

## NEW PRINCIPLE OF EXERCISE TEACHING USING TRAINING DEVICES

KISELEV, V.; NAZAROV, V.

Byelorussian Institute of Physical Education

Minsk

USSR

Exercises on training devices are necessary elements of technical and special physical preparation of sportsmen in modern sport.

That is why it is urgent to develop a biomechanically grounded concept of using training devices in the training process, that provide for realization of programmed learning.

The problem can be solved on the basis of analytical biomechanics (Nazarov V.T., 1972), that has been distinguished in biomechanical structure by elements as "dynamic carriage elements" and "controlling movements".

The training process should include mastering of this biomechanical elements in complicating spacetime conditions with the help of training devices.

Training devices of such kind for different sport events are demonstrated in the report.