

на использовании в качестве стандартной дозированной физической нагрузки специфического характера субмаксимальной мощности – бросков через плечо.

**Выводы:**

1. Метрологическая оценка различных способов определения физической работоспособности женщин-дзюдоисток убедительно доказывает, что разработанная нами методика позволяет: а) судить не только об общей работоспособности, но и о том, насколько продуктивно в реальных условиях спортивной деятельности используются возможности вегетативных систем организма, т.е. об экономичности выполнения движений; б) является более щадящей для женского организма и позволяет осуществлять индивидуальный подход в подборе повторной дозированной нагрузки (количество, частота и скорость бросков).

2. Достоинствами этого метода является его простота, доступность и возможность получения данных (срочной информации) о функциональных возможностях организма спортсменок, с помощью такого специфического для них упражнения как бросок через плечо.

**METROLOGICAL EVALUATION OF SOME WAY TO DETERMINE THE RELATIVE INDICATORS OF PHYSICAL WORKING CAPACITIES OF WOMEN JUDOKAS**

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**Relevance.** The rapid development of sports and the ever-growing competition in the sports arenas in the world at the present stage sets before scientists in the field of sport very serious problem of improving the effectiveness of the training process and improving methods monitoring of the level of development of special physical fitness of athletes and, in particular, indicators of physical health. A study of physical health using step and velojergometricheskikh loads on the basis of the principle of Sjostrand became widespread. At the same time a great interest can provide options for this test, in which the step-load stress test, replaced by other types of muscle work, similar in its motor structure loads applied in vivo sports activities. The purpose of the study. Improving the system of performance assessment methodologies special physical fitness of women wrestlers of different style.

**The task of the research:** to carry out metrological evaluation and physiological responses of the organism in determining indicators of physical health of women judokas using various techniques.

**Research methods:** analysis of scientific literature and best practices (questioning, interviewing); pedagogical testing (linear measurements, tests, morpho-functional State); the determination of indicators of physical health (Harvard step test, a standard step test, bicycle ergometry, throws the dummy); methods of mathematical-statistical processing of the data received.

**Results of research.** The results of the study have identified power, amount of physical exertion, performed when using each of the methods, the reaction of the organism, the portability of loads, the degree of fatigue, speeds recovery. So far, for the determination of indicators of special endurance of women judokas, researchers and trainers have used maximum test, i.e. the test, in which subjects had to perform the maximum number of shots for 30 seconds or 1 minute, we developed the technique of definition of physical health of women judokas is based on a standard of proportionate physical load of the specific nature of the submaximal power- throws over his shoulder.

**Conclusions:**

1. Metrological evaluation of different methods determining the physical health of women judokas convincingly proves that our methodology allows: a) judged not only on overall health, but also on the extent to which productive in the real world of sports activities to use autonomic body systems, i.e. on the economy perform movements; b) is more gentle to the women body and enables individual approach in selecting repeated dosage (amount, frequency, and speed of throws).

2. The advantages of this method is its simplicity, accessibility and availability of data (urgent information) about the functionality of the organism of athletes using them specific exercises such as shoulder throw.