

COMPETENCY MEASUREMENTS AMONG ATHLETES

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Abstract—My research focuses on measuring the athletes' skills including the injured athletes' too. Present paper focuses on monotony, tolerance, performance and the state anxiety in performance situations. It is important to examine these because for sportmen the most outstanding area which causing anxiety situations is the competitions participation. During my research I would like to draw a parallel between sportmen competence and their performance, what encourages and motivates them to achieve success. Presently more than hundred of thousand of students are studying in higher education in different training areas. Population performance depends on the next generation's bearing capacity, health, vitality and life-style. Sport and PE to become a strong programme in higher education maintenance and shaping is essential.

Keywords—sport, athlete, competence Vienna Test System

I. ATHLETIC SKILLS

Nowadays, almost all kind of sport are available for all ages. It can be used for mental health preservation, to preserve our life quality and in education too. It can be done as hobby or as employment. Sport can be incorporated into our life directly or indirectly. Sport is compulsory part of our life-style which can incorporate not just rarely into our life although it could incorporate by our daily routine. Nowadays we can move around as much and in such a way that it becomes indispensable for our health. We can achieve the organism balance by regular exercise and sports. Thus it can be said the regular exercises can improve our living standard and it is beneficial effect on our health. We can conclude that, sport is an essential part of our life so we have to support its development and evolution, because it could be an appropriate tool which can eliminate the negative images from our society. For physical or mental disabilities moving have positive benefits because it helps for these people to point at their inherent strength and maping on it so it can be used by rehabilitation. Next to improving the health of people sport has a cultural aim. This aim is to create euphoria and good quality of life. Sport has a social function which has strong potential in connection with other countries (1). We can greatly feel on the price which we spend for health insurance which come from the beloved of the lack of movements (2).

Of course physical activity is not concerned only the healthy people, it is concerned for injured and mobility-impaired sportmen too. In case of adequate and professional employment the role of sports activities is

flaring compared to the healthy sportmen with the injured ones. The „new-timer's pace of work is heightened and because of that their stressful life was compensated by sport, that it is provided different type of activity and active relaxation (3). The concept of the competence added to the common knowledge about one and a half decade ago and it used to describe the human actions. Although more or less the concept of competence was drawn earlier but we can not find real definition in special literature which is written down it, considering every aspect of the concept. Since there is not accepted and concrete definition they accept a definition the most widely from 1996 from J. Coolahan who was the adviser of the European Council for many years. „Competence and competencies should be regarded as the general capability based on knowledge, experience, values, dispositions which a person has developed through engagement with educational practices”.

The measurement of the competence was used in general area such as in education or human resources. In these days the sport has become very important, this is the reason why I decided that I will carry out my researches among sportmen. Performance of sportmen are mightily depends on their physical and mental condition. The achievement motivation is shows up how the athlete is fulfilled and relating in the race condition and how they react in these situation that is we constructing an image about the person who is filling the test how is he motivated by the fact that to show and prove his abilities for the other people ensure that he performs his tasks in the best way and he makes it in a hard way. Frequently encountered this raising what is can motivate and lead sportmen to comply with the coach's expectations or their high expectations or rather claims which they set for themselves. Many times we can experience that the students are not sufficiently motivated. This could make a big problem because athletes work well with their coach because they achieve their success with this collaboration. At the same time we need complex motivation and improving the performance because every sportmen are different. Between different athletes can be different motivation technique which we use to create measurable results during the joint work. We know several types of competence. So we can make differences between cognitive, personal and social skills.

For athletes measuring the personal competences is very important such as problem solving abilities, predominancy abilities and the moving competence,

therefore the manual skills, soft motoring skills, coordination skills, balance capability and fission process.

