

PSYCHOPHYSICAL ASPECTS OF ATHLETES PREPARATION IN SPORT TOURISM

V.Yu. Smorchkov, G.N. Golubeva, V.I. Volchkova

Volga Region State Academy of Physical Culture, Sport and Tourism

To contact the authors E-mail: valerianych90@mail.ru, golubevagn@mail.ru

Abstract:

In this article, theoretical and empirical analysis results of the structural components of the psychophysical preparation in sport tourism are presented. Following the results of the analysis and synthesis of scientific and methodical literature author's definition of psychophysical preparation is given and the main psychophysical qualities for engaged in sport tourism are highlighted. The authors describe the structure of psychophysical training developed in sport tourism. In the empirical part of the article the research results of small tourist group's psychological climate, the results determined the level of preparedness in accordance with a special tourist author's method and the results of researches on the psychophysical state on routes are discussed. The article is important because useful recommendations on the problems of psychophysical training in sport tourism are given.

Key words: sport tourism, psychophysical aspects, psychological climate, psychophysical training, psychophysical preparation

ПСИХОФИЗИЧЕСКИЕ АСПЕКТЫ ПОДГОТОВКИ СПОРТСМЕНОВ В СПОРТИВНОМ ТУРИЗМЕ

В.Ю. Смorchков, Г.Н. Голубева, В.И. Волчкова

ФГБОУ ВО «Поволжская государственная академия физической культуры, спорта и туризма»

Казань, Россия

Аннотация:

В данной статье представлены теоретические и эмпирические результаты анализа структурных компонентов психофизической подготовки спортсменов в спортивном туризме. По итогам анализа и обобщения научно-методической литературы автором дается собственное определение понятия «психофизическая подготовка» и выделяются основные психофизические качества для занимающихся спортивным туризмом. Также предлагается разработанная автором структура психофизической подготовки в спортивном туризме. В эмпирической части статьи обсуждаются результаты исследований морально-психологического климата малой туристской группы, результаты определения уровня специальной туристской подготовленности согласно авторской методике, результаты исследований психофизического состояния на маршрутах. Заканчивается статья основными практическими выводами и рекомендациями по проблематике психофизической подготовки в спортивном туризме.

Ключевые слова: спортивный туризм, психологический климат, психофизические аспекты, психофизическая подготовка.

INTRODUCTION

Today sport tourism is under verge of fundamental change and has a huge opportunity to bring back mass character in the Soviet period. There are several reasons for this.

First, an orientation toward the internal tourism market in connection with the political crisis.

Secondly, the reunification of the Crimea with Russia gives the expansion of tourist-sport environment.

Thirdly, major changes in the discharge require-

ments for sport tourism in 2014 are entered. Now for discharges we need to accumulate points for participation in the distances and routes.

In addition, among the population in the solution of the problem of increasing mass character sport tourism it will have a positive effect on the species test Hike in the all-Russian sports complex RSC

In connection with the above, should identify the problem: such as a need to check and update the programs on the main sides of the tourist-sports

preparation, which involves fixing the concept of Psychophysical preparation as a complex between the psychological and the physical side of preparation of tourists.

The goal of this scientific article is to investigate psychophysical aspects of athletes' preparation in sport tourism.

Research methods: the analysis and synthesis of scientific and methodical literature, as well as the results obtained in the application of medical and biological control methods for determining the level of the author's special tourist preparedness and psychological tests, Statistical analysis conducted by Student t-test.

THE RESULTS OF THE RESERCH AND THEIR DISCUSSION

An analysis of the literature allows us to determine the tourist psychophysical training as a single focused process of improving the mental (psychological) and physical qualities, aimed at achieving the required level of readiness for competition or hiking tourist activity [3,5,6].

In addition the works by Taymazov V.A, Fedorov Y.N, Asmolov A.G, Ozerov V.P, and others were reviewed, that allowed us to identifie key professional important qualities for sport tourism athletes [1,4,7,8,9].

