

TEMPORAL FOUNDATIONS OF ACME LEVEL INCREASE IN RACING SKIERS

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The study shows that physical qualities of a racing skier do not guarantee achievement of the best time result in a competitive race. It was noted that one of the most important factors for achieving the highest result in sports, which is the time used by a racing skier for covering the distance, is a temporal factor. It was proved that development of all physical qualities of an athlete has to take place at an optimal level with regard to temporary requirements to the process of their development and the final result. It was shown that temporal acme falls into a number of sub-acme, which possess lead-in and locally-functional meaning. The level of time use for all components of sport activities largely determines the level of achievement of an athlete. Applied aspect of the problem under study can be implemented in organization of coaching in the course of athletes' training.

Keywords: temporal factor; components of sports activity; level of physical qualities' development; athlete training.

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