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STUDIU PRIVIND DOPINGUL IN SPORTUL DE PERFORMANȚĂ

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Coordonator stiintific: Prof.univ.dr. Catalina Ababei
Universitatea "Vasile Alecsandri" din Bacău

Cuvinte cheie: *susținatoare de efort, sportivi, performanță*

Rezumat
Parca niciodata cazurile de dopaj nu au umbrit performantele sportivilor, mai mult decat in zilele noastre. Practic, aproape toate sporturile inregistreaza cazuri de dopaj cu repercursiuni importante in viata sportivilor, dar si a tarilor din care acestia fac parte. Utilizarea sustinatoarelor de effort in pregatirea sportivilor a intrecut de mult granita legislatiei referitoare la acest aspect, cazurile de doping fiind din ce in ce mai numeroase. Studiul de fata a plecat de la urmatoarea ipoteza de lucru: *o statistica a cazurilor de dopaj ar scoate in evidenta sportul sau sporturile in care performantele sportivilor au fost obtinute in mod fals.* In realizarea cercetarii am apelat la doua metode de cercetare, respectiv la metoda documentarii si la metoda prelucrarii statistico-matematice a informatiilor.

DETERMINATION OF IN-GAME ACTIONS AFFECTING WINNING AND LOSING MATCHES IN WOMEN'S VOLLEYBALL SECOND LEAGUE OF TURKEY

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Keywords: *Women volleyball, 2nd league, in-game actions, Winning, Losing.*

Abstract
The aim of this study is to determine techniques and in-game actions affecting on winning the game in the Women's Volleyball Second League of Turkey. In this study 10 randomly selected matches of Women's Volleyball Second League of Turkey are involved. Video records of the competitions were seen by two different researchers. Each point was processed on observation forms with that how it has been won or lost and acquired by which in-game action. When the findings of this study are examined, Points were observed as actions such as 390 attacks / spikes (48.99%), 162 blocks (20.35%), 117 serves (14.69%), 78 serve reception (9.79%) , 40 defenses (50% 25), 7 attack coverages (0.87%) and 2 defense coverages (0.02%) respectively per set. When actions of losing teams examined, actions were observed as 181 defensive faults (% 22.73), 153 defensive coverage faults (% 19.22), 125 block faults (15.70%), 98 serve reception faults (12,31%), 94 attack faults (11.80%) and 71 (8.91%) serving faults respectively per set. Attack actions were found as approximately half of total points (48.99%) in the results of this study. Actions such as to block effectively, to serve reception effectively and accurate serving are observed as basic gaming actions which contribute to winning the competition. However, defensive fault, defensive coverage fault and failure to block were observed as the basic in-game actions to lose the competitions.