

ЗРАЗОК ОФОРМЛЕННЯ РЕФЕРАТУ (АНГЛІЙСЬКОЮ МОВОЮ)

SUMMARY

Qualification work - 55 pages, 7 figures, 3 tables, 47 pages.

The purpose of the study: increasing the level of strength endurance of Greco-Roman wrestlers aged 16-17 years.

The object of the study: the process of improving the strength endurance of Greco-Roman wrestlers aged 16-17 years.

The subject of the study: a set of power endurance exercises for improving endurance in Greco-Roman wrestlers aged 16-17 years.

The following methods were used in the work: theoretical analysis of scientific-methodical and special literature; pedagogical observation; testing; pedagogical experiment; methods of mathematical statistics. Testing athletes at the beginning of the experiment according to four indicators: bending-extending the arms in a lying position; bending-extending arms hanging on the crossbar; execution of a throw through the back with a grasp of the arm and neck in 3 minutes; dummy throw with a turn in 3 minutes. Athletes aged 16-17 years, 20 people, who were divided into 2 groups, 10 people in each — control and experimental, took part in the study.

As a result of conducting a pedagogical experiment, the reliability of the result is shown, as the results of the experiment showed that $p < 0.005$. In the first test (flexion of the arms in the supine position) the results increased by 4.18%, the second (flexion of the arms while standing) by 4.63%, the third (partner throw) by 9.1%, the fourth (manikin throw) by 6.9%. It can be assumed that introducing a set of exercises into the training process can improve the results of 16-17-year-old athletes in strength endurance.

**STRENGTH ENDURANCE, ATHLETES 16-17 YEARS OLD,
METHODOLOGY, TESTING, GRECO-ROMAN STYLE WRESTLERS**