

Название публикации:

Modern physical education methods for «economic security students»

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Аннотация:

The study considers the role of myostatin gene (MSTN) in strength building in competitive sports, with the competitive performance rated versus the MSTN genotypes. The study team developed a software to analyze the training process scopes for different sport disciplines (Patent #2016610865 of 21.01.16) and applied the software to design a training workload profiling database for combat sports. Subject to a genotyping exercise under the study were the elite athletes (n=178) specializing in modern weightlifting sports including powerlifting, weightlifting, arm-wrestling, bench press, dumbbell etc. The study data were applied to make practical recommendations on how the training systems applied by the Russian national powerlifting team could be improved. The study team offered the training workload control and yearly macrocycle intensity step increase scenarios customized to the individual MSTN genotypes. © 2018 Teoriya i praktika fizicheskoy kul'tury i sporta. All rights reserved.

Ключевые слова:

Extensivity, Genetics, Intensity, Macrocycle, Myostatin, Strength qualities, Trainability, Training, Training process efficiency, Weightlifting sports