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ANALYSIS AND SCIENTIFIC-METHODICAL BASIS OF THE PERFORMANCES OF AZERBAIJANI ATHLETES IN RIO-DE-JANEIRO SUMMER OLYMPICS

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Difficulties that the youth of Azerbaijan encountered during the transition stage of the republic's independence. special attention and care of the government given to the physical culture and sport during the period of independence, the performances of the athletes at XXXI Summer Olympic Games held in the city of Rio de Janeiro of Brazil, technical-tactical, medical-biological, pedagogical, physiological training of high qualified athletes on national Olympic sports of the countries from scientific methodical point of view are analysed in the given article.

Key words: *independent work, high school, auditorium, extracurricular work, pedagogical approach, abstract, technical ways of training, scientific society, group works, professional games.*

У цій статті аналізуються труднощі, з якими стикалася молодь Азербайджану у період переходу до незалежності республіки. Розглядаються основні напрямки діяльності держави у галузі фізичної культури і спорту у період незалежності, виступи спортсменів на XXXI Літніх Олімпійських іграх, що проводилися у м. Ріо-де-Жанейро у Бразилії, техніко-тактична, медико-біологічна, педагогічна, психологічна підготовка спортсменів високого класу за національними олімпійськими видами спорту країни з науково-методичної точки зору.

Ключові слова: *самостійна робота, вищий навчальний заклад, аудиторія, позааудиторна робота, педагогічний підхід, реферат, технічні засоби навчання, наукове товариство, робота в групах, професійні гри.*

Гулиев Д.Г., Садигов С.К. АНАЛИЗ И НАУЧНО-МЕТОДИЧЕСКИЕ ОСНОВЫ ВЫСТУПЛЕНИЙ АЗЕРБАЙДЖАНСКИХ СПОРТСМЕНОВ НА ЛЕТНИХ ОЛИМПИЙСКИХ ИГРАХ В РИО-ДЕ-ЖАНЕЙРО

В данной статье анализируются трудности, с которыми сталкивалась молодежь Азербайджана в период перехода к независимости республики. Рассматриваются основные направления деятельности государства в области физической культуры и спорта в период независимости, выступления спортсменов на XXXI Летних Олимпийских играх, проводимых в г. Рио-де-Жанейро в Бразилии, технико-тактическая, медико-биологическая, педагогическая, психологическая подготовка спортсменов высокого класса по национальным олимпийским видам спорта страны с научно-методической точки зрения.

Ключевые слова: *самостоятельная работа, высшее учебное заведение, аудитория, внеаудиторная работа, педагогический подход, реферат, технические средства обучения, научное общество, работа в группах, профессиональные игры.*

The actuality of the research. Difficulties of Azerbaijani youth certainly existed in the transition stage of the republic's independence. But on 15 June 1993, with the return of the national leader Heydar Aliyev to power for the second time in response to the appeal of the people, due to his special attention and care, there have been occurred serious turn in the field of physical culture and sports, as well as in other areas.

Chronological period of the study covered 4 years (2012-2016). Physical culture and sport was the significant component of social prosperity of Azerbaijan Republic during those years.

The object of the research. the developmental directions of physical culture and sport in Azerbaijan Republic in 2012-2016.

The aim of the research. to define the history of Olympics games, its establishment, formation, scientific-pedagogical basis of the development of Summer Olympics in Azerbaijan, primarily to pay more attention to the propaganda of healthy way of living in the country.

The tasks of the research:

- to analyse the performances of Azerbaijan athletes in Rio-de-Janeiro Summer Olympics;
- to clear up the essence of Summer Olympics;
- to define the scientific-pedagogical basis of Azerbaijan athletes' training in Tokyo-2020 Summer Olympics.

Scientific novelty of the research. the developmental trends of Rio-de-Janeiro Summer Olympics have been scientifically investi-



gated and its content has been defined in the article for the first time.

The Republic of Azerbaijan, making its first steps in the world of international sport, is trying hard to take its worthy place. Despite the gravity of the military situation in which we live, the difficulties associated with our compatriots who have left their homes, the economic stringency over long years, in the solution of all problems of athletes has always felt concern of the state.

In 1997, the election of Ilham Aliyev President of the National Olympic Committee, gave a new impetus to the entire sports movement and development of sport kinds in the country.

In 2015, athletes representing our country in numerous international competitions, have won 823 medals, 321 of them were gold. The results of our athletes in a variety of high-class tournaments were more gratifying in recent years. Our national team, taking part in the II Summer Olympics among adolescents, held in the Chinese city Nansing, took 10th place. The representatives of our national team have won 12 medals of the competition, of which 5 – were gold. From these results, Azerbaijan ranked sixth among the European countries, the first place – among the Muslim countries [1].

