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运动训练与竞赛

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关于田径、游泳、举重运动技术某些共性特征的初步研究

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摘要: 运用文献研究法、专家调查法、理论分析法对体能主导类项群中的田径、游泳、举重项目运动技术发展过程中某些共性问题进行了研究。竞赛实践使人们对运动技术重要性的认识程度逐渐加深并影响训练理念的改变; 极端重视运动技术的个体差异; 运动技术训练首先要考虑实效性, 同时兼顾合理性、经济性; 目前运动技术的发展以技术质量提高为主要途径但仍十分注重创新; 运动技术中的现代科技含量有不断增高的趋势。

关键词: 运动技术; 田径; 游泳; 举重; 共性特征

Preliminary Study on Some Shared Characteristics of Sporting Techniques in Athletics, Swimming and Weightlifting

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Abstract: By Way Of Document Researching, Professional Investigating And Theatrical Analyzing, The Author Studies Some Shared Characteristics Of The Sporting Techniques In Athletics, Swimming And Weightlifting. The Following Results Have Been Reached: Competing Practice Has Deepened People's Understanding Of The Significance Of Sporting Techniques And Has Affected The Changing Of Training Beliefs; Extreme Focus On The Individualistic Difference Of Sporting Techniques; The Training Of Sporting Techniques Should Firstly Be Practical, But Also Be Rational And Economic; The Development Of Sporting Techniques Mainly Attributes To The Enhanced Quality, But Also To Innovation; The Trend Of Increasing Modern Science And Technology In Sporting Techniques.

Key Words: Sporting Techniques; Athletics; Swimming; Weightlifting; Shared Characteristics

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