

DESIGN OF THE STANDARDS ABOUT THE ACCURACY CAPACITY OF THE BOCCE PRACTITIONERS



Valeria Bălan, Carmen Liliana Gherghel, Ana Maria Mujea, National University of Physical Education and Sport Bucharest



Co-funded by the Erasmus+ Programme of the European Union

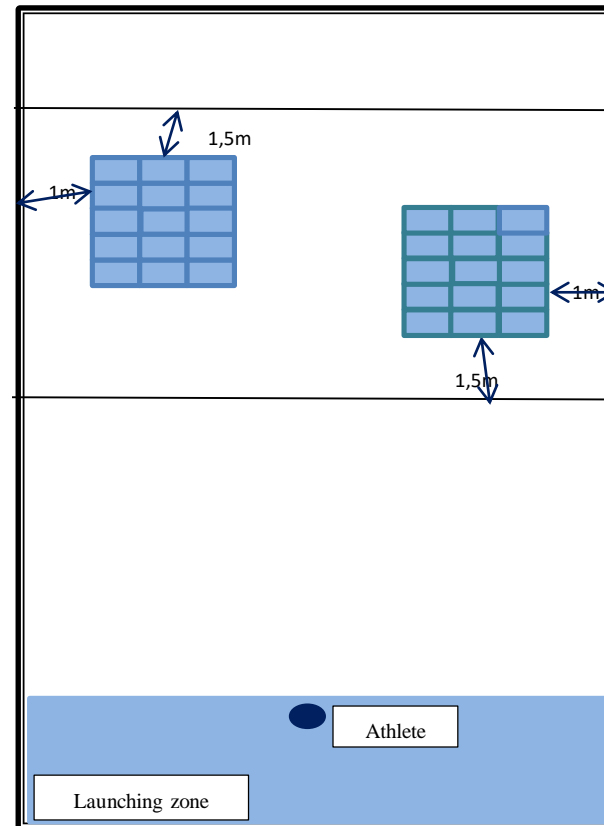
INTRODUCTION

- the precision is one of the features by which the execution of a motion is either individual or integrated to a “complex motor assembly”
- the practice of the same motion in similar conditions determines the occurrence of stereotypes which are executed with great precision
- it determines the delay of the fatigue, correct fitting in space and time, control of the motor actions and perform them with low energy consumption and maximum efficiency
- the children with Down syndrome show a delay in the initial phases of the motor development
- deficiencies also occur on the execution of the motions, these also lacking the precision; it is also associated with the problems related to the execution of the motion with speed
- the precision must be educated by specific means. But, practice requires a time period twice longer than for an individual with the same mental age

RESEARCH METHODS

documentation, experimental, statistical and mathematical and graphical methods

APPLIED CONTROL TRIALS



SUBJECTS

44 athletes (18 girls and 26 boys)

Sport together, active forever (STAF)
590526 – EPP – 1 – 2017 – 1 – RO – SPO – SSCP
Grant Agreement: 2017 – 3137 / 001 – 001

RESULTS

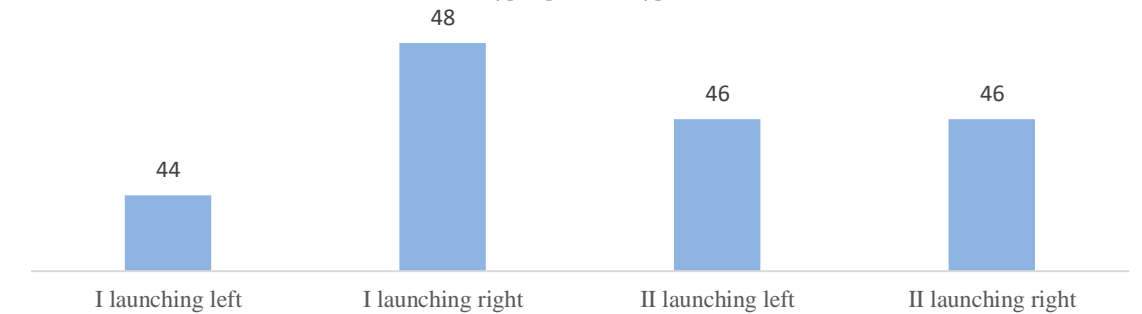


Figure 1. The amount of the results obtained by the athletes at each launching

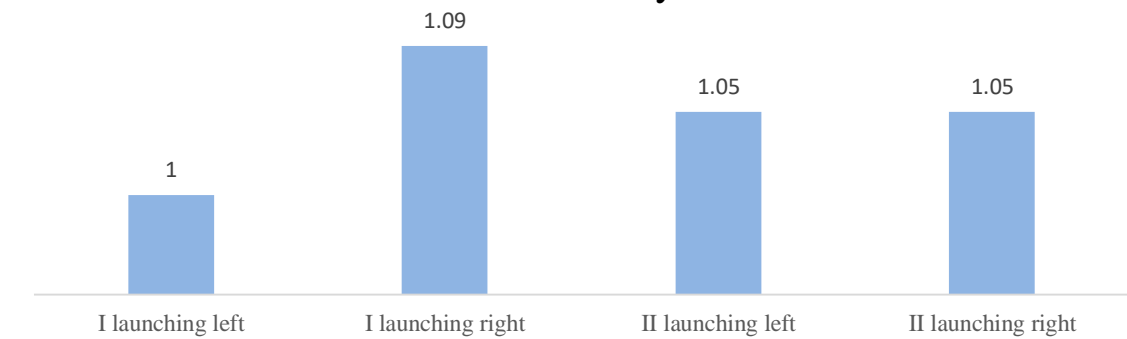


Figure 2. The average value for each launching

CONCLUSIONS

- the precise execution of the motion is determined in sport
- the precision may be educated by physical exercises;
- the athletes with Down syndrome tested by us are deficient on the precision of the coordination;
- the athletes with Down syndrome do not make the difference between the hard launching of a ball and its slower launching;
- children and adults with Down syndrome may educate their precision. The key is the practice accompanied by a lot of patience and the attention of the teacher/coach/volunteer

