

**PD RESEARCH PROJECT, N.C.S.R. CODE 167, ENTITLED**  
**„CONTRIBUTIONS CONCERNING THE IMPROVEMENT OF THE MALE TRIPLE JUMP**  
**TECHNIQUE BY USING SOME MONITORING STRATEGIES"**

**FINAL STAGE/2012**

The objective of this final stage/2012 targeted the strategy determination concerning the monitoring of the triple jump event specific technique, the finalization of the project and it has been carried out entirely by achieving the activities where the followings were aimed:

(a) the improving of the stages' content of the operational route based on the obtained results from the achievement of the objectives three and four (the objectives three and four have been accomplished within the single phase for the year 2011);

(b) the development of the technique monitoring strategy content specific to the triple jump male event;

(c) the capitalization of the research results by their dissemination in the form of publication of some scientific articles and editing a book.

Regarding to the activity which aimed the elaboration of the monitoring strategy content specific to the male triple jump event, this had the purpose to find of structural elements to provide some information useful in the sports training - the technique factor – of the athletes specialized in the triple jump event, from the improvement perspective.

The main operations whose results have led to the elaboration of the monitoring strategy were those that aimed the present methodological system for each training strategy regarding the technical component, concerning the athletes of this research and were materialized by the implementation, in the framework of the methods system, the cinematic analysis method of the movement in the 2 D system, based on video recording.

The triple jump event monitoring strategy was implemented in the practical activities assumed by the structure of the research procedure, the obtained results demonstrating the effectiveness regarding its implementation in the framework of the used methodological system from this event technique improvement perspective. These operations have been carried out both in the training sessions, as well as during the competitions in which the involved athletes have been engaged.

The results obtained by implementing the monitoring strategy of the male triple jump event, from its improving perspective, during the training sessions of the athletes of the research, confirmed the accomplishment of the research purpose and determined a continuous interest for the coaches and the Athletics Federation staff concerning the utilization of the research as a structural element of the training means and methods system from the technical component point of view.

The results obtained at this research project stage, have been disseminated in the form of:

- a scientific communication in the International Scientific Conference "Perspectives In Physical Education And Sport", organized by the "Ovidius" University of Constanta, Faculty of Physical Education and Sport, under the aegis of the European Council of Sport Science ", of the "Researches regarding the relation between the kinematic parameters measured during the competition and the they performance" paper. This paper will be published in "The Annals of the "Ovidius" University - Physical Education and Sport Series ", Constanta, being quoted by NCSR as a IDB review;
- the elaboration and publication in the University of Pitesti Publishing House (NCSR publishing house recognition) of "The triple jump event technique monitoring - kinematic aspects " book.