CONTROL TESTS FOR THE SELECTION OF TALENTS IN ATHLETICS

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Abstract: Introduction. An essential problem is the need for an organized scientifically system, to permit that based on some objective criteria and the said forecast, to select among large groups of children and young people the most endowed, which after a suitable training to achieve the model of the performer.

Methods

The initial selection of children in athletics is considered as integer part of the research plan aiming the vast selection process in athletics. After the choice of the research theme, at the indications of the department of athletics we have established the plan of work, the hypothesis, the purpose and tasks of research, taking into account also the volume of data collected on the basis of these considerations we set the research methods so that all activity to be conducted with greater efficiency.

We made a selection of children with athletic predisposition, identifying and engaging the best in the athletic department in the School Sports Club of Craiova "Petrache Trișcu".

Result

Comparing the results of boys and girls of 11 and 12 years old, we notice that there is a continuous increase in all parameters, both morphological and motor.

Conclusion

For an efficient selection and accurate predictive assessment of future evolution of the one selected, it must that the base tests remain the speed test on 50 m; start running from standing position, long jump off place; throwing ball dating; running of resistance to 600 m to 800 m up to 11 years old and for girls of 12 years old 800 m, and boys of 12 years old 1000 m and detention on the vertical.

Keywords*:* selection, talents, control tests, athletes.

Introduction

Selection act is not an isolated act and do not represent in any way an end in itself because once completed, it provide a training process that leads to another moment of selection [1].

So the selection is a process conducted until reaching the upper limits of performance [2].

This is why the selection and training concepts have been brought together in a phrase that suggests a complex process linked and directed towards a certain specialization of children and junior [3].

The selection leads to an early specialization expressing the concern for directing the child to a sports test or branch from an early age [4].

According to N. Alexe (1983) „The selection process is an organized and repeated, of detection of innate availabilities in child, junior, using a complex system of criteria (medical, biological, psycho-sociological and motor), for the practice and his later specialization into a discipline or sports test" [5].

The same author says that, the advantages of the selection are:

- Ensures high performance achievement
- Substantially reduces training time
- Helps increase rapidly the elements detected by selection
- Helping to increase sports longevity
- Favours applying effort in compliance with the particularities of modern training concept
- Avoids an unnecessary amount of work and material investments which can not be capitalized
- Detects limited athletes
- Facilitate the recruitment of young elements
- Forming beliefs for work perspective
- Increases the possibilities of affirming international.

Talent is a college education or a group of capabilities with some specificity, above the average of a group of subjects to which they relate[6].

The purpose of the work

The purpose of this paper is to observe how the primary selection is carried out in athletics and based on findings from the harvested data to bring a modest contribution, the present system of selection

Methods

We made a selection of children of 11 to 12 years old, with athletic predisposition, identifying and engaging the best athletic department in the School Sports Club of Craiova "Petrache Trișcu".

Primary selection is based on international test of physical ability known as „Standard Fitness

Test" adopted by the International Federation of Physical Education.
The test contained eight testing.
For a uniform assessment of the results was set a system of scaling of the performance for each age, separately for boys and girls, each getting a performance equivalent in points. We chose six of these tests that are more important in our view:
1. Running of speed - 50 m
2. Long jump off place
3. Throwing the ball dating
4. Lifting the trunk from lying to sitting
5. Running of resistance
6. Detention on the vertical

I did a comparison of the test results of children and minimum standards for grade 5 of the S.U.V.A.D.

Results

The survey data were collected and grouped by sex and age resulting (tables T1-T4) with primary data that we've attached the paper.
We insisted on the average, amplitude and coefficient of variability because it optimal characterizes both tendency and dispersion of data strings.

Table 1 The results of the control samples Girls 11 years

Tests Ind. statistics	The waist (cm)	Weight (kg)	50 m (sec)	Long jump off place (cm)	Throwing the ball dating (m)	Sit-up 30" (nr.)	600 m (min. and sec.)	Detention on the vertical (cm)
N	20	20	20	20	20	20	20	20
X	139.1	31.9	8"54	165.6	21.2	22.9	2'32"	31.2
Xmin	135	29	7"42	138	14	18	2'02"	26
Xmax	148	36	9"40	198	29	29	2'55"	39
W	13	7	1"98	60	15	11	0'53"	13
S	3.2	1.7	0.69	16.3	4.6	3.3	0.13	4.67
Cv	2.32%	5.3%	8.07%	9.8%	21.6%	14.4%	5.6%	14.9%

