

THEORETICAL AND APPLIED ASPECTS OF PHYSICAL CULTURE, SPORTS AND TOURISM

REASONS FOR THE END OF A SPORTS CAREER

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The end-of-sports phase is not well described in the current sports literature. "Anecdotal research in this area indicates that many athletes are unprepared for the end of their sporting careers and the transition to a new life environment" [1, 2]. It has been found that "an athlete's adaptation to social life outside sport depends on the level of performance: the higher the performance, the more difficult the social adaptation" [3, 4]. Consequently, there is a need for research aimed at identifying the factors on which the success of the process of completing a sports career depends. In this regard, the aim of the work was to identify the reasons for the termination of the sports career of athletes involved in gymnastics and acrobatics.

Material and methods. A questionnaire including 23 main reasons [5] was used to identify the main reasons for sports career termination. The study involved 40 former pupils of the Vitebsk Children and Youth Sports School of Olympic Reserve № 1 (boys from 16 to 20 years old) who were divided into two groups. The first group included the sportsmen who have finished their sports career with 1 junior and 1 adult sports qualification (n=24). The second group of respondents included former athletes with MS and KMS titles (n=16). The following methods were used in the study: analysis of literature sources, questionnaires, methods of mathematical and statistical data processing.

Findings and their discussion. The results of the study are presented in the table. The most common reasons given by young athletes who have finished their sports career with 1 youth and 1 adult sports qualification are: loss of interest in training, family formation, illness or injury. A survey of athletes who finished their sports careers with the MS and KMS categories revealed that the difference in qualifications has a significant impact on their outlook and understanding of the real reasons for completing their sports careers. The most frequently cited reasons were: "achievement of the intended goal", "loss of interest in sports activities or emergence of new interests", "illness or injury".

Table – Reasons for ending a sports career, %

The reason	Athletes who finished their sporting career with 1 junior and 1 adult grade, n=24	Athletes who finished their sporting career with MS and KMS titles, n=16
1. It is difficult to combine school (university) with active sporting activities	50%	12,5%
2. It is a long way to get to class	12,5%	25%
3. Not happy with the team (team, group relationships)	25%	62,5%
4. New interests and hobbies have emerged	75%	87,5%
5. Conflicts with the coach	12,5%	12,5%
6. Lack of confidence in your own abilities	25%	12,5%
7. Illness, injury	62,5%	87,5%
8. Insufficient number of competitions	25%	0%
9. Because of dissatisfaction from family, friends and relatives	12,5%	25%
10. The need to get away from home (work, school) and travel to training camps	25%	50%
11. Unsatisfactory state of the sports facilities	12,5%	12,5%
12. Don't like the sport	25%	0%
13. Don't like the training methods used by the trainer	12,5%	0%
14. Not happy with the need to comply with the regime	37,5%	75%
15. Forced change of coach	12,5%	50%
16. Fear of doing certain exercises	62,5%	25%
17. Family formation (marriage, birth of a child)	0%	62,5%
18. Achieving the intended goal	50%	75%
19. Poor material conditions	12,5%	25%
20. An age that does not allow for high performance	37,5%	62,5%
21. Loss of interest in sport	62,5%	62,5%
22. Artificial age restriction of participation in competitions	0%	50%
23. Expulsion from a club, organisation	0%	25%

The least popular reasons for respondents in the two groups were: "dropping out of club, organisation", "artificial age restriction of participation in competitions", "family education", "not enough competitions", "do not like the sport", "do not like the training methods used by the coach".

Conclusion. The reasons for the end of a sport career in youth depend on the level of sport qualification. Timely identification of the reasons will help coaches and parents to predict possible sporting contradictions and to find other countervailing motives if it is not appropriate for an athlete to leave.

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DISTRIBUTION OF FAT AND MUSCLE COMPONENTS OF THE BODY OF SWIMMERS OF VARIOUS QUALIFICATIONS

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Relevance of the research. During the professional training of swimmers, it is necessary to seriously approach the morphofunctional features of each athlete for the competent construction of the training process [1]. It is necessary to take into account not only age and gender characteristics, but also the distribution of fat and muscle mass along the body [2]. The latest non-invasive research methods allow for a minimum period of time to perform a segmental analysis of the body of the student's body [3].

The purpose of the research: to identify options for the distribution of fat and muscle body mass of athletes of various qualifications engaged in swimming.

Material and methods. The study of scientific and methodological literature made it possible to analyze the morphological features of persons of youthful and first mature age engaged in various sports. Bioimpedance measurement and methods of mathematical statistics were also used in the study. In the conditions of the research laboratory of the Department of Anatomy and Biomechanics of the University of Sports, 32 qualified swimmers of different sexes were studied. The average age was 18,6 years. Female persons entered the first group of athletes, male persons entered the second. Among the girls, 25% had the title of MS of the Russian Federation, 62,5% – CMS. Among males, 17,4% each had the title of MS of the Russian Federation and I category, 60,9% – CMS.