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HABILITATION THESIS

Methodology for the development of strength capacities in performance wrestlers

SUMMARY

1. Introduction

The habilitation thesis entitled "Methodology for the development of strength capacities in performance wrestlers" constitutes an essential presentation of professional development, research and academic activity. From a structural point of view, the habilitation thesis contains three sections: the scientific, professional and academic achievements part, career growth and development plans, as well as the bibliographic references used.

In the first part of the paper, the scientific, professional and academic achievements are presented, structured in its turn into three parts: research activity, professional activity and academic achievements.

The second part of the paper reflects the development directions of one's own professional, scientific and academic career.

In the third part, the bibliographic references used in the elaboration of the thesis are presented.

2. Scientific, professional and academic achievements

The research activity started with the research approach specific to the period of realization and defence of the doctoral thesis between 2009-2012. The scientific researches continued with the development and implementation of the achieved outcomes, as a result of the doctoral thesis defence entitled "Particularities of organizing the sports selection process of

children in judo at the initial stage of training", under the guidance of PhD assoc. prof. Demcenco Petru.

The general research areas addressed throughout my entire scientific activity can be summarized on the following basic subjects:

- Strength training in the training process of wrestling athletes
- The special principles of sports training and their application in the development of strength qualities of wrestling athletes
- Determinants of the means and methods physique of wrestling athletes strength training
- Directions for optimizing the process of strength training of wrestling athletes
- Sports selection of children in judo at the initial stage of training.

I also researched national and international legislation in the field of reference, participated in organizing the scientific events (symposia, conferences, round tables, etc.) and published the scientific results, contributing to the training of highly qualified staff by organizing some forms of postgraduate studies (specialization courses, master's, doctorate, etc.).

The development of scientific research in the field of physical culture was carried out intensively and by promoting and disseminating the results of scientific research on a national and international level, with the involvement of students / master's students / doctoral students and the academic community. At the same time, I participated in various competitions launched through national, European or international sports programs to support research or institutional development, I applied and participated in research-development-innovation projects.

Research on "Strength training in the training process of wrestling athletes" determined the need to elaborate and synthesize the existing scientific data in order to establish an optimal sequence of interdependent stages. In accordance with the nature of the objectives planned to be achieved, the types of training were determined: technical, tactical, physical, moral-volitional, integral, theoretical; mental, technical, physical, tactical; technical, tactical, physical, psychological, integral. The division of the unitary process of sports training into the aforementioned types is relative, given that the effectiveness of motor actions in sports is conditioned by the simultaneous manifestation and integration of technical-tactical mastery, of the athlete's physical and mental qualities. However, the highlighting, within the sports training, of some independent forms and aspects orders the representations regarding the structure and content of sports mastery, allowing to systematize the means and methods, to organize the management of the training process. At the same time, the effectiveness of the training activity and, especially, the competitive one, is determined not only by the high level of development of

the specific qualities and capacities of different types, but also by the balanced nature of their development and manifestation in the training and competition process. The study of the history of the knowledge development and practical activity in the field of training athletes who specialize in freestyle and Greco-Roman wrestling, as well as in other types of wrestling and martial arts, reflects the colossal attention paid to technical procedures and technical-tactical actions, but also an unobvious underestimation of the importance of the other types of training, especially the physical one and, above all, the qualities of strength, which are essential in wrestling. This fact is reflected in the content of the majority of manuals, monographs, methodical guidelines and other publications in the field of training athletes who specialize in various wrestling events. The main peculiarity of this research consists in the methodological approach of studying the vast field of fighter training. At its base are the essential concepts of the theory of complex dynamic systems and of their research methodology: the main features and possibilities of complex motor systems and actions; their structural-systemic analysis; their cybernetic coordination systems. At the concrete methodology base was the multilateral analysis of the structure of the procedures and motor actions in various wrestling events, the analysis of the methodology of training and improving the technique of the fighting procedures, the problem characterization, the contradictions and the prospects for improving the sportsmanship of the wrestlers in terms of the complex dynamic system theory.

