



**Kolegji AAB**

FACULTY OF PHYSICAL CULTURE AND SPORTS

POST DIPLOMATIC-MASTER STUDIES

THEME:

**METHODOLOGY OF LEARNING TECHNICAL ELEMENTS AND  
PROOF OF SUCCESS OF ANALYTIC AND SYNTHETIC METHOD IN  
THE LEARNING OF GYMNASTIC ELEMENTS**

Mentor:

Prof. Dr.MustafëAliuSahadeteBytyqi

Candidate:

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## CONTENT

1. Introduction.....	
2. Aim of this research.....	
3. Researches.....	
4. Basic hypotheses for this research.....	
5. Work methods for the realization of this research.....	
5.1 Collection of literature.....	
5.2 The technical elements applied and their application ways.....	
5.3 The sample of individuals.....	
5.4 Collection of results.....	
5.5 Processing of results.....	
6. Selection of exercise and training exercises.....	
6.1 Selection of exercise.....	
6.2 Training exercises.....	
7. Mental imagery (mental perception).....	
8. Methods of training gymnasts.....	
8.1 Synthetic.....	
8.2 Analytical.....	
8.3 Complex.....	
9. Assistance in Gymnastics.....	
9.1 Preventive assistance.....	
9.2 Technical assistance.....	
9.3 Psychological assistance.....	
10. Psychological training of gymnasts as a using tool for learning gymnastic elements.....	
11. Orientations in learning gymnastic elements.....	

11.1 Visual orientations (sight).....	
11.2 Auditory orientations (hearing).....	
11.3 Orientations admitted through the sense of touch (tactile) .....	
12. The method of avoiding errors .....	
13. Processing of the results and their interpretation (the certificate of success of analytical and synthetic methods in the execution of gymnastic elements) .....	
13.1 Analysis of the differences (T-test) in samples of a group of men .....	
13.2 Analysis of the differences (T-test) in samples of a group of women .....	
14. Confirmation of the hypotheses set out in this paper .....	
15. Conclusion .....	
16. Literature .....	

## **INTRODUCTION**

This work came as a need since we consider that not only in gymnastics but in all sports training methods have a special significance, and almost without these you cannot move forward in any sport.

Given that gymnastics is a sport with special specifications from other sports and physical and psychological problems, we must take special care to the approach of this sport. Therefore this paper came as a need and aims a little bit or a lot, that to help gymnasts in the future who find: better and short (more rational) ways or methods to come easily to the acquisition of exercise in gymnastics.

On this basis, this paper aims to complete and professional impart knowledge in gymnastics on the gymnasts' training, or even gymnastics coaches, students of Sport Sciences, teachers etc.

To achieve this, science is required to be protagonists of this goal. This is a prerequisite in all concrete development plans and programs. In other words, even in gymnastics and physical culture in general it is necessary to develop scientific personal potential, but also to follow the achievements in other countries in order to advance the current practice.

The same situation exists in sport as well as in physical education. The physical culture of a country is worldwide assessed according to the results of the aforementioned sports.

Gymnastics is ranked among the highest achievements of sports activity, as for the beauty that it offers, the participation of human movement, as well as the requirements of its activity to be completed to achieve a high degree. All these values make Gymnastics a modern sport, which is always in progress and enthusiasm, and that also does not allow speed in work.

Sports gymnastics should be recognized and understood, and when this is achieved is impossible to not appreciate it wholeheartedly.

## **CONCLUSION**

Given that the field of gymnastics is very complex we have to give more importance to this field in the future.

In the end we can emphasize that for better results in the future we must put ourselves a "condition" in which we must pass on all these tasks set forth when working with children or adults in gymnastics.

Relying on the purpose of this paper it can be concluded that the material presented in this paper shows that the Gymnastics Training Methodology has a special importance compared to other sports.

From this work we can understand how from the literature used as well as the research conducted by our synthetic methods remains successful in learning the technical elements which were the basis of our research and by this we mean that in the general synthetic methods remains the most successful for the learning of basic elements of gymnastics.

Based on what was stated above, us as employees in this field we have one recommendation:

## **RECOMMENDATION**

We recommend that in future for the learning of gymnastic elements by gymnasts, students or other layers that deal with gymnastics, by the coaches or their teachers to consider methods of training as a key factor in achieving high results in this area. 48