Last summer, I European Games held in Baku, in the full sense of the word, were a triumph of the Azerbaijani sport. In the I European Games, which involved about 6,000 athletes from 50 countries, the Azerbaijani athletes have won 21 gold, 15 silver and 20 bronze medals. During the competition, our republic leaving behind the countries having high sports results, such as Germany, France, UK, Italy, Ukraine, Turkey, has become the second mainland after Russia.

President Ilham Aliyev, paying attention to one distinguishing quality of our Republic, said: "Sports infrastructure is created in Azerbaijan. In recent years there have been created, built more than 40 Olympic sports centers in the areas. But in Baku sports infrastructure is at the highest level. Just during the last 1-2 years several beautiful, grandiose sports facilities have been put into operation" [6].

The head of State noted that sporting success is an integral part of the success of our country: "We follow our own road. Sporting successes are part of the success of our country. Only strong countries have strong sport. Have a look at the results of the Olympic Games. Which teams are in the first place? Most of them are the teams of developed countries. That is, it is impossible to separate sport from the overall development. Therefore, the development of Azerbaijan sport is a manifestation of our common development. If we

did not have the economic and financial independence, and we have not been developed in terms of economy, we would not be able to invest in the development of sports at the right level".

During the meeting with the athletes and coaches who participated in the XXXI Summer Olympic Games held in Rio de Janeiro of Brazil, President Ilham Aliyev said: "Azerbaijan team shares 14-15 places by the number of medals: among the European countries is in the 7th place, among the former Soviet Union republics – 2nd place, among the Muslim countries – 1st place. We are among the strongest sports countries. We are demonstrating to the whole world that the sport is developing in Azerbaijan, fine younger generation is bringing up and sport is a manifestation of the overall development of each country" [2].

President Ilham Aliyev emphasized that Azerbaijani sportsmen behave themselves with dignity in everyday life, and in the battlefields: "In Rio Olympics in some cases, facing injustice of the judges, even I can say their forgery; they did not succumb to emotions, and behave with dignity. For them, it was the heaviest moral blow. Because before the world's eyes the victory of Azerbaijani sportsmen has been taken roughly, shameless and in shameful way. But look how our athletes behaved decently. This shows that our athletes have a very strong moral support. They are also an example for the younger generation and their behavior, I watch over their activities and life, and actions in the society make us very happy". The head of State noted that the flag of independent Azerbaijan have been raised in Rio for 18 times: "If we consider that in a month we will celebrate the 25th anniversary of the restoration of our independence, then it is a wonderful gift of Azerbaijani sportsmen, presented in honor of the 25th anniversary of our independence".

If I Olympic Games was held in Athens in 1896 with the participation of 14 countries but in the Games organized in Rio in 2016 there have already participated 207 countries. Starting to take part at the Olympic Games since 1952 Azerbaijani athletes till 1992 first performed in the national team of the Soviet Union, and then in the CIS team, in 1996, for the first time in Atlanta under the tricolor flag of the independent Azerbaijan Republic.

During the period of the Soviet Union, Azerbaijani sportsmen 9 times participated in the Summer Olympic Games (1952-1988) and won 27 medals. Among them: 10 gold and 6 bronze prizes. At that time, our country was represented only 43 athletes [2].

During the period of our independence, Azerbaijani sportsmen 7 times participated in the Summer Olympic Games (1992-2016) (in 1992,



once in the national team of the CIS team) and won 47 medals. Among them: 9 gold, 12 silver and 26 bronze prizes. 250 athletes represented our country at these Games [4].

Hence we can come to such a conclusion that if in the period of the former Soviet Union during 36 years Azerbaijani sportsmen won 27 medals (of which 10 gold, 11 silver and 6 bronze prizes) at the Summer Olympics in 9 Olympic Games representing our country with 43 athletes, in the period of independence during 24 years in 7 Olympics won 47 medals (of which 9 gold, 12 silver and 26 bronze prizes) and have been represented by 250 athletes. This is the result of the attention and care of the state shown to physical culture and sport [3].

With the restoration of the state independence Azerbaijan has entered a new stage in the Olympic movement of our country. Establishment of the National Olympic Committee in 1992 and its recognition by the International Olympic Committee, created an opportunity to fully demonstrate the country's sports potential as an independent state. The result of the national Olympic team for the first time in 1996 in Atlanta performing under the tricolor flag of the independent Republic

of Azerbaijan can be considered successful. The young Republic of Azerbaijan took the 61st place in these Games with the participation of 197 countries.

Since 1997 the activities carried out for the purpose of the rapid development of the Olympic movement in our country and its active integration to the international Olympic movement gave its positive results within a short time. Decree "About preparations for the XXXI Summer Olympic Games", signed by President of Azerbaijan Republic Ilham Aliyev, and created the main basis for the preparation of the athletes for the XXXI Summer Olympic Games at a high level and in organizational form.