Note:N - total number of cases
X - average
X min - the lowest value of the results
X max - the largest value of the results
W - the amplitude distribution
S - standard deviation
Cv - the coefficient of variability

Tabel 2 The results of the control samples Boys 11 years

Tests Ind. statistics	The waist (cm)	Weight (kg)	50 m (sec)	Long jump off place (cm)	Throwing the ball dating (m)	Sit-up 30" (nr.)	600 m (min. and sec.)	Detention on the vertical (cm)
N	21	21	21	21	21	21	21	21
X	133.3	31.6	8"15	174.4	29.6	24.1	2'05"	33.2
Xmin	137	27	7"20	160	26	18	1'58"	27
Xmax	154	42	9"03	200	37.5	29	2'40"	43
W	17	15	1"83	40	11.5	11	0'82"	16
S	12.5	3.7	0"64	11.3	3	3.4	0.29	5.1
Cv	9.3%	11.7%	7.8%	6.4%	10.7%	14.45	14.15	15.3%

Note:N - total number of cases
X - average
X min - the lowest value of the results
X max - the largest value of the results
W - the amplitude distribution
S - standard deviation
Cv - the coefficient of variability

The arithmetic average of data samples "Standard Fitness Test" compared to the minimum scales of rules for obtaining Note 5 S.U.V.A.D. have higher values in all control samples.

Table 3 The results of the control samples Girls 12 years

Tests Ind. statistics	The waist (cm)	Weight (kg)	50 m (sec)	Long jump off place (cm)	Throwing the ball dating (m)	Sit-up 30" (nr.)	600 m (min. and sec.)	Detention on the vertical (cm)
N	21	21	21	21	21	21	21	21
X	151.5	38.1	7.6	176.8	24.6	23.2	2'99"	33.4
Xmin	142	30	6"90	155	18	19	2'30"	27
Xmax	162	50	8"52	210	33.5	30	4'04"	40
W	20	20	1.62	55	15.5	11	1'34"	13
S	6.06	5.5	0.51	16.6	3.7	3.7	0.58	4.3
Cv	4%	14.6%	6.71%	9.3%	15%	15.9%	19.39%	12.8%

Note:N - total number of cases
X - average
X min - the lowest value of the results
X max - the largest value of the results
W - the amplitude distribution
S - standard deviation
Cv - the coefficient of variability

Table 4 The results of the control samples Boys 12 years

Tests Ind. statistics	The waist (cm)	Weight (kg)	50 m (sec)	Long jump off place (cm)	Throwing the ball dating (m)	Sit-up 30" (nr.)	600 m (min. and sec.)	Detention on the vertical (cm)
N	16	16	16	16	16	16	16	16
X	152.3	36.1	7"60	187.6	33.6	25.5	4'01"	37.9
Xmin	110	27	7"00	168	24	20	3'28"	29
Xmax	165	42	8"48	220	42.5	31	4'49"	43
W	25	15	1"48	52	18.5	11	1'21"	14
S	7.8	4.8	0.50	19.4	5.4	3.28	0.46	4.12
Cv	5.2%	13.2%	6.57%	10.3%	17.10%	12.8%	11.2%	10.2%

Note:N - total number of cases
X - average
X min - the lowest value of the results
X max - the largest value of the results
W - the amplitude distribution
S - standard deviation
Cv - the coefficient of variability

Reporting at the rules for primary selection of the 5 multilateral physical training tests only 30'' sit-ups is the only sample that exceeded the score of 60 points out of all 5 tests and the average score of 50 points over the "Fitness Standard Test" exceeded the scale by only 50 m running with start from standing position and long jump off place.

Conclusions

Only on the basis of objective criteria and a realistic prognosis can select from large masses of children and youth the most gifted, which after an appropriate training to accomplish without a model

In appreciation of multilateral physical training at the 6 testing tested there is a continuous improvement of performance in the studied period, but with few exceptions, even if the growth is in rhythms or different values.

For an efficient selection and accurate predictive assessment of future evolution of the one selected, it must that the base tests remain the speed test on 50 m; start running from standing position, long jump off place; throwing the ball dating; running of resistance to 600 m to 800 m up to 11 years old and for girls of 12 years old 800 m, and boys of 12 years old 1000 m and detention on the vertical.

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