The methodological approach carried out allowed not only the analysis of a vast field of knowledge and a wide spectrum of problems in the field of training of performance fighters, but also, extremely important fact, their presentation as a whole, the processes and phenomena subject to analysis being revealed under the aspect of interaction and their interdependence. The effectiveness of a series of experimental researches was assured by the elaboration and argumentation of the experimental methods of research and control of the athletes' mastery. It is about the method of modeling the action in competitive conditions; the method of modeling the opponent's defensive actions; the methods of modeling dynamic situations, which appear at the edge of the mattress; the methods of modeling tactical solutions and evaluating the effectiveness of the chosen technical-tactical actions.

Another direction of research that particularly concerned me in subsequent research refers to the special principles of sports training and their application in the development of strength qualities of wrestling athletes. These principles are relevant and important for ensuring and applying them in the process of developing the strength qualities of wrestling athletes. In this direction, the legitimacy and principles of the theory and methodology of sports training were researched and presented, especially in terms of developing motor qualities, affirming that they cannot be based only on the conceptions characteristic of traditional pedagogy (which are broken

by the huge volume of special medico- biological and psychological knowledge, vast practical experience, current directions and approaches specific to management theory, systemic approach, functional system theory). The development of the general didactic principles applied in sports training, based on the totality of knowledge that refers to these fields, represents an essential moment in the elaboration of the principles of the second level, namely of the special principles. These principles, which derive from the constant legalities, which reflect the links between the means and methods of influencing the athlete's body and the respective adaptation reactions, the emergence of the urgent, cumulative and delayed training effect, constitute the basis of the coach's effective activity.

Continuous individual training was mainly based on the updating of basic skills (pedagogical, specialized), on the formation of new skills and the application of the basic ones at the didactic level of specialties with initiation into the use of new strategies, methods, means of teaching - learning - evaluation .

The results of my scientific research have contributed to the achievement of sports performances on international level, as well as to the recognition of my professional prestige by national and international specialized scientific organizations, reflected in medals and state awards. The international recognition of the works was also achieved by obtaining patents according to the legislation in force regarding the registration of copyright objects and related rights.

The scientific and publishing activity was materialized through the publications: 2 single-author monograph, 7 collective monographs, 2 scientific articles with impact factor, 12 scientific articles published in journals WoS, SCOPUS and 15 in international databases recognized journals, 9 scientific articles published in the Proceedings of International Conferences (abroad), 2 scientific articles published in the Proceedings of International Conferences (Republic of Moldova), 5 summaries/theses in paper collections of the international and national conferences. Also, my publishing activity is completed with a number of 16 patents, 4 university courses and 2 methodical guides. All these materials concerned disciplinary and interdisciplinary approaches specific to the interest area of sport and physical education.

3. Plan of evolution and development of my own professional, scientific and academic career

The second part of the paper reflects the analysis and presentation of the individual plan for the development of the professional, scientific and academic career, based especially on the experiences accumulated in these directions. The accumulated experience, professional and managerial skills are proven through published articles, participation in international and

national research projects, which is a clear proof of the fulfilment of the planned objectives in these directions in accordance with future opportunities and challenges.

The perspective didactic activity will be focused on continuous professional training, on scientific research, documentation, analysis, evaluation and transfer of own and collective results, as well as on improving the teaching methodology, by providing support and involving students in the process of learning and research. These objectives will be completed by updating the content of university curricula and the subjects I teach, as well as by modernizing and equipping the didactic process with the necessary equipment.

At the same time, I propose to continuously exploit the results of scientific research in publications, to develop the promotion of quality in the process of scientific research and to permanently contribute to the efficiency of the participation level of the university scientific community, to the national and international networks of knowledge, to ensure the increase of human resources potential visibility in the field of specialized research.

The third part of the work reflects a broad presentation of the bibliographic sources that were used in the realization of this habilitation thesis.