

THEORETICAL ASPECTS REGARDING STRENGTH DEVELOPMENT IN ARTISTIC GYMNASTICS

Abstract

The present paper aims to show the importance of mathematical calculation in measuring and in determining the levels that strength can reach in the different muscle groups, which perform the movement in artistic gymnastics. If these levels are known from the very beginning of the instruction, the whole training process becomes more efficient. The theoretical calculation of the levels of strength is an indicator of the level that strength should reach in the muscle groups that perform the movement in artistic gymnastics. These theoretical levels also point to the existing differences between the requirements for strength development on one hand, and the real capabilities of each single subject of putting a technical element into practice on the other hand.

Keywords: artistic gymnastics, muscle strength, technical element, self-control.