

Growth and development of the organism over the years

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Field of study: Training and sport performance

Type of study: Literature Review

Type of presentation. Oral presentation. Abstract. ISR Scientific Session 22.11.2019

Abstract

The study deals with the development of the organism from age to age and the periodization of age. It also deals with development laws, the philosophy of talent discovery and the philosophy of sports training with children. Meanwhile, the study focuses on newer achievements in talent selection based on heritage and growth rates of indicators and skills.

Study development. Auxology - In the process of development, the organism undergoes a series of legitimate morphological changes. Increasingly we understand the quantitative benefit to the body because of the dominance of the processes of creation over those of decomposition.

Age Periodization. Age features in bodybuilding and function development allow for defining age periods. Thus, the school age is divided into young school age - 8-12 years old boys and 8-11 years old girls. High school age - 13-16-year-old boys and 12-15-year-old girls. Youth age - 17-21 years old boys and 16-20 years old girls.

in conclusion. Motor qualities are formed none uniformly and not at one time. Higher achievements occur at different ages and depend on the functional state of a variety of organism systems. The main characteristic of contemporary sport is the continuous growth of sporting results, the evaluation of training loads and their adaptation to the age and proportions of young athletes.

Sport selection - By sport selection we mean the system of organizational-methodical measures, which include pedagogical, psychological, physical and functional testing methods, based on which the abilities of sports children are revealed.

Sports Orientation - By sport orientation, we understand the system of organizational and methodical measures that allow us to determine what sports specialty the young athlete will take.

Conclusions

1. By growth we usually mean the quantitative gain by the body of an active body mass as a result of the dominance of the processes of creation over those of decomposition. Development is the process of qualitative transformation, which is prepared by quantitative changes. Auxology derives from a series of functional states.

2. The development of indicators and motor skills depends not only on the calendar but also on the biological age. The higher the biological maturity, the higher, as a rule, the muscular strength. This change is especially noticeable at the age of 11 - 15 years.

3. A stable and strong nervous system is capable of responding in time and accurately to harassment. On the contrary, weak processes of excitation and inhibition characterize the weak nervous system. In this case, severe harassment exceeds the capability of the nerve cell to work and cause inhibition, leading to the breakdown of schemes or technical data. The balance of neural processes presupposes a certain ratio of excitation and inhibition. This is expressed in the creation of temporary neural connections and the development of inhibition. Thus, the predominance of the inhibition process over the excitation process gives us the slowing of neural connections and their rapid suppression. Meanwhile, the mobility of the neural processes is manifested in the ability of the nervous system to quickly switch the excitation process to that of inhibition, and vice versa. Drawing on the studies of Pavlov I.P., Brooks G., Fahen A., Holowchak A. (1970-2002) we also note an important sign of neural activity, that of dynamics, which determines the creation of positive and inhibitory neural connections.

Keywords: Growth, development, organism