During the preparation period our athletes-candidates have got 56 licenses for these kinds of sports, taking part in more than 200 official international competitions and the Olympic license tournaments.

As reported by "The Telegraph", Azerbaijan ranks first in the world in terms of the usefulness of its athletes [5]: in the XXXI Summer Olympic Games won 1 gold, 7 silver and 10 bronze medals. The only gold medal in Rio de Janeiro XXXI Summer Olympic Games has been won by the Azerbaijani sportsmen engaged in taekwondo Radik Isayev (80 kg).

Table 1

List of Azerbaijan athletes won medals in Rio-de-Janeiro Summer Olympics 2016

Name and surname, kind of sport	Number of participants	Medals			Place won
		gold	silver	bronze	
XXXI 2016, Rio-de-Janeiro (Brazil)					
Radik Isayev (+80 kg), taekwondo	1	1			1
Rustam Orudjev (73 kg), Judo	1		1		1
Elmar Gasimov (100 kg), Judo	1		1		1
Togrul Askerov (65 kg), Free-style wrestling	1		1		1
Xetag Gazyumov (97 kg), Free-style wrestling	1		1		1
Lorenze Sotomayor (64 kg), Boxing	1		1		1
Alentin Demyanenko, Canoe	1		1		1
Maria Stadnik (48 kg), Free-style wrestling	1		1		1
Haji Aliyev (57 kg), Free-style wrestling	1			1	1
Jebrail Hasanov (74 kg), Free-style wrestling	1			1	1
Sharif Sharifov (86 kg), Free-style wrestling	1			1	1
Rasul Chunayev (66 kg), Greek-Roman	1			1	1
Sabah Shariati (130 kg), Greek-Roman	1			1	1
Natalya Sinishin (53 kg), Free-style wrestling	1			1	1
Patimat Abakarova (49 kg), Taekwondo	1			1	1
Milad Beigi Harchegani (80 kg), Taekwondo	1			1	1
Kamran Shahsuvarli (75 kg), Boxing	1			1	1
Inna-Osipenko-Radomskaya, Kayak	1			1	1



Free style wrestlers Togrul Asgarov, Hetag Gazyumov, boxer Lorenzo Sotomayor, judoist Rutam Orujov and Elmar Gasimov (100 kg), female wrestler Maria Stadnik (48 kg) and canoeist Alexander Demyanenko suffered a defeat only in the final meetings and have won silver medal. Taewondoist Sabah Shariati, Patimat Abakarov, Milad Beygi Harchegani boxer Kamran Shahsuvarli, wrestlers Rasul Chunayev Natalia Sinishin, Haji Aliyev, Jebrail Hasanov, Sharif Sharifov, but canoeist Inna Osipenko-Radomska won bronze medal.

During the Olympics the best results among the representatives of Azerbaijan, as a team, have been demonstrated by taekwondoists. Our national team consisting of 4 athletes won 3 medals which meant 75% of efficiency. Our national team under the leadership of Radik Isayev set out some beginnings. Our taekwondoists were the first taking part at these Olympic Games in full force. And also our female athlete Patimat Abakarova (bronze) was the first who brought the first Olympic medal to her team. And among the men the first Olympic medal (bronze) has been won by Milad Beygi Harchegani. The only gold medal of our taekwondo national team and Olympic staff has won Radik Isayev.

The team of Azerbaijan took the 39th place by the number of medals among 207 countries, and 15th place by the number of medals. Azerbaijan also took 7th place among European countries, 1st place among the Islamic countries, and the 2nd place in the CIS. By the number of Olympic medals Azerbaijan took 8th place. According to the ratio of won medals to the economic strength of countries, Azerbaijan ranks 6th place. It is joyful that we have won medals in five kinds of sports at the Rio de Janeiro Olympic Games. And in "London 2012" we have won a gold medal in two kinds of sports [3].

For the first time in Rio-de-Janeiro Olympics Azerbaijan was represented in such kinds of sport like archery, canoe slalom, track bicycle and triathlon as well.

In general, in XXXI 2016 Rio-de-Janeiro (Brazil) Olympics our 56 athletes winning as follows: 1st place – 1 person, 2nd place – 7, 3rd – 10, 5th – 9, 6th – 2, 7th – 2, 8th – 1, 9th – 3 athletes, again managed to raise the sport honour of our country. 13 athletes could not be able to win the place [6].

7 of 18 Olympic competitors won the medals were Azerbaijani, 11-nationalized sportsmen. At present, this indicator is joyous. 7 sportsmen of 22 Azerbaijani and 11 sportsmen of 34 nationalized sportsmen have won the medals. The analysis show that 56-34=22 22 Azerbaijani sportsmen have won 6 medals. 11 of 34 nationalized sportsmen won the medals. 23 nationalized sportsmen could not occupy any places. Bicycle, fencing, swimming, shooting, archery, triathlon, athletics, rowing, rhythmic gymnastics, taekwondo, boxing, kinds of wrestling etc. are the sports that need mass development in our country.

