

JUSTIFICATION OF THE RESULTS OF THE WORLD ELITE IN WOMEN'S TRIPLE JUMP

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Keywords: triple jump, world elite, statistical results.

Relevance. Triple jump in women is a relatively young sport event. In this regard, there are some features in the training of women, because the majority of trainers in their work apply the same means and methods as in the training of men. Thus, when analyzing the natural movements of jumpers, a much more comprehensive and versatile approach to their evaluation is required, an approach that could be used in the practical activities of the trainer.

Methods of research. The analysis of statistical data of the world elite in triple jump in women according to the data of the athletics association of statistics IAAF is carried out.

Results. The paper presents information on representatives of the world elite of jumpers, which is published in the annual IAAF athletics association of statistics. The limited volume of the article does not allow for a more detailed analysis; therefore, the results of the first 10 best results will be presented, which in 1995 are $14,891 \pm 0,113$ m, in 2000 $14,855 \pm 0,087$ m, in 2005 $15,09 \pm 0,063$ and in 2010 $14,853 \pm 0,068$. The worst result, i.e. the 150th, in 1995 was 13.145 ± 0.003 and in 2000 13.416 ± 0.006 , in 2005 13.486 ± 0.004 and in 2010 13.30 ± 0.001 .

In studies of the world elite jumpers, other results were obtained, such as age, height, weight, height-weight index, etc.

Conclusions. Thus, it is possible to draw certain conclusions, the results discussed demonstrate in this form a certain paradox having common causes that are expressed in the fact that firstly, the gene pool of mankind has not changed, and secondly, the means and methods of training are applied equally worldwide, i.e. advanced technologies, methodological achievements and other empirical "cunnings" have been exhausted. In a triple jump, the requirements for the manifestation of opportunities are expressed to a large and immediate extent.