II. THE IMPORTANCE OF THE SPORTS IN OUR LIVES

Nowadays sports are available for every age-group. We can use it in mental health saving, in quality of life saving and in education. It can be done as hobby or as employment. Sport can incorporate into our life directly or indirectly way. Sport is compulsory part of our life-style which can incorporate not just rarely into our life although it could incorporate by our daily routine. Nowadays we can move around as much and in such a way that it becomes indispensable for our health. The balance of our organization we can strengthen by regular exercise and sports. Thus it can be said the regular exercises can improve our living standard and it is beneficial effect on our health. According to the European Sport Charta "Sport" means all forms of physical activity which, through casual or organised participation, aim at expressing or improving physical fitness and mental well-being, forming social relationships or obtaining results in competition at all levels." If our society is in a good shape we are just in this case able to work properly. We can conclude, sport is an essential part of our life so we have to support its development and evolution, because it could be the appropriate instrument which can eliminate the negative images in our society. For physical or mental disabilities moving have positive benefits because it helps for these people to point at their inherent strength and mapping on it so it can be used by rehabilitation. Next to improving the health of people sport has a cultural aim. This aim is create euphoria and good quality of life. Sport has a social function which has strong potential in connection with other countries (4). In society, education and media we are put on great emphasis for the healthy lifestyle, sporty exterior and for the importance of the healthy conscious lifestyle although the number of people who regularly do sports are increase lower. This searching which was made by HÖÖK in reference to students it is shows really good that: half of the students was done sports in high school, just the 37 percent of the students doing sports when they started their university studies (5). PE is being lost ground from the university curriculum. Students who wants to do professional sports they do not have any chance to do it in the university or they can not harmonize it with their study obligations (6). For this there is a good sample from the USA where the sport has paramount importance colorspace of the academic life. The main aim of the institutions to sponsor the different type of moving next to transferring the different knowledges (7). Physical training is not obligatory so the sport's

position is changed or rather we can set off with other activities. For universities accountability and the method of performance can be different so other and other students have different liabilities. The statement from the public education which was said by researchers that is true in higher education also sithence the formulated educational materials in PE are not crossing the students' and the European Union's needs which key competences was jointly formulated by them. The deficit in movement was formed by the consequences of this and we can feel it widely in the money what we spend for health insurance (8). The movement material of the physical education the meaning of the new scientific researches' lines are the most useful educational activities, so we have to develop together the moving and cognitive development complexes because by means of this the rising generation can solving more and more against requirements which was set up for them (9). Of course physical activity is not concerned only the healthy people, it is concerned for injured and mobility-impaired sportmen also. In case of adequate and professional employment the role of the sports activities is flaring compared to the healthy sportmen with the injured sportmen.

III. EQUIPMENT OF RESEARCH

There is a question which was arieds within us, this question is what are we capable for and how we worth for the labour market. Vienna Test System helps us in these question. This is a market leader psychologi measuring test system which was implemented by the austrian Schuhfried. He has been dealing with computer psychometry, trainings and rehabylitations since 1947. Innovativeness and flexibility of the Vienna Test System is fitting for the severe quality requirements in all over the world or rather is can gives datas which was not given by the paper-and-pencil-based tests. Work-eligibility and psychological evaluation-system which was based on computer system is abel to measure physical and mental manpower. We can use the test system in easy way and we can personalize it for the person who was testing by us. In every test there is a parcticing phase where the candidate can knows every information which nessecary for filling the test, thanks for this the person knows the test during the measuring. A further advantage may be mentioned that sort by the adaptive testing we can adjust the difficulty of the task for the answers of the candidate so if the person does not perform well and if he find the tasks very difficulty than this testing system is end generating the stress situation, because of that function the test abel to give us relevant and accurate results for the person. Vienna Test System's reports are including the results in numerical, grafical and a few pages of text. More advantages of the tests is that it gives us objective

