

PHYSICAL DEVELOPMENT, QUALITATIVE ELEMENT OF THE BIOLOGICAL PROCESS, ON CHILDREN OF 10-12 YEARS

*Caracaleanu Sorin Gabriel, PhD student,
Caracaleanu Cristian Mihai, PhD student,
Bucharest, Romania*

Keywords: physical development, motor capacity, sports activities, physical exercise, technical-tactical training, training, performance.

The aim of the study is to improve both quantitatively and qualitatively the performances in the stages of sports training and highlighting the principles of performing the physical exercise, based on the quantification of the results obtained by correlation of the morfofunctional parameters, in the practice of sports activities regarding martial arts, at the level of children 10-12 years in which selection, methodical, physical development, technical-tactical training and training strategy are involved. The continuing improving of the motor qualities, psychological, moral & volitional directly or indirectly depend totally on the individual personality & his psycho motor capacity and the development of personal skills. I consider that learning of striking techniques, defending & counter attacks also transforming them in deeply automatized skills until the stage of improved motor skills on the practicans is the main problem of Karate methodics.

The scientific training can be done by obtaining as much objective data as possible from the training process, through their statistical processing and interpretation. The high level of performance can only be achieved through in-depth knowledge of the training dynamics, determined by new quality and efficiency coordinates in practicing sports activities, specific objectives for the period precompetitive, competitive, post-competitive, setting the coordinates of the sport effort in order to improve performance, drawing conclusions from the implementation of the working hypotheses, finalizing the project with the dissemination process of the obtained results.