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**PECULIARITIES OF THE SAMBO CHILDREN SPORTS SELECTION
PROCESS AT THE INITIAL TRAINING STAGE**

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CONCEPTUAL GUIDELINES OF THE RESEARCH

Actuality. The modern sports training of different style fighters represents a multilateral, complex process in a continuous evolution [11, 12, 25, 37 etc.].

In this context, informing coaches about athletes, new ideas and directions of the training process is of particular importance. This necessity is also complemented by the fact that, at present, in any field of knowledge, every 5-1 years there is practically a complete revision of the accumulated scientific information. At the same time, in order to keep up with the rapid flow of knowledge, including in the field of sports training, specialists-coaches must be endowed with a series of intellectual qualities such as: curiosity, thoughtfulness, rational openness [8, 14, 19].

More than that, the accelerated reformation of the socio-political conditions of life in most European states, but also of the world as a whole, exerts a considerable influence on sport, as a modern social activity of their citizens [1, 6, 16, 26]. At the same time, the essential factor of the restructuring is the commercialization of sport, of sports relations, as well as the transformation of athletes into objects of sale and purchase (commodity). Such a situation leads to the fact that the systemic activity of preparation and training, oriented towards the formation of highly qualified athletes, in a number of cases, becomes unprofitable, undemanding and, often, without prospects.

At the same time, in the opinion of several specialists and scholars, an opinion that we also share, the correctly directed instruction and training process for the training of performance athletes must have the primary role in all admissible forms of organizing sports activity. Only under these conditions high sports performances gain political prestige in any country.

It is natural that, in order to achieve high sports results, it is necessary to intensify training and training efforts, a fact that requires a search process, scientifically argued, for talented young people, motivated for the activity of motor improvement, where they are accessible from a functional point of view, high sports efforts and fast tempos of sports improvement, obtaining high sports performances [2, 5, 18].

At the same time, in order to constantly attract children to practice certain wrestling events, various promotional sports events are held, online games are developed and proposed, designed to form the specific attraction of the virtual "winner". Also, as experience shows, the passion for fighting can be generated, in the case of children, by the lack of excitement during confrontations with peers and the desire to do justice even through physical actions. In other cases, the reputation of a well-known coach or parents who have managed to form a constant intensity for the practice of sports fighting is manifested in the child. However, not all children remain interested in the systematic practice of fighting during training. Some of them cannot cope with difficulties in motor development, others are disappointed by a concrete test of fights, a strong category is attracted to other types of activity.

Precisely for these reasons, in order to achieve the objective of constant sports orientation of children, their initial sports selection is necessary, both according to the genetic peculiarities of morphological development, and according to the mental and functional-motor state, which under certain conditions, they will contribute to the technical-sports development and to achieving the expected results in the competitions. This aspect also found sufficient reflection in the works of well-

known scholars, such as V.K. Balsevici [3], N.A. Bernštein [4], V.M. Volkov [7], A.A. Gujalovski [10], V.M. Zařiorski [15], V.I. Liah [17], V.G. Manolachi [38], M.I. Nabatnikova [21], V.N. Platonov [24], D.V. Skvortov [29], G.S. Tumanean [31], V.S. Farfel [32], L.P. Matveev [20] etc.

In this context, an important role is played by the initial sports selection in sambo, which, in addition to being attractive, also has a "specific" sports-applicative character, reflected in its name: "self-defense without weapons". However, finding talented young people is a rather complex and arduous process, and the search for such a contingent for sports improvement must be based, first of all, on scientific achievements in the field of pedagogy, psychology, physiology, sports training and other specialized disciplines, which provide an adequate picture regarding the peculiarities of the state and development of the body, its functional and motor possibilities.

In the bibliographic sources and in the practical sports activity, there are some elaborations on the sports selection of children, teenagers and talented young people, in various stages of training [22, 27, 33, 34, 39]. Without underestimating the importance of each type of sports selection, we will still emphasize that the most difficult, important and responsible is the initial sports selection of children in the corresponding sports branches, which, according to specialists, to some extent, although it has a simplified character, can be objectively predicted with a high degree of probability.

The above-mentioned also applies to sambo, where, even if some types of initial and intermediate selection are carried out, they are, in some cases, too difficult, without any scientific basis, in other cases they are simplified, this fact also refers to the initial sports selection, which, currently, in various states and regions, has various forms and, from the point of foundation view, optimization and effectiveness, lies at the scientific research stage.

Knowing the problems of contemporary youth [28, 30], as well as the origins of sambo wrestling, we can state that, at the current stage, as it was conceived, this wrestling event can become a fairly effective means of physical education and for the studious youth of the Republic of Moldova, not only in order to improve their sports skills, but also to educate a healthy young generation from a moral and social point of view. Transposing into the training system of sambo fighters the moral bases of their development, the training can form a system of healthy social relations for children: self-esteem and respect for other people, calmness and self-control, associated with the ability of sufficient physical own defense and those who need it, if they find themselves in aggressive conditions.

Thus, the scientific elaboration of the initial sports selection system of 8-9 year-old children in sambo becomes current, in the case of children almost functionally formed and already capable of conscious motor manifestations.

The purpose of the research consists in perfecting the system of initial sports selection of children for the practice of sambo fighting in the initial training groups.

Hypothesis. It was proposed that the experimental program for the initial sports selection of children in sambo, elaborated and argued in the research process, will allow the systematization and, at the same time, the considerable increase in the quality of the selection of applicants, with a view to further sports improvement in the initial sports training groups.

Research objectives:

1. Studying the historical aspects of the evolution of sambo fighting, as well as the age and procedural peculiarities of the sports selection methodology in sambo.
2. Development of directions, methods and criteria for the initial sports selection of children in the sambo fighting.
3. The design of the initial sports selection program for children and the experimental argumentation of their effectiveness.

Scientific novelty and originality research consists in the scientific argumentation of the system of methods and criteria for the initial sports selection of children for the practice of sambo fighting based on modern diagnostic procedures.

The current scientific problem of major importance consists in the experimental development of an effective system of initial sports selection of 8-9-year-old children for the practice of sambo fighting with the aim of their subsequent sports improvement and obtaining a high level of sports qualification.

The theoretical significance of the research results lies in the expansion of the spectrum of knowledge regarding the peculiarities and the necessary condition of the initial sports selection system in sambo in the early stages of children's motor development.

Applicative importance. The results of the research can be used both to increase the effectiveness of the initial sports selection, and to improve the normative and program assurance, which regulates the activity of sports profile schools.

Approval and implementation of research results. The experimental program for 8-9-year-old children in sambo was approved and implemented in the study process within the Faculty of Sports of the State University of Physical Education and Sport, the Sports High School in Chisinau, educational sports institutions, which have sambo sections in the cities of the republic. Some theses from the work were included in the theoretical course taught in the Continuing Professional Training Department of SUPES.

The volume and structure of the thesis: the doctoral thesis consists of annotation (in three languages), introduction, three chapters, general conclusions and recommendations, bibliography – 182 sources, 4 appendices, 121 pages of basic text, 19 figures, 23 tables.

PEDAGOGICAL CONDITIONS AND PREMISES FOR TRAINING CHILDREN'S CONSTANT INTEREST IN PRACTICING SAMBO FIGHTING AT THE STAGE OF INITIAL SPORTS SELECTION

(chapter 1 content)

From a scientific-theoretical point of view, the system of children's sports selection is developed, in our opinion, by well-known scientists quite extensively, starting with conceptual visions and ending with general recommendations.

It should be noted that, along with vision-based conceptions, in these important elaborations, some contradictions are also observed regarding the content of all stages of children's sports selection, as well as terminological definitions. In this context, we are confronted with the fact that the system of sports selection of children at each stage of society's development has its own distinct features and

is subject to continuous improvement. At the same time, in matters related to the sports selection, the opinions of leading scholars are, most of the time, similar, and sometimes contradictory.

A number of authors [9, 14, 31, 36] believe that there are two stages of selection in sports fighting and, in their opinion, the purpose of the first stage of selection is to highlight capable athletes and determine their capabilities for further sports improvement. In the second stage of the selection, there is the choice of conditions in the selected teams for participation in important competitions.

In other sources, the existence of three stages of sports selection is argued:

1. Sports selection as a system of organizational-methodical actions, which include pedagogical, psychological, sociological and medico-biological research methods, on the basis of which children's capacities for specialization in a certain sports discipline are determined.

2. Sports orientation as a system of organizational-methodical actions, which allow tracing the specialization direction of the young athlete in a certain type of sport.

3. Sports selection as a system of actions that involve the periodic selection of the best athletes in various stages of sports improvement.

Some researchers [13, 35] believe that sports selection is a long process of discovering talented children, which consists of three stages, three groups of factors are analyzed, which determine the success of sports selection. The somatic type, the rhythm and tempo of biological maturation, motor coordination, the body's resistance to oxygen deficiency and some psychological peculiarities are included by the author in the first group of factors. The assessment of energy and functional characteristics is included in the second group of factors. The development indices of force resistance, as well as the level of development of the analyzer system are factors of the third group.

The selection of children in groups and sections of sports schools for the purpose of sports orientation is also recommended to be carried out in three stages: in the first stage, the primary selection will be carried out according to the morphofunctional features in order to prior training of beginner athletes, whose duration should be about three months; the second stage consists of the selection during the initial sports specialization period in order to train the sports talent, respecting an essential criterion – increasing the complex of qualities characteristic of the respective sport (duration: 5-6 months); the third stage is the systematic multi-year study of each subject in order to definitively determine the sports specialization and the most talented athletes.

