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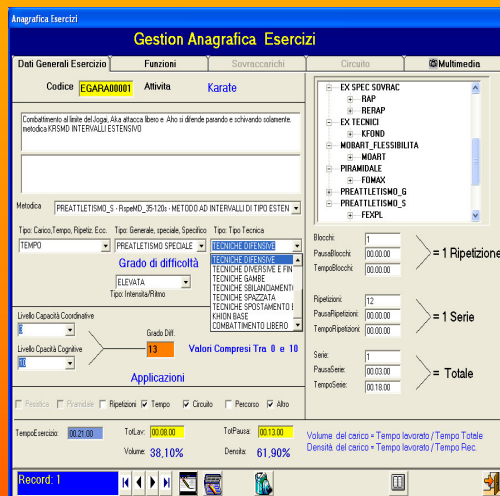
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Introduction

In modern combat sports and martial arts competitions, the training and the high level of specialization of the athletes, play a key role. Therefore is very important to program and plan training in a functional and scientific way.

Filling in a questionnaire, the 95.65% of Italian Karate technicians said to know the advantages of training programming, but only the 86.96% of them actually plan their work. Moreover, only the 22.61% of them stated to know software for training programming, but only the 64.35% of them would be interested in specific software for Karate programming.

On the basis of those data, we thought to create a software based on the basics of training methodology, which might suit Karate technicians needs.



FSP 2000 features

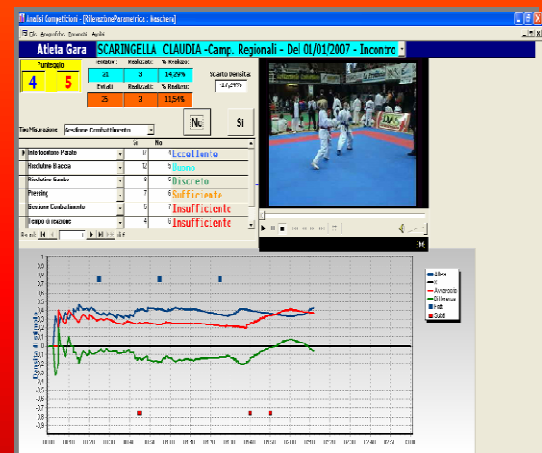
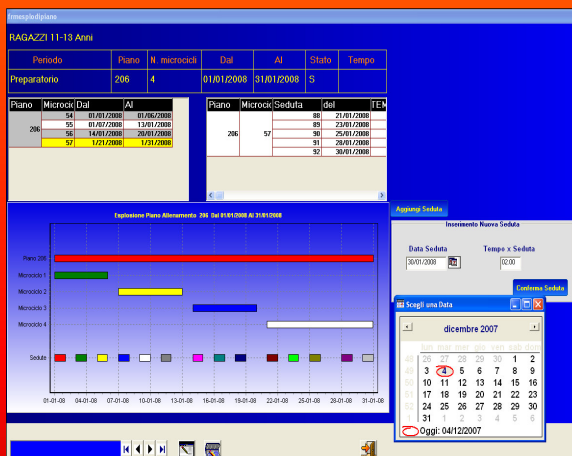
FSP 2000 was created taking the cue from several software employed in other disciplines, such as those of the TOP series of the Prof. Pellis, the Pro Pulses Perf of the Prof. Cometti, the Pro Judo 4 of the Prof. Villani, etc...

The software is able to plan trainings starting from the age and the technical-athletic features of each athletes, identifying the program's objectives through the so called "match analysis" method and questionnaires (those functions are included in the software).

Such trainings might be organized following the classical model of periodization (Matwejev, Tschiene) or the blocks one (Verchosaskij), or also mixed models.

With FSP 2000 you can decide what to do during your training session: Karate's agonistic training or technical teaching (low level belt and young activity). The performance of each exercise is shown by a descriptive and a multimedia section (through video and images). You can also choose the parameters of the exercise: execution time, recovery time, repetitions, series, volume, density, intensity, loading percentage.

The software is able to display the trend of the training's loading, both for a single session and a longer one, through the intensity/volume chart and the time sharing for each objective.



Conclusions

FSP 2000 is ever growing in order to meet every problem and variable the modern theory and methodology of training and the several needs of sport technicians present.

Now we are modifying some program's functions to optimize the programming process and we are trying to adapt it to the needs of others combat disciplines (judo, olympic wrestling, boxing, TKD, kick boxing...)

References

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