In accordance of importance they can be struc-

tured as the following: general endurance; a significant amount of main memory; speed-strength abilities; self-confidence; decisiveness; emotional stability; fast and efficient switching of attention; concentration of attention; strength endurance; spatial precision of movement; dynamic equilibrium; static equilibrium; static force; speed of integral motor actions; temporal precision of movement; power precision of movements; speed of a simple motor reaction.

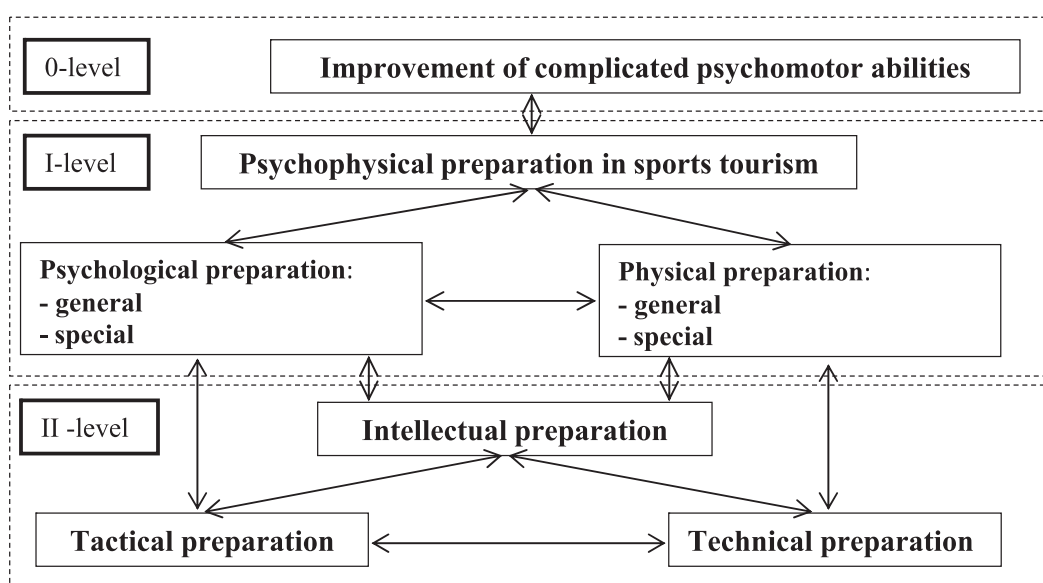
As we can see, psychophysical training in its content is carried out using a set of complex skills.

Some authors, including Tajmazov V.A., Fedotov Y.N, East I.E, put physical training at the head of tourists preparation. However this approach is unilateral and unacceptable [8,9].

In our opinion, it should be taken as a basis for psychophysical training, which would take into account the growth rate of physical qualities and psychomotor functions, based on the level of the prognostic significance of psychophysiological characteristics (V.P Ozerov) [4].

The model bellow is a structure diagram proposed by us psychophysical training in sport tourism (see graph 1).

Graph 1 provides for three interrelated levels of psychophysical preparation (0 to II). 0-level is a fundamental one. This is the process of purposeful development of psycho-physiological dispo-



Graph 1 – Psychophysical preparation in sports tourism athletes

sitions to difficult psychomotor abilities typical for sports tourism. Such psychomotor abilities include the following items: spatial precision of movement, speed of integral motor action, temporal precision of movement, strength precision of movement, speed of simple motor reaction. Problem of improving the psychomotor abilities in sports tourism was not reflected in the scientific literature.

I-level includes psychophysical preparation in sport tourism as complex psychological and physical preparation tourists. When preparing for route (distance) tourists seek to enhance their knowledge, learning from the experience of others. The use of modern portable devices and software in the sport tourism allows you to improve the program of psychophysical preparation. An example is the creation of multifactor models of passed routes based on satellite maps. Using this model the change in the level of psychophysical loads along the entire route can be found. The measure of the heart rate is the basis for determining the level of psychophysical load and the psychological state by a simplified Luscher test. The identification of the most difficult areas may be the result of such measurements. According to our research, which was conducted in 2013 in the Northern Tien Shan, it was revealed that in the first category mountain hikes the overall share of difficult areas is 10%, and in the second category of difficulty this indicator starts from 15%.