Thus, it should be noted that the essential methodological principles regarding sports orientation and selection were developed and proposed: determination, dominant criterion, development potential, longitudinal control and accumulation of information, biological and psychological safety.

As the great scholar V. N. Platonov states [23, 24], sports selection represents the process of searching for more talented people, capable of achieving high results in a certain sports discipline. The author mentions that a large number of varied motor skills represent, in the case of children, a good premise for further effective sports improvement, given that, in the continuous process of their training, the ability to think critically, to analyze the movements performed, to combining simple movements into more complex motor actions.

We present five stages of sports selection proposed by the above-mentioned author:

- selection and primary orientation in the initial and first stages of the multi-year training;
- selection and orientation in the second stage of the multi-year training;
- intermediate selection and orientation in the third stage of the multi-year training;
- basic selection and orientation in the fourth and fifth stages of multi-year training;
- final selection in the sixth and seventh stages of the multi-year training.

More than that, a necessary condition for the initial selection of children in sports schools can be, according to the author, the carrying out of the primary training course in the chosen sports event (not less than 30 lessons), a fact that will allow to increase the effectiveness of the evaluation their perspectives.

In our opinion, the attention given to the initial sports selection of children, as the essential factor of the subsequent training activity, aimed at ensuring the success of children's sports improvement and achieving the expected results in competitions, is insufficient, especially in sambo. Currently, there is only one scientific paper dedicated to the initial sports selection of children in judo, which in our opinion is optimal. There are also methodical recommendations regarding the selection in other sports fighting events, based on modern approaches to the selection of athletes, which, however, we believe, do not always carry an optimal and truthful character.

Our opinion is that, in the current conditions of development and obtaining forward results in sambo, an important task is the search and scientific development of optimal methods from the point of express type evaluation of hereditary and functional-motor diagnostics view of 8 -9 year-old children. Such methods and their criteria must truthfully reflect their functional-motor condition and must be the basis of the initial sports selection program of people who claim a constant and effective improvement in sambo.

THE STUDY OF STRUCTURAL FACTORS AND METHODS OF EVALUATING THE FUNCTIONAL-MOTOR POTENTIAL OF APPLICANTS FOR SPORTS DEVELOPMENT AND THE ELABORATION OF INITIAL SPORTS SELECTION PROGRAMS FOR 8-9-YEAR-OLD CHILDREN IN SAMBO

(chapter 2 content)

The methodology of our research was based on the scientific investigations and scientific-methodical elaborations of some notorious scientists, which served as important sources for studying the practical and theoretical exams of sports selection, experienced by us, a fact that allowed the design of an algorithm of truthful methods and criteria of selecting children for practicing performance sports relevant to sambo fighting [3, 7, 20, 37, 82, 88, 99 et al.].

In the present work, the achievement of the outlined objectives took place through a complex of methods, as follows:

- the analysis of accessible scientific publications, textbooks and monographs on the subject of the doctoral thesis, as well as the generalization of the accumulated information;
- pedagogical observations;
- the investigation;
- pedagogical experiments;

- testing (or control) methods;
- the methods of statistical-mathematical processing of the experiment results .

Organization of research

The preliminary and basic research and the pedagogical experiment were carried out within the State University of Physical Education and Sports, at the Center for Scientific Research in the field of Physical Education and Sports; the Republican Specialized Sports School of Sambo in the period 2015-2019, in four stages. During the four stages, starting from the concrete objective of the preliminary experiment or the basic one, experimental groups of boys aged 8-9 from the primary schools in Chisinau were made up, in a number of four different experiments, from 15 to 130 children.

In the *first stage*, the analysis of the scientific and specialized literature on the topic of the research was carried out, which allowed familiarization with the historical aspects regarding the appearance and evolution of the sambo fight, the study of the functional potential of different age children, the investigation of the theoretical elaborations and the real state of the sports selection, including the initial one. The accumulated information contributed to the formulation of the essential scientific principles, including the elaboration of the hypothesis, the determination of the objectives and the characters methods , which were approved in the framework of the preliminary experiments.

The second stage. At this stage, the sociological survey of sambo specialists-practitioners was carried out regarding the state and development prospects of this sports discipline in the Republic of Moldova, including the sports selection of primary school pupils. The opinions expressed by specialists and generalized by us determined the evolution of experimental events under the aspect of scientific argumentation of the physical development hereditary factors, the choice of an optimal set of psychomotor tests from the point of their specific features view and the age and quantitative characteristics reflected in the present work. The essential criteria of the initial sports selection were experimentally argued: according to the parameters of weight and height (Quetelet index) according to the confidence intervals of the statistical characteristics of the motor manifestations of the children under study, based on the stabilo-motor researches of the functional state of the their body. Based on the above-mentioned criteria, the experimental project of initial sports selection Program of 8-9-year-old children in sambo was developed.

The third stage. At this stage, the effectiveness of the experimentally argued criteria, as well as the project of the initial sports selection program for 8-9-year-old children in sambo, was researched. Two groups of 8-9 year old boys were formed to investigate the effectiveness of the Selection Program, 15 children each.

The recorded experimental results were processed by mathematical-statistical methods of comparative analysis, after which conclusions and recommendations were formulated.

The fourth Stage. At this stage, doctoral work was completed. The study of the presented theme, in the doctoral thesis, started from the hypothesis that the initial sports selection program for children in sambo, elaborated and argued experimentally, will allow the systematization and, at the same time, the considerable increase in the quality of selecting children who want to perfect their mastery sports in initial sports training groups.

It was also assumed that the approval of the hypothesis should be carried out in two ways:

- 1) confirming our assumption by revealing the opinions of specialists-coaches with experience in sambo;
- 2) experimental demonstration of efficacy.

The initial sports selection program of 8-9 year old children in sambo, developed by us, and their subsequent sports improvement in groups of initial training in sambo.

Thus, at the beginning of our investigative approach, we carried out a sociological study, to reveal the opinions of specialists-practitioners regarding the real state of this process in their practical sports activity, regarding the age characteristics of the children included in the selection process, the morphofunctional and motor development peculiarities of the body of these children, as well as to the possible organizational and content perspectives of the development of this sport in the Republic of Moldova.

For this purpose, special anonymous questionnaires were made for coaches, which included various questions to which the responding coaches expressed their opinions.

The questions of the questionnaire were answered by 58 sambo coaches, with higher degrees, with sports qualification as a coach starting from the second category and higher, with a professional experience of at least 5 years. As a result of the statistical processing of the completed surveys, it was found that, for a series of questions, the respondents had absolute opinions as for other questions – distributed opinions. At the same time, we considered it important to reflect the opinions of the respondents regarding the most important questions from the point of the present paper theme view.

Thus, as a result of the analysis of the results of the questionnaire applied to the coaches-respondents, we note that their professional opinions confirmed our assumptions regarding the structure of the initial sports selection of children in sambo, namely:

- the increased importance of the scientific substantiation of the initial sports selection of children in sambo was mentioned;
- the optimal age of children (8-10 years) for successful sports improvement in sambo was confirmed;
- in the process of selecting children and for further successful sports training, it is necessary to take into account a complex of factors: morphological heredity, the functional state of body systems, psychological capabilities and the level of intellectual development.

The study of the scientific literature, as well as the awareness of the opinions expressed by the specialists-coaches regarding the initial sports selection of 8-9-year-old children in sambo allowed us to select, from the multitude of recommended, attractive and important selection factors, only the factors that it could reflect in a heterogeneous and complex way the most significant aspects of the children's body condition, necessary for their intense sports improvement in the future.

At the same time, an important condition for the development of the complex of selection factors and methods, in our opinion, is their relatively simple character, accessible, unpretentious to the conditions of application. More than that, all the tests must cause positive emotions in children and the desire to do them.

This complicated dialectical goal was achieved by designing an algorithm of the essential factors of the children selection in sambo.

The essential selection factors are:

- children's morphological heredity - perspective factor of the children's sports improvement success in sambo;
- the study of the intellectual potential of 8-9 year -old children regarding the level of development of their cognitive capacities;
- determining the level of children's psychomotor abilities;
- assessment of motor experience gained by 8-9-year-old children and the degree to which it corresponds to the requirements of further sports improvement in sambo;
- the evaluation of the effective functioning level and the interaction of the optical analyzer and the proprio-ceptivity of 8-9 year old children, as a factor of their subsequent effective sports improvement in sambo;
- analysis of the rational character of the coordination of their own movements by 8-9-year-old children, necessary for the further practice of sambo fighting.

Thus, in the process of the initial sports selection of 8-9-year-old children in sambo, it is necessary to take into account the hereditary morphological features, which, with a certain probability of reliability and prognosis, will contribute to their further constant improvement in sambo.

The research carried out highlighted the mutual conditioning of children's intellectual development with the necessary motor activity and, of course, with the necessary level of age-specific development, a fact that creates difficulties in the initial sports selection in sambo.

Figure 2.1 illustrates the active increase in the degree of fatigue of the neuromotor centers of the brain and the conducting neuromuscular system of children, given their insufficient psychomotor development, as a component of the general physical development level. In this context, such a level of developing psychomotor processes of the children included in the study creates difficulties in the formation of the motor reaction, in the timely realization of technical procedures and the manifestation of motor coordination capacities, without special training, which implies difficulties in achieving the selection process.

