere of diagnostics and training methods which would take into account the whole exploratory procedure. Comparative analyses of 3 examined groups showed that during the initial stage of training the physical fitness of fencers plays an important role while during the directed and master phase of practice the technical abilities development and psychomotor parameters grow more important.

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