

## THE STUDY PARAMETERS TO OBSTACLE RACE FROM THE NAVAL PENTATHLON

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**Abstract:** *The naval pentathlon it's the most important discipline to CISM to the Navy Forces in Romania. In this study we have selected the aspects which we can establish the contain and the structure on the level at military students to the event obstacle race to naval pentathlon used main parameters presented in specially literature (Alexe N., 1993[1]; Dragnea A.[2], 1992; CISM-Naval Pentathlon, 2008[3]).*

**Keywords:** *Naval pentathlons, obstacle race, relay obstacle race*

### SUBJECTS AND METHODS

The experiment group of our study was consisting to the military sports-man (age 20-30). The research methods were applied on macro cycle period to eight month, adequate period to training for the national team.

### THE ANALYSIS AND INTERPRETATION OF THE RESULTS

The dates obtain in experiment period was elaborated statistic. The testing specifies training appearance for obstacle race it achieved as part as the experimental stage

2 by characteristic skulls of naval pentathlon, which skulls were applicant concomitantly for subjects the group of the witness and the experimentally group as much to the initial moment of the experimental stage 1, its last this.

After allocate the statistic parameters, the results permitted to comparative analyses a average of group who appearance specify training to obstacle race by the military sports-man so much to initial testing (table 1) how much to final testing (table 2).

**The table 1. Analyses comparative to average of groups what characterized specify physical training investigation – initial**

Nr. crt	The parameters compares		$\bar{X} \pm m$		Criteria	
			Group witness	Group experimentally	“t”	“p”
1	Obstacle race	Relay 1 (sec.)	24,73 ± 0,07	24,67 ± 0,07	0,66	>0,05
2		Relay 2 (sec.)	27,76 ± 0,23	27,16 ± 0,15	2,22	>0,05
3		Relay 3 (sec.)	37,67 ± 0,23	37,37 ± 0,23	0,93	>0,05
4		Relay 4 (sec.)	35,77 ± 0,38	35,47 ± 0,23	0,68	>0,05

From the comparative average analysis of groups what represented this event, notice to the initial testing (the table 1) as much subjects the lot of witness how much the experimental lot registered performance approached as value in all the submissive moments research.

The difference among the averages performance realized to the initial testing between twice groups am

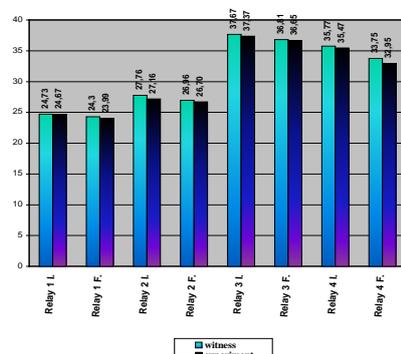
insignificant to the degree of freedom n-1, p= 0, 05. To the ultimate testing (the table 2), analyze comparative an average of groups, confirm the fact that the averages performance obtained by subjects have bred progressively in special experimental lot.

**The table 2. Analyses comparative to average of groups what characterized specify physical training investigation – final**

Nr. Crt	The parameters compares		$\bar{X} \pm m$		Criteria	
			Group witness	Group experimentally	“t”	“p”
1	Obstacle race	Relay 1 (sec.)	24,30 ± 0,09	23,99 ± 0,07	<b>2,81</b>	<0,05
2		Relay 2 (sec.)	26,96 ± 0,07	26,70 ± 0,08	<b>2,60</b>	<0,05
3		Relay 3 (sec.)	36,81 ± 0,09	36,65 ± 0,09	1,33	>0,05
4		Relay 4 (sec.)	33,75 ± 0,23	32,95 ± 0,18	<b>2,75</b>	<0,05

From the calculus significant take difference they among the averages obtained of twice lots to the ultimate testing, notice that difference was significant statistically to the

degree of freedom n-1, the threshold of significant 0, 05. Crease is can noticed in the chart 1.



The chart 1. The dynamics results skulls specific training appearances to the obstacle race – naval pentathlon in the experimental stage 2

### CONCLUSIONS

The performance obtained by the subjects experimental study to the obstacle race characteristically events on naval pentathlon, was demonstrated final of

research. On the comparative analyses average of specify performance obtained by the subjects experiment group to the final testing to event: obstacle race, represented the significantly values ( $n-1, p=0,05$ ).

### REFERENCES:

- [1] Alexe N. *Modern sport training*, Bucharest, 1993
- [2] Dragnea A. *Sport training*, Bucharest, 1992.
- [3] \* \* \* *CISM-Naval Pentathlon*, 2008