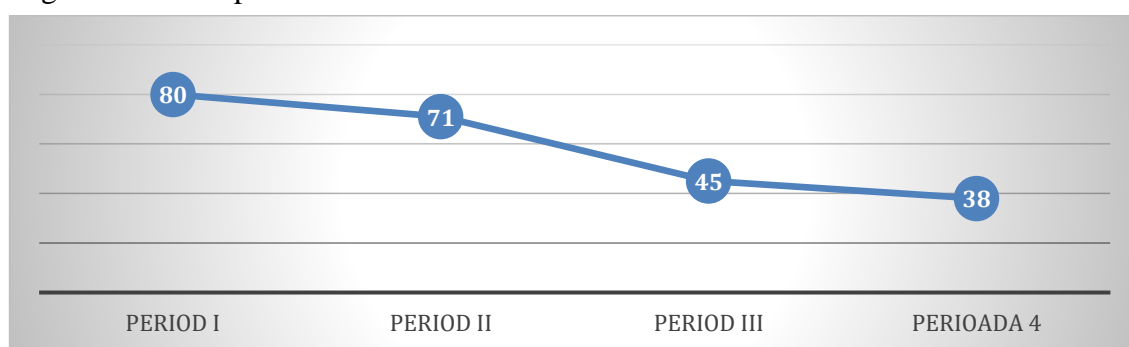


Fig. 2.1. Graph of Tapping test indices of 8-9 year old children, period I-IV

Finding experiments showed and confirmed our presuppositions regarding the existence of an insufficient level of coordinative-motor abilities development of small school age pupils, from which it is very difficult to select the necessary contingent of 8-9-year-old children (boys) for the intensive practice of sambo fighting.

At the same time, as it follows from the data of the research undertaken, the initial sports selection of 8-9-year-old children in sambo will be, to put it mildly, difficult due to the very small

number of students who have the level of development and motor experience specific to the age, necessary for practicing sambo fighting.

In order to effectively carry out the initial sports selection of 8-9-year-old children for the subsequent intensive practice of sambo wrestling, in our opinion, an algorithm of professional and pedagogical-sports actions for coaches in this sports test is necessary. This algorithm of actions must represent a unified organizational-methodical system, which includes the consecutiveness of the necessary measures to ensure the initial sports selection of children.

The study of the previous scientific-practical experience, reflected in the specialized bibliography, as well as the prior research undertaken by us, allowed us to develop the project of an experimental program, containing a set of organizational and methodical actions, aimed at ensuring the initial sports selection of children according to some modern criteria, which will be recommended to sambo coaches from national teams and specialized sports schools.

PROGRAM

of initial sports selection of 8-9-year-old boys in sambo

The structure of the Experimental Program contains the following selection stages:

1. The organizational preparatory stage

At this stage, within the sports school, the administrative process of drawing up the instructional and disposition documents is ensured in order to organize the initial sports selection of the children in the initial training groups. For this purpose, the director of the sports school issues orders and provisions regarding the organization of the selection. Indicating the way of carrying out the promotional preparatory activities in primary schools, time, place, the responsible staff for the medical examination regarding the provision of research methods in the field of children's sports selection.

2. The actual organizational stage

This stage involves the fulfillment of the orders or provisions issued by the management of the respective sports school regarding the conduct of the initial sports selection of the children.

- conducting (or participating in) promotional sports festivities in general schools in order to stimulate children's desire to practice sambo and to compile their list;
- organizing the medical examination of children at their place of residence, within public health institutions, which includes determining the essential morphological and functional characteristics of their body and recommending (or not recommending) practicing sambo fighting;
- compiling a new list of children who want and are admitted by the doctor to practice sambo;
- the elaboration of the agreement with the sports bases regarding the provision of competitive motor test actions, in which the time for carrying out the research will be coordinated;
- conducting the meeting with the parents in order to inform them about the selection conditions for their children to practice sambo wrestling.

Research stage

Assessment of the morphological status of parents and their boys according to body mass index and with their consent

After the meeting with the parents and with their consent, the children communicate the data regarding the weight and height of their parents to the coach, and the coach calculates the Quetelet index based on this data, which characterizes the weight-height correlation. Next, the trainer measures (or obtains) the children's weight and height and also calculates the Quetelet index (see Research Methods). At the same time, the coach chooses only those candidates for the selection whose Quetelet index corresponds to the standard. Children who did not reach the normal values of the Quetelet index are included in the reserve category, without the results and the reason being public.

Study of the hereditary traits of the physical development of 8-9-year-old boys according to the weight-height correlation.

The study of the hereditary traits of children's physical development according to the weight-height correlation is carried out based on the scientifically argued method of the authors Manolachi V. V. and Demcenco P. P., through the correlation coefficient C_c , whose formula is as follows:

The average value of the index:

$$\frac{\text{Quetelet of parents (father + mother)/2}}{\text{Quetelet index of the observed boy}} = C_c \text{ (Correlation Coefficient)}$$

At the same time, it is necessary to take into account the grading of the Correlation Coefficient (see Research Methods) and, respectively, to determine the degree of correlation with morphological heredity. For this purpose, the index calculated by the Correlation Coefficient (C_c) is compared with the indicated grades and, if it falls within the limits of 1.29-1.68, then the respective applicant (boy) passes the selection stage to the given criterion.

Children who have not reached the limits of the selection standard for the criterion "Correlation coefficient" are transferred to the reserve category, without announcing the result and the cause, in order not to traumatize them in advance.

Analysis of the intellectual potential of 8-9 year old children according to the level of development of their cognitive capacities

To assess the stability of attention of 8-9-year-old children, from a multitude of versions, we chose the "Bourdon - Anfimov test", which, in our opinion, is quite simple and, at the same time, effective and which can reflect true to their intellectual potential. The methodology for determining the stability of students' attention, as a component part of their intellectual development, is presented in the "Research methods" section.

The recorded results were properly processed, being recorded and with the help of some tables, the stability of the pupils' attention was appreciated.

It should be noted that the methodology of this process can be easily applied by any trainer who has higher education degree and a corresponding qualification level. At the same time, if difficulties arise, the management of the sports school, high school or sambo section must request the professional help of a specialist - psychologist in order to obtain the necessary support for evaluating the stability of attention of primary school pupils. In order for the applicants to pass the initial selection in sambo, it is necessary that the qualitative level of the children is "average" or "above

average" in terms of the stability of attention, so necessary to progress in acquiring the technical procedures of sambo, but also, especially, to face competitive matches with the opponent.

Children who have not reached the average level are transferred to the reserve category, without making public the result and the cause, in order not to traumatize them in advance.

Determining the level of developing psychomotor abilities of 8-9 year-old children

Determining the level of developing psychomotor abilities of 8-9-year-old pupils in the process of their initial sports selection is very important, given the fact that the state of the body's neuromuscular system, specific to the age, also determines the success in the sports improvement of the respective children in sambo, and the possession of appropriate motor reactions also determines the succession of the competitive match.

Table 2.1 Age-specific criteria for the psychomotor state of 8-9-year-old boys

No. crit.	Psychomotor tests	
1.	Tapping test (average number of taps in four time intervals – 40 sec.)	≥245,00 rep.
2.	Sensorimotor response to sound	≤0,45 sec
3.	Sensorimotor reaction to light	≤0,40 sec
4.	Complex visual-motor reaction (ROM)	
4.1.	Anticipatory reaction	Admissible up to -0.42 sec(15%)
4.2.	Delay reaction	Admissible up to -0.39 sec(10%)
4.3.	The timely reaction	Out of 10 trusts – 7 timely reactions (75%)

The list of psychomotor tables and recommended results for the initial sports selection of 8-year-old pupils in sambo are presented in Table 2.1. For the performance of psychomotor tests during the initial sports selection of 8-9 year old pupils in sambo, it is necessary to call on the help of a qualified institution to apply the respective instrumental methods, for example, the Scientific Research Center of the State University of Physical Education and Sports.

Children who did not demonstrate sufficient results to pass the initial selection are transferred to the reserve category, without making public the results and the reason, so as not to traumatize them in advance.

Evaluation of the accumulated motor experience of 8-9 year-old children.

8-9 year-old children need a certain motor experience specific to their age in order to more easily assimilate the new movements in sambo and to constantly develop their physical capabilities and specialized coordination possibilities, which are also necessary in competitive activity. We recommend two sets of tests:

Tests to assess the level of general physical training of 8-9 year-old children:

- running 20 m on the move;
- standing long jump;
- push-ups on the gymnastic bench;
- throwing the medicinal ball of 2 kg from the chest forward;
- hand dynamometry;

Tests to assess the coordination abilities of 8-9 year-old pupils:

- 3x10 m shuttle run in advancing basketball ;

- forward and backward rolls;
- from standing back position throwing the 2 kg medicine ball above the head;
- from standing position throwing the volleyball up, supported squat, returning to the starting position and catching the ball.

The methodology for applying the motor tests is presented in the section "Research methods" and in the well-known, widely used specialized literature.

In Table 2.2 the model results for the initial sports selection in sambo of 8-9-year-old pupils are indicated for the evaluation tests of the general physical training level.

Table 2.2. The model results for the evaluation tests of the general physical training level applied in the initial sports selection of 8-9 year-old pupils in sambo

No. crit.	Tests	Model results
1.	Running 20 m on the move (sec)	≥5 sec
2.	Standing long jump (cm)	≥140 cm
3.	Push-ups on the gymnastic bench (rep. no.)	≥9
4.	Right hand strength (kg)	≥14 kg
5.	Left hand strength (kg)	≥12 kg
6.	Chest Medicine Ball Throw, 2kg (cm)	≥270 cm

Table 2.3 shows the tests for evaluating the coordination capacities of 8-9 year-old pupils and the model results for their initial sports selection in sambo.

