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PEDAGOGICAL TESTING OF PHYSICAL CONDITION OF TRACK ATHLETES WITH INTELLECTUAL DISABILITIES

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Abstract. The article considers the issues of assessing the physical condition of athletes in sports of persons with intellectual disabilities in sports disciplines: running for short distances; jumping in the aspect of objective evaluation in order to timely identify and eliminate shortcomings in the training process at the stage of initial training, as well as forecasting sports results.

Keywords: sports of persons with intellectual disabilities, physical preparedness, standards, control exercises, the stage of initial training.

Аннотация. В статье рассмотрены вопросы оценки физической подготовленности спортсменов в спорте лиц с интеллектуальными нарушениями в спортивных дисциплинах: бег на короткие дистанции; прыжки в аспекте объективного оценивания с целью своевременного выявления и устранения недостатков в тренировочном процессе на этапе начальной подготовки, а также прогнозирования спортивных результатов.

Ключевые слова: спорт лиц с интеллектуальными нарушениями, физическая подготовленность, нормативы, контрольные упражнения, этап начальной подготовки.

Pedagogical testing in assessing the physical condition of athletes with intellectual disabilities is an important aspect of the training process, providing the opportunity to perform a comparative analysis of the results of both a single athlete and group of athletes. The obtained data will allow in the future to monitor the training process objectively and the results of competitive activity; to select the most promising athletes, as well as to make and adjust sports training plans in a timely manner [3, pp. 56, 62-65].

Paragraph 2 of the Order of the Ministry of Sports of the Russian Federation dated 19.01.2018 No. 19 «On approval of the federal standard of sports training for the sport «sport

of persons with intellectual disabilities»" (hereinafter FSSP) provides standards for sports training and their ratio at the stages of sports training in groups engaged in the sport «sport of persons with intellectual disabilities», taking into account sports disciplines, include standards of general physical and special physical training for joining the groups at the stage of initial training (Appendix No. 5 FSSP) [5].

Appendix No. 5 offers muscular endurance exercises (tests) indicating the developed physical qualities for joining the groups at the stage of initial training and the results of these tests (Table 1).

Table 1. – Standards of general physical and special physical training for joining the groups at the stage of initial training (sports disciplines: short-distance running; * jumping)

Developed physical qualities	muscular endurance exercises (tests)	
	Junior (male)	Junior (female)
Speed	Running 20 m on the move (no more than 4.1 s)	Running 20 m on the move (no more than 5.1 s)
	Running 100 m (no more than 16.7 s)	Running 100 m (no more than 18.0 s)
Speed and power	Long jump from a place (at least 80 cm) *Long jump from a place (at least 90 cm)	Long jump from a place (at least 70 cm) *Long jump from a place (at least 80 cm)

Most authors note the coordination of movements as the main problem point of the motor sphere in persons with intellectual disabilities [1, 4].

A.I. Tabakov (2017) considers the process of forming the physical condition of runners at the stage of initial training, for three years, in an integrated manner. The author presents it in the following form: coordination – power, coordination – endurance (first year), coordination - speed (subsequent years) [2].

The effect level of the physical quality «coordination abilities» on the result in the kind of sport «sports of persons with intellectual disabilities» in sports disciplines: running for short distances; jumps - medium and significant, respectively, as noted in the Order [5].

The standards of general physical and special physical training for joining groups at the stage of initial training in the sport of «sports of persons with intellectual disabilities» (sports disciplines: running for short distances; jumps) FSSP include only three tests aimed at assessing speed and speed and power qualities.

Wherefore, the choice of a set of muscular endurance exercises for assessing the physical condition of track athletes with intellectual disabilities at the stage of initial training, as well as the development of differentiated assessment scales, remains an urgent problem.

The purpose of the study is the development of differentiated scales for assessing the physical condition of track athletes with intellectual disabilities at the stage of initial training, the inclusion in a set of muscular endurance exercises adequate to the tasks of this stage.

Material and methods of research. Pedagogical testing to determine the level of physical condition of track athletes with intellectual disabilities is planned from October 2021 to September 2022. About 120 athletes with mental retardation will take part in the research.

To conduct pedagogical testing, muscular endurance (tests) according to the FSSP will be used, consisting of the following exercises: running 20 m standing start; running 100 m; standing long jump.

The procedure of expert assessments will be carried out for inclusion in the sports training program for persons with intellectual disabilities (sports disciplines: short-distance running; jumping) additional control exercises (tests) [3, pp. 48-52].

The results of the discussion. After establishing the consistency of expert opinions and the inclusion of additional tests corresponding to the tasks of the initial training stage, the

obtained results of pedagogical testing will become the basis for the development of evaluation scales of physical condition of trackathletes with intellectual disabilities and the ordering of the composition of muscle endurance exercise complexes (tests). To calculate the scales, it is planned to take into account the arithmetic mean and standard deviation.

In order to conduct ongoing monitoring of the physical condition of track athletes with intellectual disabilities, the scales of normative assessments will be presented in points.

Conclusion. The data obtained in the course of the study will allow us to assess the compliance of the values of muscle endurance exercises (tests) with the actual indicators of physical condition of trackathletes with intellectual disabilities at the stage of initial training, expand the set of muscle endurance exercises (tests) proposed by the FSSP, including informative tests for coordination, vestibular stability, flexibility, strength endurance in the sports training program.

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АДАПТИВНАЯ ФИЗИЧЕСКАЯ КУЛЬТУРА В СОЦИАЛЬНОЙ АДАПТАЦИИ ДЕТЕЙ С ОГРАНИЧЕННЫМИ ВОЗМОЖНОСТЯМИ ЗДОРОВЬЯ

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Аннотация. Как известно из теории и практики, занятия адаптивной физической культурой зачастую являются одним из потенциально возможных видов деятельности для лиц с инвалидностью.

В данной статье рассматривается основная роль и специфика социальной адаптации детей с ограниченными возможностями здоровья в процессе различными видами адаптивной физической культуры.