More than 10 thousand sportsmen on 33 sports representing 207 countries on August 5-21 at Rio de Janeiro Olympics fought for 306 medals. Azerbaijan national team taking the 39th place at Olympics won 18 medals: 1 gold, 7 silver and 10 bronze. The first place was taken by USA team winning 121 medals (46-37-38), the second place – by Great Britain team winning 67 medals (27-23-17), the third place – by Chinese team winning 70 medals (26-18-26) [6].

The basics of the training of high qualified sportsmen on national Olympics sports of the countries from the scientific-methodical point (medical-biological, technical-tactical, prada-gogical-psychological) is as follows [1]:

1. For achieving high results the sportsmen after the training completely and comprehen-

Table 2

Dynamics of the medals gained by Azerbaijani athletes at Summer Olympics on the national team of Commonwealth of Independent States (CIS) during the independence period (on sports, by years, 1992-2016)

Olympics	Number of countries	Sports	Number of athletes	Place	Gold	Silver	Bronze	Total
1992 (XXV, Barcelona)	169	4	5		2		1	3
1996 (XXVI, Atlanta)	197	10	23	61		1		1
2000 (XXVII, Sidney)	199	10	31	34	2		1	3
2004 (XXVIII, Athenes)	202	11	38	37	1		4	5
2008 (XXIX, Peking)	204	11	44	39	1	2	4	7
2012 (XXX, London)	204	16	53	30	2	2	6	10
XXXI 2016 Rio-de-Janeiro (Brazil)	206	17	56	39	1	7	10	18
Total			250		9	12	26	47



sively restore their organism individually. This medical-biological training includes:

- Ensuring of the specialists of high scientific degree and medicine, as well as masseurs in cardiological, pharmacological, traumatic, physiological, biochemical, psychotherapeutic spheres.

2. Technical-tactical training includes:

- Activity of the high qualified specialists on biomechanical sciences;

- Use of the scientific-complex instrumental method on sports for the sportsmen to utilize correctly and effectively all technical and tactical opportunities while performing movements;

- Tensometric dais – performing the movement the time between phases defines the strength applied by vertical and horizontal surfaces;

- Gonigraphy determines curves, angle in the games while performing;

- Speedography determines speed and overcome distance;

- Miogtaphy – depending on the kind of sport determines the muscles and the regime in which operates, as well as the sequence of the muscles operation;

- Trail osilography recording instrument etc.

3. Pedagogical-psychological training includes:

- Psychological training of our sportsmen for decent representation of our independent republic in international arena and in national spirit;

- The activity of well-known pedagogues and psychologists on the national team members and scientific-complex group in our republic;

The main principles of the scientific-methodical training of Azerbaijan athletes on sports are as follows:

- Information on unique and functional mechanism of comprehensive training; organizational-methodical indicators, training and competition process, restoration process, scientific, medical, informational, material-technical, social-economic support.

More expedient version in long-term planning of high qualified sportsmen training consists of the following being realized, doubled contest period [8]:

- Systematic development variant of sport form, its purposely determination;

- Formation and development of the training for the contest;

- Main penalty variant.

This is the stage of realization of the gained level of motive opportunities.

Structure of annual training. At present, there are three main variants of annual training setting in the process of the sportsmen's training.

In the first variant, annual training consisting of one big cycle, is divided into preparatory, competition and transition stages. This variant is mostly used by sportsmen qualified on long-distance running, race walking and all-round athlete

Planning two-stepped annual training, the year is divided into two big parts, 5 months autumn-winter and 6 months spring-summer training stages (half-yearly). Every stage is divided into preparatory competition and transmission periods. Each period itself consists of stages with concrete tasks.

Two-stepped training is more suitable for the sports with winter and summer competition stages.

Planning of the annual training in three-stepped version is considered to be more expedient for the athletes having gained high sport results and having passed the optimal age limit. This version contributes the athletes to participate in numerous international contests [6]:

- Planning of the preparation for Olympic Games;

- Capability check of the sportsmen's individual training, restoration of sport sessions in different stages and periods, determination of the most effective means and methods of training processes;

- Modernization of the sportsmen's training in the training process who are able to achieve the high results in next Olympics, working out the certificate reflecting individual technique of every sportsman and giving systematic information on the results;

- Constantly verifying the sportsmen's special working ability in complex form and making suggestions, proceeding of the establishment and improvement of the training process in favourable condition again on the basis of analysis after taking part at the contests;

- Confirmation and application of the new, effective means, methods and forms of sport sessions.

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