Table 2.3. The model results tests for assessing coordination capabilities applied in the initial sports selection of 8-9 year-old pupils in sambo

No. crit.	Tests	Model results
1.	3x10 m shuttle run in advancing basketball (sec)	≥10 sec
2.	Forward and backward rolls (no reps in 10sec)	≥ 5 rep.
3.	From standing position throwing the volleyball up, supported squat, returning to the starting position and catching the ball (no reps in 10sec)	≥ 4 rep.
4.	From standing back position throwing the 2 kg medicine ball above the head (cm)	≥250 cm

Children who could not reach the level of model results regarding coordination abilities are transferred to the reserve category, without making public the result and the reason, so as not to traumatize them in advance.

Study of the effectiveness of the operation and interaction of the visual analyzer with muscle proprioception in 8-9 year old children

It should be mentioned that the vertical stability of the person represents a dynamic process (at first sight, even unnoticed) of maintaining balance, which involves the functioning of all analyzers, nervous and musculoskeletal systems of the body. That is why the data on the functioning of the body during this process are informative and truthful. This means that the knowledge of the psychophysiological processes taking place in the body of the children included in the study will contribute to a deeper understanding of the mechanisms that ensure dynamic stability in the designed and fast fighting procedures in order to achieve the expected results in competitive matches. In this

context, we propose the Romberg stabilometric test, which determines the mutual conditioning of the pupil's visual analyzer operation and his muscular proprioception in various combat situations.

In order to apply this stabilometric test, the management of the sports school, high school or sambo section must address a specialized institution, with a computerized stabilometric complex, "Stabilon01-02" type, with the request to provide the necessary support, for example the Center of Scientific Research of the State University of Physical Education and Sports.

Table 2.4 shows the cut-off scores for the above-mentioned test required for the initial sports selection of 8-9 year-old pupils in sambo.

Table 2.4. The range of indices required for the initial sports selection of 8-9-year-old children in sambo

The lower limit of the selection index	The higher limit of the selection index
120	200

The selection indices of pupils registered for the Romberg test must be analyzed in the following way:

- if the value of this index is less than or equal to 120, then the visual analyzer and the vestibular apparatus have insufficient influence on the dynamic stability of the sambo fighter, therefore the candidate for selection must undergo a thorough vision test;
- if the respective index is 200 and higher, then the dynamic stability is insufficiently influenced by the muscles and their proprioceptive properties in various combat situations, and the athlete will recover this stability mainly due to the visual analyzer, which becomes the main one for this function;
- if the coefficient obtained in the Romberg test falls within the range from 120 to 200 units, conventional, then the function of dynamic stability in various combat situations will be achieved thanks to the complex mutual conditioning of the visual, proprioceptive and vestibular analyzers, which regulate and complement each other, to a lesser or greater extent, which is a normal situation.

Thus, the Romberg diagnostic test, through the established selection criteria, makes it possible to highlight the latent visual, vestibular and proprioceptive deviations of the pupils included in the study, which are significant for the initial sports selection of children in sambo.

Children whose proprioceptive and visual capacities have not reached the recommended values are transferred to the reserve category, without making public the results and the cause, in order not to traumatize them in advance.

Evaluation of the level of manifestation of the rational character of directing one's own movements by 8-9-year-old boys

An important factor in the motor development of 8-9-year-old children is the state of their motor memory, which determines the timely and rational direction of their own movements in order to ensure the effectiveness of behavioral actions, especially in the ephemeral conditions of the sports match. This test is also applied in stabilometry and is called the "Triangle".

To carry out the research on the "Triangle" stabilometric test, the management of the sports school, high school or sambo section must request support from a specialized institution, which has

a computerized stabilometric complex "Stabilon 01-02" type. It is, for example, the Scientific Research Center within the State University of Physical Education and Sports.

In Table 2.5 the limit range of the integral index, which reflects the model results of this test and ensures the successful completion of the initial sports selection of 8-9 year-old pupils in sambo.

Table 2.5. The limit range of the integral index of the model results in the "Triangle" test applied in the initial sports selection of 8-9 year-old pupils in sambo

The range of model indices of the selection in the "Triangle" test	
Full index	≈ 60.00 – 75.00 and up

As can be seen from Table 2.5, pupils who fail to reach the value of 60.00 do not pass the initial sports selection stage in sambo on this test.

EXPERIMENTAL ARGUMENTATION OF THE EFFECTIVENESS OF THE SELECTION PROCESS PROGRAM PROJECT OF 8-9-YEAR-OLD BOYS FOR THE PURPOSE OF THEIR FURTHER SPORTS PERFORMANCE IN SAMBO

(chapter 3 content)

In the second stage of our research, the sports selection of 8-9-year-old boys in sambo was carried out according to the fundamental factors, methods and selection criteria developed by us, which, in our opinion, determine the stability and effectiveness of their further sports performance.

As a result of the promotion actions aimed at sambo, which we organized in the primary schools from Chisinau (lectures; demonstrative evolutions of beginner and experienced sambo fighters; meetings with representatives of law enforcement and law enforcement agencies; meetings with parents and veterans of the sport of sambo fighters; exhibitions of books, photo materials and heraldry, aimed at sambo fighting; the awarding of sports badges and flags to all applicants, etc.), lists of children (especially boys) wishing to practice sambo wrestling were drawn up.

Subsequently, all these children were organized for the staged selection, which was carried out according to our proposed algorithm.

Thus, the first stage of the selection was ascertained by the in-depth medical examination in the medical institutions of the sector, following which it was found that, from the total number of children who expressed their desire to practice sambo, 80 pupils remained, who, thanks to their physical status and some functional criteria of the body's systems, they were admitted by the medical staff for the intensive practice of developing physical exercises.

More than 50% of the children subjected to the medical experiment have morphofunctional disorders of different body systems. About 20% of pupils have an average degree of obesity, 10% have been diagnosed with platypadia, 12% - with scoliosis, 8% - with disorders of visual function. Moreover, the doctors mention that even in the children who underwent the medical examination, an insufficient level of muscle development is also observed. And this only concerns the first stage of the selection. We assume that problems can occur in the other stages as well.

The next stage of the selection of 8-9 year- old children in sambo was found in the determination of their morphological status:

- determining the body weight index according to the Quetelet method;

- determination of hereditary traits according to weight-height ratios of children and their parents.

Thus, after determining the Quetelet index of the pupils, 73 of the 80 children remained, in other words, the contingent of people who want to practice sambo was reduced by 8.75% due to the fact that they were found to have an early stage of obesity. After the hereditary morphological traits of the pupils included in the study were investigated, only 68 people remained (their number decreased by 6.85%), due to the weight-height correlation of the parents of these children.

The next stage of the selection represented the determination of the intellectual capacities of the pupils included in the study. It was analyzed with specified cognitive factor such as "stability of attention" which they need for a successful improvement in sambo. Testing pupils according to the Bourdon-Anfimov method revealed that only 73.53% (that is, 50 of the remaining 68 children) have an average level of attention stability. The other 18 pupils (26.74%) had a lower than average level, which is inadmissible for selection.

In the next stage of the selection, evaluating the psychomotor abilities of the pupils, it was found that only 40 children met the imposed criteria, in other words, the contingent decreased again, by 20%, of the 50 students, 10 determined a timely reaction, 16 had a delayed reaction, within the admissible limits, and 14 – the admissible anticipatory reaction.

A distinct stage of the selection of 8-9-year-old pupils consisted of taking tests to assess motor capacities and coordination possibilities. This stage was special given that 7 pupils (17%), in 70% of cases, i.e. in most tests, could not demonstrate sufficient motor potential, and those who met the selection criteria (33 people) had managed to do it with great difficulty, which reflects an insufficient level of motor training, which is to be perfected later.

The final stage of the selection of 8-9 year-old pupils, the stabilometry, was somewhat surprising for us. At this stage, the functionality of the children's body analyzers in various situations was determined, combined with the dynamic stability and the children's ability to direct their own movements. For this purpose, two tests were applied: Romberg and "Triangle".

Thus, the selection of children according to the aforementioned method determined that, out of the total number of children admitted to this type of testing (33 subjects), the Romberg test was failed by 13 students (39.40%) in which the functioning of the visual and vestibular analyzers it is not conditioned by muscle proprioception in dynamic motor manifestations.

As for the "Triangle" test, it was not taken by 8 students (24.24%), due to the children's insufficient motor memory. In total, 21 pupils (63.64%) failed the 2 tests. So, as a result of the specialized selection of 8-9-year-old children in sambo, carried out by us, only 12 children capable of an initial sports improvement were highlighted.

Generalizing the data of the initial sports selection of 8-9-year-old pupils in sambo, carried out by us, it should be noted that most of the children who did not pass the selection mainly rest to the stage of medical examination, to the stage of carrying out the stabilometry, and afterwards – stages of assessing psychomotor and intellectual capacities.

Carrying out some totalization of this pedagogical process, we note with some sadness that, out of about 165 pupils who expressed their desire to practice sambo, only 12 passed all stages of the

selection, which constitutes only 7.27% of their total number, and 92.73% of children are not physically able to practice sports and develop actively. It is a paradox of contemporaneity.

Therefore, the initial sports selection of 8-9 year-old children in sambo, undertaken by us, revealed the fact that, at the current stage of Moldovan society development, there is a degradation of the young generation both from a physical, functional and intellectually, against the background of the increase in the number of ailments and deviations from the normal state of health.

The third stage of our research was designed and carried out on the basis of a one-year pedagogical experiment, for which two experimental groups were organized, in which sambo fighters from the first year of training were included: *control group*, made up of 15 athletes who did not undergo through a special selection (children from the category of distant reserves), and *the experimental group*, made up of the 12 boys who passed all stages of the specialized selection and 3 more children from the nearby reserves, a total of 15 people as well.

