

**PD RESEARCH PROJECT, NCSR CODE 167, ENTITLED „CONTRIBUTIONS
CONCERNING THE IMPROVEMENT OF THE MALE TRIPLE JUMP
TECHNIQUE BY USING SOME MONITORING STRATEGIES"
UNIQUE STAGE OF CURRENT YEAR/2011**

The materialization of the specific activities of this phase objectives were reflected by direct intervention in the training process, as an implementation of specialized programs of technique for triple male event monitoring.

This stage aimed at fulfilling of two objectives that were focused on: the development of specialized programs for technique monitoring and the identification of the specific operational path, respectively the implementation of the operational path and the evaluation of the obtained results.

The two objectives have been attributed to a number of eleven activities which resulted in achieving effective performance of the research for this phase of the project. In terms of directions covered by the eleven activities, they were: to establish the strategy used in the triple jump event technique monitoring, establishing the necessary requirements for carrying out specialized programs of technique measuring, determination of the operational path stages specific to the monitoring activity, the management of the activity and the acquisition of the resources necessary for following the proposed operational path, accomplish the proposed stages during the sportive training periods, self-evaluation concerning the efficiency of the operational path, dissemination of the results after the accomplishment of the activities.

In the measuring strategy elaboration we started from the results of discussions conducted with teachers-coaches of athlete's components of Athletics National Team, specialized in triple jump event, discussions that were concluded by emphasizing the technical aspects that will be monitored to improvement the technique of this event.

The stages through which we have established the content of measurement strategy assumed:

1. Choosing the most useful methods, materials and means by which it can be done in optimal conditions the proposed activities for the objectives accomplishment.

2. Using the methods, materials and means in an interdependence manner that will conduct to the achievement of the objectives in optimal conditions.

3. The aiming of the technical issues that will be measured.

The stages of the operational path specific to the monitoring activity of the triple jump event technique were:

1. The establishment of the necessary resources in order to achieve the aimed monitoring activity;

2. The establishment of the moments (phases, technical aspects) that will be monitored;

3. The identification of the possible difficulties that will occur during the activity;

4. The evaluation of the possible difficulties and the elaboration of some solutions that will conduct to their achievement;

5. The close observation of the events that will be monitored and the exact recording of the necessary data and information;

6. Getting some conclusions that will emphasize the results of the monitoring activity.

The objective concerning the implementation of the operational path and the evaluation of the obtained results was conducted as a continuous approach that followed previous objective and is been materialized as operational interventions during the trainings with technical content of the athletes that are specialized in male triple jump event, members of national team Athletics of the Romanian Federation of Athletics. Reaching this goal was possible by following seven specific activities that were supported in terms of logistics by purchasing the needed equipment and materials from the project budget, as well as by having access to the necessary equipment of the National Research Institute for Sport, Bucharest and the Human Performance Research Center of the Faculty of Physical Education and Sport, Pitesti.

The results of research covered by this research project were submitted to Romanian Athletics Federation to inform about the activities carried out affecting the athletes specialized in male triple event, aiming at implementing of the used strategy in the system of means and methods of technical training in the Sprint - Hurdle - Jumping group.

The partial results of research were the subject of scientific communication made at the International Scientific Conference "Perspectives in Physical Education and Sport", Univ. "Ovidius" - FEFS, Constanta, European Congress of Sport Science "New Horizons from the World Heritage City", Liverpool, England, International Scientific Conference "Physical Education, Sport and Health", Univ. Pitesti - FEFS, Pitesti. Also, the results of the research approach were the base of an article that was accepted for publication in an international journal with ISI recognition.