

and Kinesiology. After swimming program and established by the nutritionist diet, subjects have lost weight between 350 grams/week and 450 grams per week.

### **Conclusions and recommendations**

Importance of methods of treatment, diet and physical exercise in the water, practicing their rational to ensure weight loss and the achievement of a functional balance.

It has been confirmed that physical exercises in water and the effects that they perform on the musculoskeletal system and its functions could not be replaced with other alternative therapies.

## ***SPORTIVE TRAINING. SCHOOL AND UNIVERSITY SPORTS***

### **SPORTS SELECTION METHOD OF SAMBO FIGHTERS AT THE STAGE OF INSTRUCTION AND TRAINING**

*Baraliuc Igor, PhD student,  
State University of Physical Education and Sport, Chisinau*

**Keywords:** sambo, selection, training process, instruction.

**Actuality.** The founders of the theory and practice of physical education and sport considered the system of training young athletes as a priority basis for the theory and practice of sport, but the selection in sport - as an essential condition for sports activity.

The increased interest in the selection and preparation of sports substitutions is determined by the needs of the multi-annual instruction and training process. So far, coaches, physical education and sports specialists have raised important issues related to improving the selection system, improving its quality and effectiveness. This also refers to the lack of new methodological approaches in research, and to the need to consider acceleration at the contemporary stage. It is by no means the complete list of difficulties which, currently, remain unresolved in the theory and practice of sport, despite the fact that in the scientific-practical literature the various aspects of sports selection are broadly reflected.

Currently, one of the main tasks of science is the selection of talented athletes. This is also true for wrestling. That is why the factors mentioned above did not avoid either the sambo fight, a young sport, which has an accelerated development. And taking into account that, in every field of knowledge, there is practically a complete review of scientific information every 5-10 years, the analysis of the old problem from a new perspective becomes current. Thus, we intend to regulate

the sambo fighters' selection procedure at the instruction and training stage by applying appropriate methodologies to determine the qualities required in their sporting activity.

**The aim of the research** is to improve the sambo fighter selection methodology at the instruction and training stage in order to optimize the instruction and training process of athletes.

The analysis of specialized scientific-methodical literature, the practical experience in the selection of young sambo fighters and the results of our own researches has shown that the existing system of sports selection of the sambo fighters at the instruction and training stage is not sufficiently effective. It does not meet the requirements of objectivity and is not complex, but is based on the empirical experience of coaches. This implies the imperative need for the modernization and scientific argumentation of the complex assessment of the essential characteristics of the level of training at this important stage of multi-annual training.

## **SPECIAL-PREPARATORY MEANS OF FORCE DIRECTION IN THE TRAINING OF THE ROWERS AT THE GENERAL PREPARATION STAGE AT DEVELOPMENT OF SPECIAL ENDURANCE**

*Berzan Sergei, PhD student,  
Poburnii Pavel, PhD, university professor,  
State University of Physical Education and Sport, Chisinau*

**Keywords:** power and speed-power abilities, local muscular stamina, conjugation, the intensity of blood circulation, economization.

The possibility of power and speed means with the structural similarity to canoeing with the development of local muscular stamina (LMS) at the general preparatory stage of the preparatory period of annual cycle of training had been methodically developed and scientifically substantiated.

**Actuality of the research** - the current level of development of world rowing requires from athletes to develop a high degree of basic physical, special, technical and tactical, mental qualities and their ability to integrate effectively in competitive activities.

The competitive activity of rowers is carried out in rather rigid space-time and dynamic conditions with a high level of programmed as the structure of separate cycles of stroke, and their connection in integral motor acts with stable strong-willed tension for preservation of the optimum developed efforts to oar blades in the conditions of the increasing exhaustion at conditional body contact.

**Purpose of the study:** scientific and methodically to prove possibility of application of special and preparatory means of power orientation at development of special endurance in rowers at all-preparatory stage of training.

**Methods of the research:** in the conditions of the natural forming pedagogical experiment we made pedagogical observations and complex testing of physical and functional preparedness of