For both experimental groups, identical conditions were created for conducting the training and teaching process during one calendar year of training and teaching. At the same time, it was assumed that beginner fighters from the experimental group, who passed a specialized initial selection "rough", will be much more effective in the process of annual sports training than those from the control group, thanks to the higher level of manifestation of functional capabilities complexes and training of athletes. In this way, the effectiveness of the initial sports selection program for 8-9 year-old pupils in sambo, proposed by us, will be confirmed.

It is also necessary to mention that at the beginning and end of the training and teaching year (of the experiment), in both groups, control tests were applied on the fundamental criteria of the state of the body systems of beginner sambo fighters, which make up the specialized character of sports motor manifestations. The obtained experimental data were subjected to statistical-mathematical processing and comparative analysis.

The next objective of our research was to determine the level of coordinative-motor development of beginner sambo fighters during the pedagogical experiment, which would have confirmed or rejected the hypothesis regarding the need for the initial sports selection of 8-9-year-old children in this wrestling event.

To achieve this objective, we organized the training and teaching process in the two groups included in the experiment, which lasted one year and whose content provided for the general physical and coordinative development of beginner sambo fighters, mastering the actions and technical procedures of sambo fighting, formation of moral-volitional qualities.

At the beginning and end of the basic annual research, the actual state of the subjects' level of general physical training was assessed according to heterogeneous tests, characterized by a sufficient level of validity, reliability and informativeness, tests that reflect the development of the main and associated motor qualities.

It should also be mentioned that the pupils in the experimental group recorded, towards the end of the research, indices higher than those of the subjects of the same age and the normal (average) ones for the respective development period. The comparison of the general physical fitness

information obtained towards the end of the experiment by the pupils in the control and experimental groups in each test is illustrated in Figure 3.1.

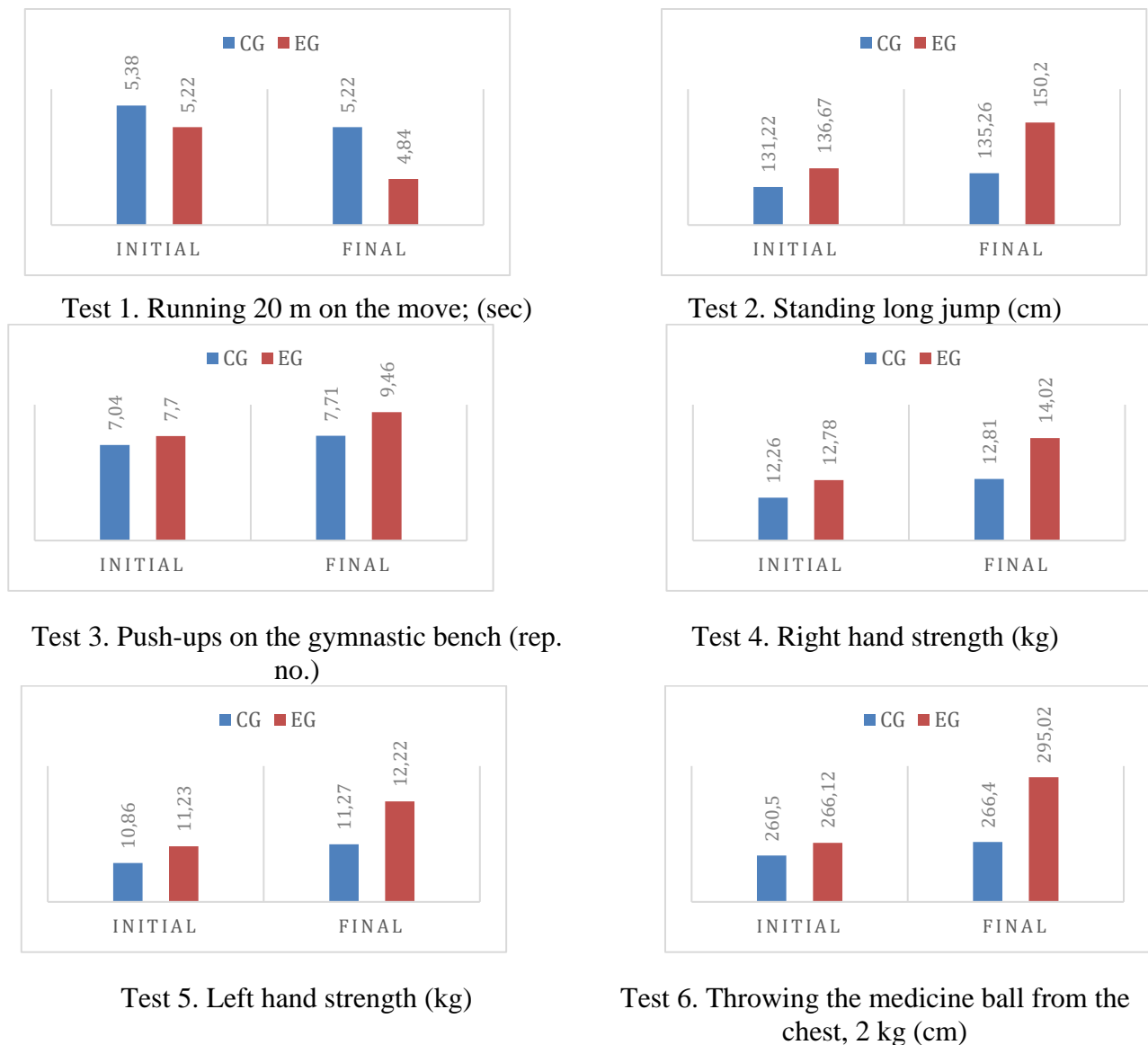


Fig. 3.1. The results dynamics of testing the general physical development level of the subjects in the two groups at the initial stage of the experiment

As can be seen from the diagrams presented, the difference between the motor performances obtained in the control and experimental groups is observed both at the initial and at the final stage of the pedagogical experiment. In particular, this difference can be seen at the end of the experiment, when the level of motor skills development of the subjects in the experimental group is much higher than that of the children in the control group. The differences are significant in tests: 1, 2, 4 and 5, whose motor requirements were more difficult for the athletes in the control group due to their insufficient motor experience and further development.

The basic pedagogical research also allowed the evaluation of the development level of the coordination capacities of the young sambo fighters from the two groups included in the study within an annual cycle of instruction and training. For this purpose, at the beginning and at the end of the basic research they were tested, and the test results reflected the real state of the subjects' motor coordination capabilities.

At the same time, analyzing the dynamics of the development of the coordinative-motor capacities of the children in the experimental group during the research period, a situation is found that is absolutely different from the results of the subjects in the control group. Thus, the sambo fighters from the experimental group, who trained according to the training and teaching program developed by us, recorded during the year a positive dynamics of indices in all coordination tests, the difference between the final and initial results being statistically significant: $P < 0.01$. It is necessary to emphasize in particular the fact that the results recorded at the final test by the pupils of the experimental group show statistically significant differences and compared to the results of the pupils in the control group ($P < 0.05$), reaching and exceeding the recommended level for children of that age in all assessment coordinative capacity tests .

The dynamics of the results recorded in the experimental and control groups for each test is represented in Figure 3.2.

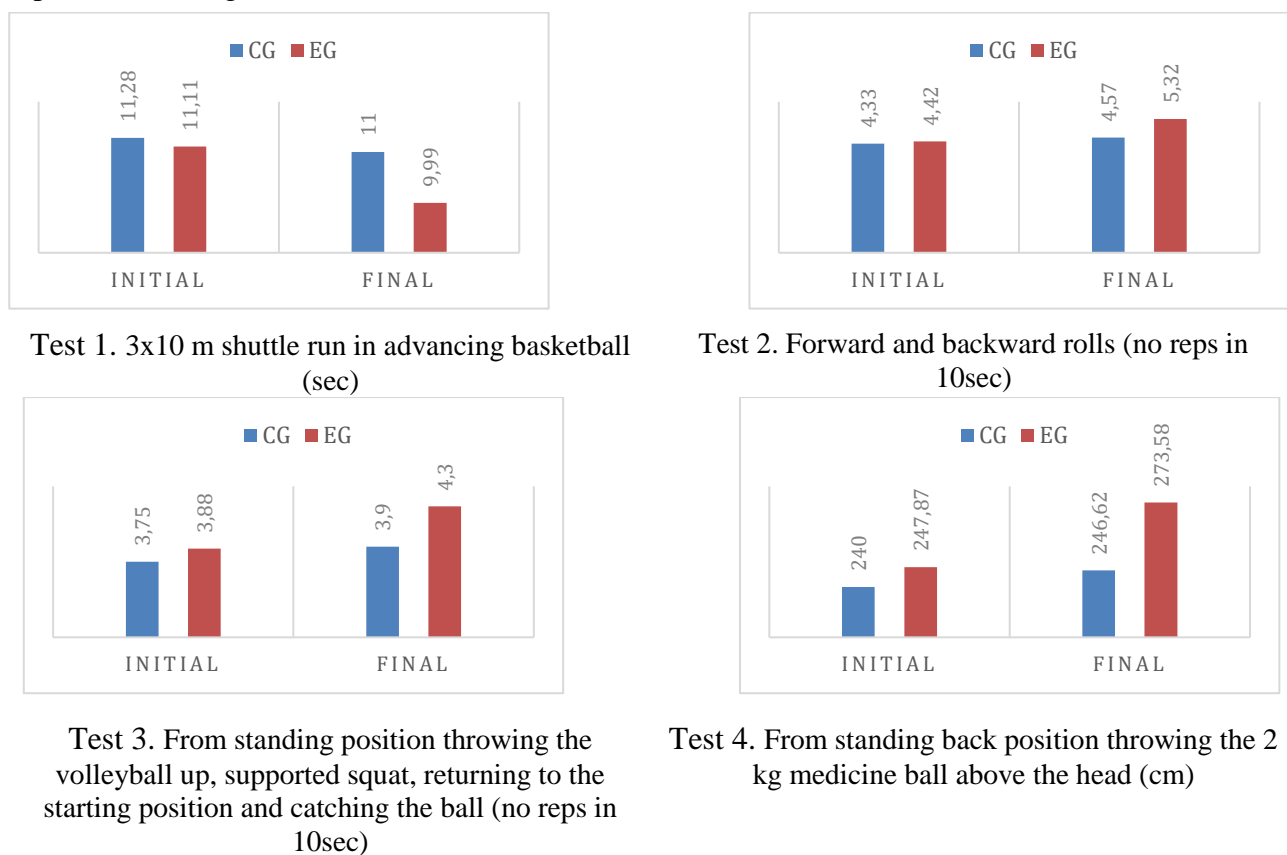


Fig. 3.2. The results dynamics of testing the functional-motor capacities of the subjects in the two groups at the initial and final stages of the experiment

