

A pilot study to develop a training syllabus for female basketball teams representing universities which do not have a sports profile

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Abstract

Background. Developing a training syllabus for female basketball teams that represent universities is required to achieve a higher level of training and thus raising female University Championships.

To obtain good results in university basketball, it is important to make sure that training concepts must consider choosing the most effective means of training by simultaneously addressing all components of training, focusing on the capacity and development opportunities of the athletes.

Aims. Research undertaken in the pilot study has as its main objective the preparation of the final experiment of the thesis, which aims to improve the university's women basketball teams and find the most appropriate ways and means to increase the capacity of team performance, but also athletes in competition.

Methods. For the study we used: documentary information, teaching observation, experimental methods, methods of measurement and evaluation, statistical and mathematical methods, graphic representation of data analysis and interpretation. The pilot experiment was conducted with 2 groups of 5 players. The experimental group consisted of students, aged between 19-22 years, who played basketball on a minimum junior level at various clubs in Bucharest and the provinces, and in fact form the Academy of Economic Studies basketball team. The control group included five players from the team established within the Polytechnic University of Bucharest, who had almost the same characteristics of age and training level.

Research was conducted in the games room of the University of Physical Education and Sports in Bucharest and in the fitness centers and physical development of the Academy of Economic Studies. Duration of study - 6 weeks.

Results. After processing and analyzing data from the initial and final tests in the experimental group all the sample (general motility, motility specific test precision and Sargent) subjects achieved better results in the final testing. Checking the statistical hypothesis test performed with t-dependent, showed a statistically significant difference between mean, $p < 0.05$, thus rejecting the null hypothesis and accepting the research hypothesis for each sample separately.

Conclusions. Results of the pilot experiment indicate that the research should be continued to complete the thesis study. The need to develop a curricula to instruct the girls basketball teams which represent universities is determined by achieving the development and unification of content and training methodology, trends and guidelines that currently occur in the young basketball players' game and training.

Keywords: women's basketball, program, game model, team representative.