These areas on a satellite map outlining the con-

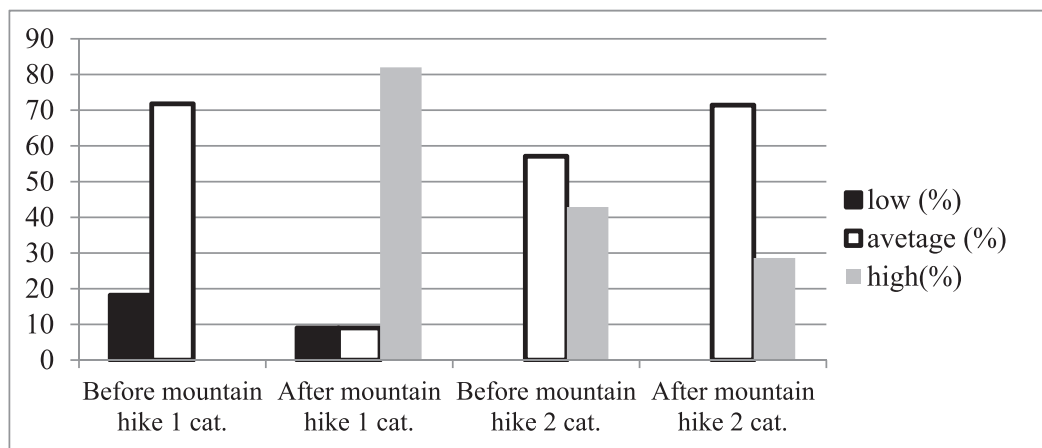
ditions of their passing are allocated, and with the addition of demonstrating photographs.

Thus, the created model of passed routes can be used as manual for psychophysical training. Data on difficult areas of the route serve as the material for ideomotor training. During psychophysical preparation for the difficult areas of the route one should also make autogenic and psycho-regulatory trainings. They are widely used in sports, but not in sports tourism.

Another important indicator of the level of psychophysical readiness of the sports tourism is to determine the psychological climate of the tourist group, which before and after the route (distance) is recommended.

The atmosphere in the group is characterized with the different states of the participants. In hiking conditions balance between tension and relaxation is important, because at any moment it is possible to get into an extreme situation. Before and after mountain hikes we used Fiedler's method for the atmosphere assessment in groups. В дополнение к методике Фидлера, использовались результаты проведения социометрии до и после горных походов в обеих группах. In addition to the Fiedler's method, the sociometry in both groups before and after mountain hikes was also used. The generalized results are displayed in graph 2.

It was found that the conditions of the first and second category mountain hikes influence on the psychological of small tourist group vary depending on the mountain hikes participants.



Graph 2 – The level of psychological climate in two different experience groups before and after the mountain hikes of the first and second category of complexity (n = 18)

1. Mountain hikes effect on tourism group composed of inexperienced tourists acquires a positive aspect that is manifested in the disappearance of microgroups.

2. More experienced tourists betray the high value of the impact made by their hiking, so the psychological climate depends on the achievement of the objectives set out in the march.

II – level incorporates accompanying types of preparation in sport tourism. These species are in close cooperation with the psychophysical preparation. Often the technical and tactical or intellectual preparations are part of a special psychophysical of preparation in sport tourism.

Theory and methods of sports training have with the established methodology of special physical training, which can be the basis for the creation of private methods of preparation for any sport [2].

Based on the experience in the tourist and sports practice one of the difficult problems is determining the results of special physical preparation – special tourist training.

To solve this problem author's methodology to determine the level of preparedness of special tourist we proposed and tested empirically [6] as it is shown in graph 3.