As can be seen from the diagrams presented in Figure 3.2, in the experimental group a higher dynamic of the results of the manifestation of coordination capacities is observed than in the control group (tests 1, 3, 4).

The assessment of the necessary and inter-conditioned functionality of the visual and vestibular analyzers, associated with muscle proprioception, characteristic of sambo fighting, which involves the observance of dynamic stability in various situations of competitive matches, was carried out in the experimental groups by means of the Romberg test:

- stabilometric testing with eyes open;
- stabilometric testing with eyes closed.

We determined experimentally that the range of coefficients, Romberg, which falls within the limits of the standard, for beginner sambo fighters, should be between 120 and 200. Table 3.1 shows the results demonstrated by young sambo fighters in the Romberg tests.

Table 3.1. Results of sambo fighters in the experimental and control groups in the Romberg test

No. crit.	The analyzers	The groups	Number of subjects (%)	
			Initial testing	Final testing
1.	The number of sambo fighters who achieve dynamic stability mainly with the help of the visual analyzer	C	≈33,33% - 5 subjects out of 15 (in the range from 213 to 234 u.c.)	≈26,67% - 4 subjects out of 15 (in the range from 210 to 230 u.c.)
		E	≈26,66% - 4 subjects out of 15 (in the range from 222 to 236 u.c.)	≈12,30% - 2 subjects out of 15 (in the range from 213 to 218u.c.)
2.	The number of sambo fighters who achieve dynamic stability mainly with the help of the vestibular and proprioceptive analyzer	C	~53,33% - 8 subjects out of 15 (in the range from 111 to 119 u.c.)	~60,00% - 9 subjects out of 15 (in the range from 105 to 116 u.c.)
		E	~26,66% - 4 subjects out of 15 (in the range from 117 to 190 u.c.)	~20,00% - 3 subjects out of 15 (103; 108; 116 u.c.)
3.	The number of sambo fighters who achieve dynamic stability by joining all analyzers	C	~13,33% - 2 subjects out of 15 (126; 198 u.c.)	~6,60% - 2 subjects out of 15 (173; 180 u.c.)
		E	~46,66% - 7 subjects out of 15 (in the range from 157 to 200 u.c.)	~66,70% - 10 subjects out of 15 (in the range from 150 to 195 u.c.)

Note: C – control group; E – the experimental group

As can be seen from Table 3.1, the indices recorded in the control group at the final testing reflect the fact that the number of sambo fighters achieving dynamic stability only with the help of the predominant visual analyzer was reduced by 6.63% compared to the initial testing. In the experimental group, this decrease was more considerable, by 14.36%, a fact that is probably due to the improvement of the functionality of the visual analyzer thanks to the more intense motor activity of the subjects during the hours of teaching and training in sambo fighting.

Due to the same factor, which is related to the intense motor activity, the number of fighters who achieve their dynamic stability only with the help of the predominant proprioceptive and vestibular analyzer increased, towards the end of the experiment, in the control group, by 13.37%, and in the experimental group it decreased with 6.66%.

It should be noted that the number of sambo fighters whose dynamic stability is based on the joining action of all analyzers in the control group did not change, while in the experimental group it increased until the final testing by about 20%.

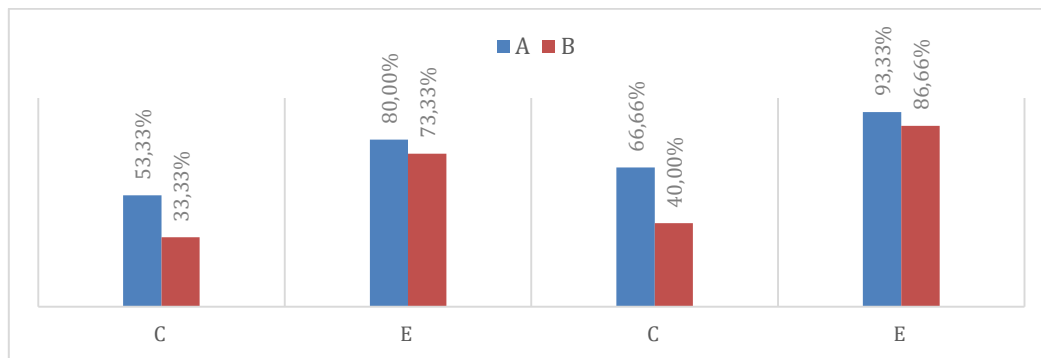
The assessment of the abilities to direct the own subjects movements in the groups included in the experiment took place with the help of the "Triangle" stabilometric test. Based on this test, the degree of motor memory performance of sambo fighters during an annual training cycle was assessed.

The research process for the above-mentioned test took place in two stages:

- stage I (learning the movement): perception of the task and its performance with open eyes (displacement of the gravity center by the subject) with the help of a highlighter along the lines of the equilateral triangle outlined on the screen:
- stage II (movement reproduction): performing the same task with eyes closed, by memory.

For this purpose, the integrative criterion of the state of the fighters' memory "Evaluation of the movement of the center of pressure of the body weight on the support surface" was chosen, which quite informatively reflects the analyzed process, that is, the state of the motor memory associated with the ability to direct one's own movements, respecting dynamic balance.

Figure 3.3 shows the results obtained in the "Triangle" test by the subjects of the experimental and control groups during an annual teaching and training cycle.



Note: A – initiation stage; B – analysis stage; C – control group; E – the experimental group

Fig. 3.3. The results of the subjects in the experimental and control groups recorded in the "Triangle" test at the initial and final stage

From Figure 3.3 it becomes obvious that, in the "Triangle" test, the results recorded in the experimental group are superior to those of the children in the control group, both in the initiation stage, when their ability to coordinate their own movements was assessed, as in the second stage, when their motor memory was checked. At the same time, during an annual training cycle, the motor memory of the athletes in the experimental group improved considerably, which is due to their better motor experience, manifested during the initial sports selection in sambo.

In this way, it was confirmed that, in the long-term planning of the goals of sports training in sambo, the initial specialized sports selection of 8-9-year-old children is necessary, with a view to their further intense sports improvement and to obtain some performances in other.

In order to study the stability of the attention of young sambo fighters from the two experimental groups, in the research undertaken, the Bourdon-Anfimov letter test was applied, the results being presented in Table 3.2.

Table 3.2. Integral indices of the component variables for the total assessment of the stability of attention of beginner sambo fighters in the experimental groups

The stages of the experiment	Number of letters viewed for 10 minutes	Number of letters crossed out correctly/total number of letters	Task execution accuracy, %	Assessment of stability of attention, points	Qualitative level of attention stability assessment
A	Control group				
	1112	55/77	71,43	5	Below average level
	Experimental group				
	1200	62/85	72,94	8	Medium level
B	Control group				
	1128	59/82	71,95	5	Below average level
	Experimental group				
	1510	78/104	75,00	14	Above average level

For a better understanding of the process in evaluating the stability of subjects' attention, we present Table 3.3.

Table 3.3. Qualitative assessment of 12-13 year-old boys' attentional stability depending on the accumulated points

Assessment according to accumulated points	Characterization of the stability level of attention
1-3	Reduced level of attention stability
4-7	Level of attention stability below average
8-11	Average level of attention stability
12-15	Above average level of attention stability
16-19	High level of attention stability

In the experiment carried out by us, the attention stability of beginner sambo fighters was determined with the help of intermediate indices, such as: "work productivity" (the total number of letters viewed in each minute and, in general, in the 10 minutes was calculated); the number of correctly crossed out letters K and R; the number of letters to be crossed out; accuracy of execution (in %), evaluation of accuracy (in points); labor productivity assessment (in points). All intermediate indices were calculated based on formulas and compared with the corresponding tables (see Chapter 2, "Research methods").

Special attention should be paid to the fact that, at the end of the pedagogical experiment, the level of attention stability of subjects in the control group was the same (below average), and that of those in the experimental group reached (above average). The situation regarding the determination of the attention stability level, found by us, completes the comparative analysis of the statistical indices obtained in the conducted experiment, which is presented in Table 3.4.

