

EXERCISE PROGRAMS WHICH ARE DEVOTED TO PREPARING BY TECHNICAL TRAININGS FOR GYMNASTICS, THEIR ATTITUDES TO MOTOR SKILLS AND RHYTHM-TEMPO-STRUCTURE

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ABSTRACT

Conducted research materials have been brightened that the improvement of the special-motional readiness of gymnasts should take into account the specific requirements for control over the quality of fulfillment of elements, ligaments and combinations in general, arising from the rhythm-tempo structure of a sportsman's special-motional actions.

Keywords: Rhythm-tempo structure, correlational analysis, motor skill, motor qualities, control tests, physical fitness, technical readiness, program gymnastic exercises.