Description of our methodology. Before the rise of the experiment, each participant wore the kardiolider Polar RS 100, to secure the heart rate at different stages of the survey: at rest, the maximum heart rate during the ascent and immediately after descent.

Also, all the subjects were insured with a personal and top rope. Before the respondents there was put a timing task to go up a vertical climbing wall to its upper part, breaking the 26 hooks. We recorded the climb time, three measures of heart rate (Heart rate at rest, the maximum heart rate and heart rate recovery), as well as the number of hooks passed (graph 3). All the results were subjected to statistical processing.

Comparative analysis of the test results of two different groups experience has shown that an increase in the start-up group of physical performance during special tourism loads is higher than that of more experienced tourists. The number of hooks passed is another indicator

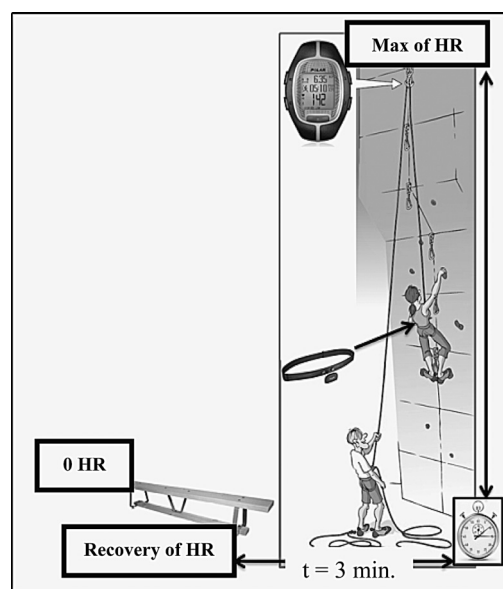
confirming the increase in the special training of tourism in the two groups. In the experimental group these indicators increased by 12.3% and in the start-up group at 17.3%. It should also be noted that all the results are confirmed with a high degree of reliability of the methods of mathematical statistics.

This is a method that showed greater efficiency in testing special tourist level of preparedness. It allows us to determine successfully and efficiently the level of preparedness in different groups of tourists according to their experience.

CONCLUSIONS

1. Psychophysical preparation tourist is treated as a single focused process of improving the psychological and physical qualities, aimed at achieving the required level of readiness for a competitive or tourist activity camp. The growth rate of physical qualities and psychomotor functions, based on the level of the prognostic significance of psychophysiological characteristics, should be taken into account.

2. In order to improve the program of psychophysical training in sport tourism, as well as for the operational control of the psychophysical condition of tourists while driving on the route or distance modern portable devices (GPS-re-



Graph 3 – Author's method of determining the level of tourist's preparedness

ceivers kardiolider) and deposited on the satellite map multifactor models of tourist routes (distances) should be used.

3. The authors' method of determining the level of special tourist prepared during free movement on artificial climbing wall showed greater

efficiency. It allows to determine successfully and efficiently the level of preparedness in different experience groups. It should be used as an element of assessment of psychophysical readiness in the camp and competitive sport tourism activities.

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СВЕДЕНИЯ ОБ АВТОРАХ

Сморчков Валерий Юрьевич (Smorchkov ValeriyYurevich) – аспирант кафедры спортивного менеджмента, рекреации и спортивно-оздоровительного туризма (СМРиСОТ) Поволжской государственной академии физической культуры, спорта и туризма, e-mail: valerianych90@mail.ru;

Голубева Галина Николаевна (Golubeva Galina Nikolaevna) – зав. кафедрой спортивного менеджмента, рекреации и спортивно-оздоровительного туризма (СМРиСОТ) Поволжской государственной академии физической культуры, спорта и туризма, доктор педагогических наук, профессор, член-корреспондент РАЕ, e-mail: golubevagn@mail.ru;

Волчкова Венера Ильдусовна (Volchkova Venera Ildusovna) – зав. кафедрой иностранных языков и языкознания Поволжской государственной академии физической культуры, спорта и туризма, кандидат педагогических наук, доцент, e-mail: vi-volchkova@rambler.ru.