From Table 3.4 it can be seen that, at the initial stage of the experiment, the indices of the stability of the students' attention in both groups are practically identical (relatively homogeneous): $P > 0.05$. At the same time, the dynamics of these indices, towards the end of the research, is uneven. Thus, the initial results of the sambo fighters in the control group improve slightly towards the end of the experiment, but the level of attention stability is unchanged: below average ($P > 0.05$). In our

opinion, these insignificant changes in the state of attention of the fighters in the control group were obtained thanks to age-specific physiological development, although the motor activity during the teaching and training process is still insufficient.

Table 3.4. Statistical analysis of indices of attention stability performance of sambo fighters in experimental groups

Test	Groups and statistical indices	Statistical results of the experimental groups		t	P
		Initial testing $\bar{x} \pm m$	Final testing $\bar{x} \pm m$		
Establishing the attention of pupils in the experimental groups (points)	C	5,10±2,11	5,55±2,05	0,23	> 0,05
	E	7,84±2,15	14,00±2,13	3,05	< 0,01
	C	0,91	2,85	—	—
	E	> 0,05	< 0,01	—	—

Note: $n_c = 15$; $n_e = 15$; C – control group; E – experimental group; t and P – statistical indices

At the same time, in the experimental group of young athletes, the results improved significantly from the initial to the final testing: $P < 0.01$. More than that: at the final stage of the research, the experimental group also registered significant differences compared to the control group: $P < 0.01$. This significant superiority of the initial level of development of the children in the experimental group was possible, in our opinion, due to the active motor development in the training process of the young sambo fighters in that group, which led to the formation of a level of attention stability above average, needed to achieve forward success in their training and competitions.

In Table 3.5, the coefficients of the accuracy of the task execution by the subjects of the two groups included in the study are presented in the test to evaluate the attention stability, which also reflects the fatigue degree of the central nervous system.

Table 3.5. The coefficients of the accuracy of the task execution by the subjects of the experimental groups in the Bourder – Anfimov test

Research stages	min 1	min 2	min 3	min 4	min 5	min 6	min 7	min 8	min 9	min 10
Initial testing C	7,78	7,63	7,42	7,14	6,22	5,67	4,24	4,00	3,73	2,25
Initial testing E	8,00	7,80	7,66	7,49	7,29	6,89	6,75	6,48	5,80	4,78
Final testing C	7,87	7,70	7,50	7,20	6,30	5,77	4,44	4,00	3,83	2,45
Final testing E	8,15	7,98	7,84	7,60	7,57	6,86	6,68	6,41	5,93	5,79

Note: C – indices of the control group; E – indices of the experimental group

Using the data presented in Table 3.5, we were curious to find out how the concentration of attention in young sambo fighters changed in each minute of the test, as well as in general, during the ten minutes of testing (total time) in the Bourdon-Anfimov test. The dynamics of the recorded results is illustrated in Figure 3.4.

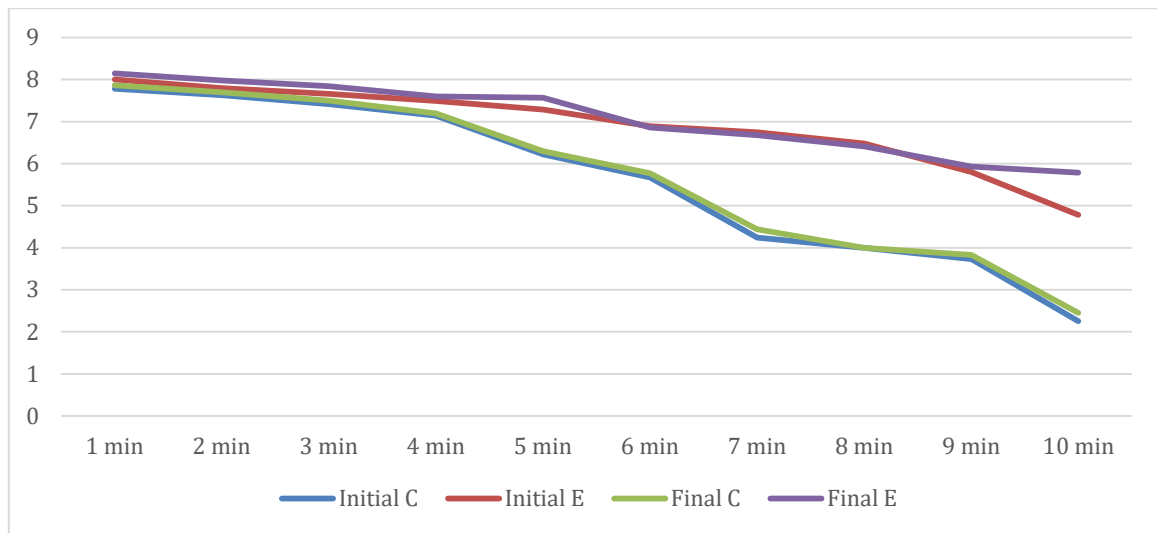


Fig. 3.4. The dynamics of diminishing the results reflecting the concentration attention ability of sambo fighters (Bourdon – Anfimov test)

From Figure 3.4, presented above, it can be seen that the graphs of the initial indices of the two groups included in the experiment are practically identical. At the same time, until the 4th minute, both groups demonstrate a stable work capacity. Further, the control group shows a significant and accelerated decrease in work capacity, against the background of increased fatigue of the central nervous system, and the pupils in the experimental group demonstrate a constant work capacity both at the beginning and at the end of the experiment. Sometimes, starting from the 8th minute, in the experimental group, a natural fatigue and a smooth slope of the curve, lower at the end of the experiment than the initial value line are noted.

Thus, the data presented in Table 3.2, 3.3, 3.4, 3.5 and Figure 3.6 demonstrate that the initial specialized sports selection of 8-9-year-old children in sambo, carried out by us, allows, to a greater extent, to develop the intellectual capacities of beginner sambo fighters by means of the cognitive factor of stability and concentration of attention, necessary for sports performance in sambo.

GENERAL CONCLUSIONS AND RECOMMENDATIONS

1. The contemporary process of training performance athletes in sambo, including at the international level, as a long process of teaching and training, is specific from the point of the intensification of the temporal factors view, the training of fighters and their sports performances, which determines the need for initial specialized sports selection of interested children who have sufficient motor experience, appropriate for their age, and who are capable of quickly assimilating the necessary skill mastery.

2. At the current stage, the initial sports selection of 8-9-year-old children in sambo, unlike other sports, is not based on scientific studies, which leads to a considerable decrease in the effectiveness of the training of top-class athletes. Coaching specialists are concerned about this situation and believe that the initial sports selection of children in sambo and the subsequent provision of the teaching and training process will contribute to achieving long-term planned sports performance.

3. In the contemporary period of restructuring, the corresponding administrative structures in this field do not pay sufficient attention to the popularization of sambo fighting among young people, a fact that significantly demonstrates its social importance, applicative character and the possibility of achieving high sports results, including at the world level, as a form of the political prestige of our country.

4. An important contemporary problem is the insufficient functional-motor development of children of small school age, which creates great difficulties for the initial specialized sports selection of sambo pupils.

5. In the initial stage, after the specialized sports selection of children in sambo, and in the subsequent stages of perfecting the sportsmanship, it is necessary and important to take into account the age specificities of the morphofunctional and motor development of their body, which determines the active progress of their sports results, without side effects.

6. The scientifically proven initial specialized sports selection of children interested in practicing sambo fighting allows for the effective development and successful application of their coordinative-motor, psychomotor, managerial and intellectual capacities in the qualitative assimilation of the technique and tactics of sambo fighting.

7. The initial sports selection of 8-9-year-old pupils carried out by us allowed the qualitative increase of the general and coordinative physical training level, psychomotor functions and directing one's own movements, dynamic stability and intellectual capacities during an annual training cycle, the differences being significant for all analyzed parameters ($P < 0.001$), a fact that, in general, contributes to the more intense sports improvement of children and ensures a constant perspective of maintaining the fit contingent, passing the necessary classification standards.

8. The experimental project of sports diagnosis of 8-9-year-old boys for the initial selection in sambo, proposed by us, which contains a complex of scientifically substantiated criteria and conditions, will allow the selection, with a higher degree of accuracy, the best candidates, able to achieve a high level of sports results, necessary for qualification, including at world level.

9. The sports selection of 8-9-year-old pupils in sambo, scientifically argued and experimentally verified, at the current stage of the athlete's development in the Republic of Moldova, must become an important, indispensable part of the general strategy for the training of highly qualified athletes in the International category.

1. The implementation of the Scientifically argued initial sports selection program for 8-9 year-old pupils in the teaching and training process in schools and sambo sections in the Republic of Moldova will allow highlighting the most talented, to invite them to the initial sports training groups, where they will be able to develop effectively and improve in order to obtain maximum sporting results.

2. Criteria elaborated experimentally by the section of 8-9-year-old pupils, which make up the Program proposed by us, must reflect as a whole all aspects regarding the state of their body, be current and safe and be revised once every 5 years by scientific structures in the sports field.

3. The study of the hereditary traits of the physical development of 8-9-year-old pupils also allows to forecast, with a probability of 95%, the prospects for the development of the children's morphological state, their motor-sporting and functional capacities for the intensive practice of sambo fighting.

4. In carrying out the initial sports selection of 8-9 year-old pupils, it is necessary to evaluate the level of general physical training and their coordinative, psychomotor capacities, the degree of formation of the functions of directing their own movements, specific to their age, dynamic stability and intellectual capacities, which , as a whole, they can reflect their motor experience compared to the model indices recommended for children of that age, which will ensure their subsequent progress in the sambo fighting event.

5. In the system of initial sports selection of 8-9-year-old pupils in sambo, it is necessary to apply, to a greater extent, tool diagnostic methods, including computerized stabilometry, as a modern, informative, effective method of assessing the functional state- children's motor skills, which reflect the degree of dynamic stability performance and the existence of age-specific movement control functions.

