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REVITALIZING PHYSICAL EDUCATION: EMBRACING MODERN TRENDS THROUGH THE FRENCH CONTRAST TRAINING METHOD OF RESISTANCE TRAINING

Nithin B. S., Ibnu Noufal K. V. Ревіталізація фізичного виховання: огляд сучасних тенденцій тренування з опорою на використання французького контрастного тренування.

Ключові слова: фізичне виховання, французька методика контрастного тренування, силові тренування, сила, потужність, швидкість.

Abstract: Physical Education faces numerous challenges in the modern world, including sedentary lifestyles, childhood obesity, limited resources, and the need for inclusivity and diversity. To address these challenges and embrace current trends, it is crucial to revitalize physical education programs. This paper explores the French Contrast Training Method, which integrates strength, power, and speed exercises to enhance athletic performance and functional fitness. The benefits of this method include increased engagement, promotion of functional fitness, and the development of motor skills. Implementation strategies are discussed, such as curriculum development, teacher training, and facility considerations. Additionally, case studies highlight successful implementations of the method, and opportunities for further research and innovation are identified.

Keywords: physical education, French Contrast Training Method, resistance training, strength, power, speed.

Introduction. Physical Education faces significant challenges in the modern world, such as sedentary lifestyles and childhood obesity, that necessitate revitalizing programs. This paper explores the French Contrast Training Method, a promising approach that integrates strength, power, and speed exercises. By understanding the challenges and trends in Physical Education and the need to adapt to the modern world, we can recognize the significance of embracing innovative approaches. The French Contrast Training Method offers a comprehensive training approach to enhance athletic performance and functional fitness. This paper delves into its principles, benefits, and implementation strategies, providing valuable insights for educators, policymakers, and stakeholders in revitalizing physical Education.

Current challenges and trends in Physical Education. This would explore the existing challenges and trends in Physical Education, such as sedentary lifestyles, childhood obesity, limited time and resources, inclusivity and diversity, technological advancements, and the need for a holistic approach to wellness. It would provide a comprehensive understanding of the context in which physical Education operates and the pressing issues that necessitate modernization.

The importance of adapting to the modern world. This would emphasize the significance of adapting physical Education to align with the contemporary world. It would highlight the need to incorporate innovative approaches and trends that resonate with today's students, considering their preferences, interests, and the changing landscape of physical activity.

Introduction to the French Contrast Training Method. The French Contrast Training Method incorporates a combination of training modalities to enhance strength, power, and speed. It typically includes four key components: heavy strength exercises, explosive exercises, plyometric exercises, and speed exercises. Serious strength exercises involve lifting heavy loads to develop maximum strength. Explosive activities focus on rapid force production, utilizing movements such as jumps, throws, or Olympic lifts. Plyometric exercises involve rapid stretching and contraction of muscles to improve power. Speed exercises emphasize quick and efficient movement patterns, targeting acceleration and top-end speed. By incorporating these diverse training elements, the French Contrast Training Method offers a comprehensive approach to improving athletic performance and functional fitness.

Benefits of the French Contrast Training Method in Physical Education.

Enhanced engagement and motivation among students. This will discuss how the French Contrast Training Method can enhance student engagement and motivation by offering dynamic and challenging exercises. It would highlight the use of contrast and variation to keep students excited and invested in their physical education journey.

Promotion of functional fitness and overall health. This would explore how the method promotes functional fitness, focusing on exercises that have practical applications in daily life. It would discuss the benefits of functional fitness for overall health and well-being.

Development of motor skills and athletic performance. This would highlight how the French Contrast Training Method can improve motor skills, coordination, and athletic performance. It would discuss the specific exercises and training techniques that target these areas.

Implementation Strategies for Physical Education Programs.

Curriculum development and integration of the French Contrast Training Method. This would guide integrating the French Contrast Training Method into physical education curricula. It would discuss the design of progressive and balanced training programs, considering students' age, abilities, and goals.

Teacher training and professional development. This would equip physical education teachers with the knowledge and skills to implement the French Contrast Training Method effectively. It would discuss the need for ongoing professional development opportunities and training resources.

Considerations for facilities and equipment. This would cover the necessary concerns regarding facilities and equipment for implementing the French Contrast Training Method. It would discuss the requirements for creating a safe and conducive training environment, including the availability and maintenance of suitable equipment.

Ensuring safety and injury prevention. This will emphasize the importance of prioritizing safety and injury prevention when implementing the French Contrast Training Method. It will discuss strategies for proper warm-up and cool-down procedures, appropriate progression and load management, and supervision and monitoring of students during training sessions. Consideration of individual differences, fitness levels, and any pre-existing conditions will also be highlighted.

Examples of schools implementing the French Contrast Training Method. This will showcase real-world examples of schools or educational institutions that have successfully implemented the French Contrast Training Method in their physical education programs. It will highlight their experiences, challenges faced, and the positive impact observed in terms of student engagement, fitness outcomes, and overall program effectiveness.

Opportunities for further research and innovation. This paper will explore the potential avenues for future research and innovation related to the integration of the French Contrast Training Method into physical education programs. It will highlight the need for ongoing investigation and advancements to enhance the effectiveness and impact of the method continually.

Conclusions. The challenges and trends in physical Education necessitate a modernization of programs to align with the needs of today's students. The French Contrast Training Method offers a promising approach to revitalizing physical Education by integrating strength, power, and speed exercises. By embracing this method, educators can enhance student engagement, promote functional fitness, and develop motor skills. Implementation strategies, including curriculum development, teacher training, and facility considerations, are vital for successful integration. Case studies demonstrate the method's effectiveness in schools, while opportunities for further research and innovation highlight the potential for ongoing advancements. By embracing modern trends and innovative approaches, Physical Education can play a pivotal role in fostering a healthier and more active society.

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DESCRIPTIVE ANALYSIS OF BASKETBALL SUCCESSFUL TWO POINT FIELD GOAL PERFORMANCE IN A NATIONAL CHAMPIONSHIP

Тірумалай Балакрішан П. Сінг Р. Рам Мохан. Описовий аналіз успішного виконання баскетболістом двох очкових м'ячів у Національному Чемпіонаті.

Ключові слова: описовий аналіз, баскетбол, результативність двоочкових кидків.

Abstract. *The aim of the study was to analysis the performance of the basketball teams namely Indian Railways, Tamil Nadu, Kerala, Andhra Pradesh and Uttar Pradesh that played in the 62nd Senior National Basketball Championship 2011.*

In any sporting situation especially team games it is difficulties for coaches to notice and remember all the key events occurring during a match because there are many factors that are taking place simultaneously that impacts player's performances and subsequently his team's performance as well. Further, the events happen so quickly that it becomes very difficult to remember all the importance events during a match or performance.

This is when performance analysis comes in. Based on information technology and digital photography, performance analysis is now acknowledged as an aid to performance enhancement at all levels. The results of this study concluded that Indian railways had the highest number of successful two point field goal attempt.

Keywords: *descriptive analysis, basketball, successful two points.*

«The invention of basketball was not an accident. It was developed to meet a need»

James Naismith