6. The realization of the Sports Diagnostic Program and the initial sports selection criteria of 8-9 year-old pupils in sambo allowing the selection of those beginner sambo fighters who will be more suitable for the timely intensive assimilation of the teaching and training process, oriented towards achieving performance at all stages of perfecting sportsmanship.

7. It has already become a modern tradition that the representatives of the fairer sex practice sports considered exclusively male until recently, that is why the Sports Diagnostic Program for 8-9 year-old children, developed by us, and the criteria for initial sports selection in sambo, included in this program can also be applied to girls of the same age, taking into account their age and morphofunctional developmental characteristics.

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BARALIUC I., MANOLACHI V., POLEVAIA-SECAREANU A., COTORCEA A. Particularities of Initial Selection of Primary School Age Sambo Wrestlers Based on the Study of Psychomotor Abilities. In: Український журнал медицини, біології та спорту. Том 6, № 1 (29), 2021. P.345-351 (DOI: 10.26693/jmbs06.01.345)

TACHII D., **BARALIUC I.** Поэтапное развитие ловкости движений у юных борцов = Step-by-step development of dexterity of movements in young wrestlers. În: Știința culturii fizice, nr. 40/2, 2022.

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BARALIUC I. Досуговые интересы молодежи в системе демократических инноваций Республики Молдова и социально-организационные условия для занятий борьбой самбо. In: *Sport. Olimpism. Sănătate*, 10-12 septembrie 2020, Chișinău. Chișinău, Republica Moldova: Editura USEFS, 2020, Ediția 5, pp. 476-480. ISBN 978-9975-131-98-8.

BARALIUC I. Sports selection method of sambo fighters at the stage of instruction and training. In: *Traditions, realities and perspectives of the physical culture development: International scientific conference, 25-26 May 2018: Book of abstracts*. Chișinău: USEFS, 2018, p. 45-46.

ADNOTARE

Baraliuc Igor "Particularitățile procesului de selecție sportivă a copiilor în sambo la etapa inițială de pregătire": Teza de doctor în științe ale educației. Chișinău, 2024

Structura tezei: adnotarea în 3 limbi; introducere; 3 capitole; concluzii și recomandări; bibliografia 182 surse; 4 anexe; 121 pagini textului de bază; 19 desene; 23 tabele. Rezultatele sunt publicate în 7 lucrări științifice.

Cuvintele-cheie: lupta sambo; selecția sportivă inițială; programul; ereditate; criteriile; indicii Quetelet; activitatea psihomotorie; stabilometric; experiență motorie; controlul mișcării.

Scopul cercetării: îmbunătățirea sistemului de selecție sportivă a copiilor pentru cursurile de luptă Sambo în grupurile de formare inițială.

Obiectivele de cercetare. 1. Să studieze aspectele istorice ale dezvoltării luptei, precum și vechimea și trăsăturile procedurale ale metodologiei de selecție sportivă în lupta sambo. 2. Să formeze direcții și să dezvolte metode eficiente și criteriile lor pentru selecția sportivă inițială a copiilor pentru lupte Sambo. 3. Proiectarea unui program de selecție inițială a copiilor pentru a lupta împotriva lui sambo și pentru a-și fundamenta experimental eficacitatea.

Noutatea și originalitatea științifică constată în fundamentarea științifică a sistemului de metode și criteriile acestora în selecția sportivă inițială a copiilor pentru lupta Sambo pe baza procedurilor moderne de diagnosticare.

Problema științifică importantă soluționată constă în dezvoltarea experimentală a unui sistem eficient de selecție sportivă inițială a copiii de 8-9 ani pentru lupta Sambo, în scopul perfecționării lor sportive continue și de durată și atingerea unui nivel înalt de clasificare sportivă.

Semnificația teoretică a cercetării constă în extinderea gamei de cunoștințe despre caracteristicile și condiționarea necesară a sistemului inițial de selecție sportivă pentru Sambo în stadiile incipiente ale formării motorii a copiilor.

Semnificația practică. Rezultatele cercetării pot fi utilizate atât pentru a îmbunătăți eficacitatea selecției sportive inițiale, cât și perfecționarea programei care reglementează activitatea școlilor cu profil sportiv.

Adaptarea și implementarea rezultatelor cercetării. Programul experimental al selecției sportive inițiale a copiilor de 8-9 ani pentru lupta sambo a fost adaptat și introdus în procesul de învățământ al Facultății de Sport a Universității de Stat de Educație Fizică și Sport, Liceul Internat Municipal cu Profil Sportiv din Chișinău, instituțiilor educaționale cu profil sportiv în care sunt secții de lupte Sambo din orașele republicii. Unele prevederi ale tezei sunt folosite în cursul teoretic al Departamentului de Formare Profesională a Lucrătorilor și Formatorilor de Sport din cadrul Universității de Stat de Educație Fizică și Sport.

АННОТАЦИЯ

Баралюк Игорь: «**Оптимизация начального спортивного отбора детей для борьбы самбо в современных условиях**». Диссертация доктора педагогических наук. Кишинев, 2024.

Структура диссертации: аннотации на 3-х языках; введение; 3 главы; выводы и рекомендации; библиография 182 источника; 4 приложения; 121 страница основного текста; 19 рисунков; 23 таблицы. Результаты опубликованы в 7 научных работах.

Ключевые слова: борьба самбо; начальный спортивный отбор; программа; наследственность; критерии; индекс Кетле; психомоторика; стабилметрия; двигательный опыт; управление движениями.

Цель исследования: совершенствование системы спортивного отбора детей для занятий борьбой самбо в группах начальной подготовки.

Задачи исследования. 1. Изучить исторические аспекты развития борьбы, а также возрастных и процедурных особенностей методологии спортивного отбора в борьбе самбо. 2. Сформировать направления и разработать эффективные методы и их критерии начального спортивного отбора детей для борьбы самбо. 3. Спроектировать Программу начального спортивного отбора детей для борьбы самбо и экспериментально обосновать её эффективность.

Научная новизна и оригинальность исследования заключалась в научном обосновании системы методов и их критериев начального спортивного отбора детей для занятий борьбой самбо на основании современных диагностических процедур.

Актуальная научная проблема высокой значимости состоит в экспериментальной разработке эффективной системы начального спортивного отбора детей 8-9 лет для борьбы самбо в целях их дальнейшего устойчивого спортивного совершенствования и достижения высокого уровня спортивной классификации.

Теоретическая значимость результатов исследования состоит в расширении спектра знаний об особенностях и необходимого состояния системы начального спортивного отбора для борьбы самбо на ранних стадиях двигательного становления детей.

Практическая значимость. Результаты исследования могут быть использованы как для повышения эффективности начального спортивного отбора, так и для совершенствования программно-нормативного обеспечения, регламентирующего деятельность школ спортивного профиля.

Апробация и внедрение результатов исследования. Экспериментальная Программа начального спортивного отбора детей 8-9 лет для борьбы самбо была апробирована и внедрена в учебный процесс Спортивного факультета Государственного университета физического воспитания и спорта, Спортивного лицея г.Кишинёва, спортивно-образовательных учреждений, имеющих отделения борьбы самбо в городах республики. Некоторые положения диссертационной работы используются в теоретическом курсе Департамента повышения квалификации спортивных работников и тренеров Государственного университета физического воспитания и спорта.

ANNOTATION

Baraliuc Igor: «Peculiarities of the sambo children sports selection process at the initial training stage ». Doctoral thesis in education sciences. Chisinau, 2024

The structure of the paper: the paper is exposed in three languages. It has the following structure: introduction, 3 chapters, conclusions and recommendations, bibliography of 182 titles, 4 appendices, 121 pages of main text, 19 figures, 23 tables. The obtained results are included in 7 scientific papers.

Key words: sambo; initial sport selection; syllabus; hereditary background; criteria; Quetelet index; psychomotor skills; stabilometrics; locomotor experience; movements control.

Aim of the research: refinement of selection system of children for sambo course in initial training groups.

Objectives of the paper: 1. To study historical aspects of the wrestle evolution, as well as age and procedural peculiarities of sport selection methodology referring to sambo. 2. To determine directions and to develop efficient methods along with their criteria of initial sport selection of children for sambo course. 3. To elaborate Program of initial sport selection of children for sambo and to prove experimentally its efficiency.

Scientific novelty and originality: scientific justification of system of methods and their criteria of initial sport selection of children for sambo based on up-to-date diagnostic procedures.

The actual scientific problem solved in the research thesis consists in the experimental elaboration of an efficient system of initial sport selection of children 8-9 years old for sport sambo with the aim of subsequent sustainable agility improvement and achievement of high-level sport classification.

Theoretical significance: broadening of spectrum of knowledge about peculiarities and required setup of the system of initial sport selection for sport sambo at early stages of children's locomotor formation.

Applied value. The results of the research can be used either for improvement of efficiency of initial sport selection, or for perfecting program normatives, regulating activities of sports-oriented schools.

Approval and implementation of the results. Experimental Program of initial sport selection of children 8-9 years old for sport sambo has been approved and implemented in academic activity of Sport Department of State University of physical education and sports, Sport residential institution from Chisinau, sport educational institutions with sambo classes from different cities. Some strategies of the thesis research are being used in theoretical course of Department of continuous professional development of sport staff and trainers of State University of physical education and sports.

Baraliuc Igor

**PECULIARITIES OF THE SAMBO CHILDREN SPORTS SELECTION
PROCESS AT THE INITIAL TRAINING STAGE**

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