results, rating doesn't depends on subjective impressions and in case of a large number of candidate we can end the selection process quickly because the result of the work psychology measurement we can get immediately after the test. With Vienna Test System you are able to measure a number of competences whether it's problem solving (logical skills, planning), result-orientation or setting of objectives (aspiration level, performance motivation, confidence, optimism, ambition). Moreover it is able to measure the decision-making skills (decision making ability, decision-making style, competence) and the individual's level of assertiveness (communication activity), the cooperation skills, supporting communication, teamwork, empathy and how they focused on the problem (in frustration situation). Mapping those competencies are very important in numerous work because of that we have to measure again the candidate's strength and we have to measure what type of sports that athletes are doing. Vienna Test System is allow to measure dimensions what we can not measure with paper-and-pencil-based tests. This system gives us help in different levels. We can find several tests in one system, which gives us informations about the candidate's cognitive abilities and pointing on his strength and weakness which connecting to his personality so it is flashing on that situations where sportmen can perform well or less well. We can review the tests' results immediately, exactly and easy we can export them to different statistics processing for example we can representing the measured results in Microsoft Excel charts. We can found the the results of the candidates in a database so we can compare the new measures' results with the earlier cognitive product. The standardized test recording is fully exclude the subjective factors which depends on the person who conducts the tests. During we use adaptive tests the difficulty of the task (for example intelligency tests) is aligned with the level of the candidate's answer's results so we can get more reliable results from the abilities of the candidate. The flexible norm choice was given for us so we can choose different norm groups from the Vienna Test System and we have a choice to compare the candidates' results for example candidates in the same sex and age or we can compare sportmen who do different sports or we can compare sportmen who have the same injuries. The location of the competence measurement is will be the University of Debrecen Faculty of Engineering in the laboratory of management. In the lab there will be a suspension system which will helps for me in my research in the rehabilitation of the injured and not injured athletes and there also will be happened their re-enforce. The suspension system gives us a revolutionary new opportunity in the are of rehabilitation. Among other things in elite athletes preparing we can solving motion problems and we can improving the muscles. It is speeds up muscles

development, stabilizing joints and the muscles' maintenance, strengthener during handling injuries. With this system we can implementing a drilling ground in 3D equally in sport and kinestherapy

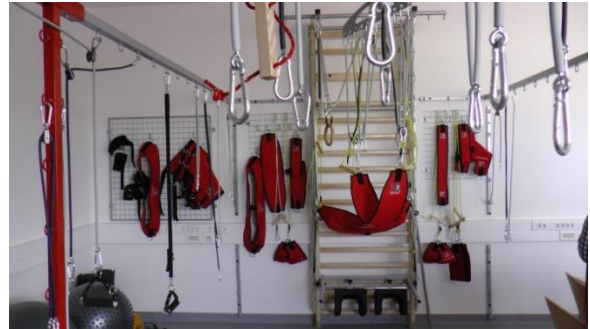


Fig. 1 Rehabilitation suspension system

Application areas: after musculoskeletal injury, after surgery, rehabilitation after brain haemorrhage on other injuries, back pain, in case of vertebral disk injuries or detachment or developing with special exercises the elite athletes' abilities. Not only the measurement of the competence happening in laboratory but also the suspension system's development to make the recovery of the sportmen faster and effective.

IV. PLANNED RESEARCH

The performance of the athletic is very complex and broad term which is include several coherent components. Such as environmental stimuli, organizational conditions, competitions participation and achieved results. Every athletes were motivated by something to be better and better in a championship or during preparation. There is a definition for motivation which according to gives energy for the sportmen, directing the behaviour and keeps on the standing to achieve the ambition. I would like to analysing several competence with Vienna Test System among healthy and injured athletes. Hereinafter I would like to show you the competences which examination shall cover.

Situational Personality Inventory (IPS), during this test we have to assessed behaviors and experiences which is typically found in our everyday life. Three broad areas are affected: social and communication behavior and the behavior which referable with performance, health and regeneration. In this way sportmen mainly in terms of injured sportmen's rehabilitation time we can estimate that how much time they can be recovery.

Peripheral perception test (PP), the good visual cognition is necessary during several activity – such as car driving- where people work with machines. A driver is get the 90% of the processable informations through visual channels. The driving visual aspects of literature, the peripheral visual perception often three

theme related: speed estimation, vehicle treatment (peripheral displacement of the object in the roadway, the motor examination environment (objects and events detection). But not just drivers can be scanned, it is also possible to utilize athletes because during a competition they need large-scale concentration, they need attention for partners or what sport does he playing for example in ball games one pass of the games among soccer players.

Two hand coordination (2HAND), Jung (1976) was made a definition of sensorimotor skills like a sensor input (stimuli) and a coordination between the motoric answer. After Welford (1969) we can say that every sensorimotor accident there is a cognitive aspect also. This test is able to testing visuomotor (hand-eyes, eyes-hand) coordinations. This examines two aspects of the abilities: sensorimotor coordinations between eyes and hands as well as the coordination of the right and the left hands. An important information is that the person who filling the test how can control his movement.

Motivational net test (MMG) is capable for testing three motives – social demand, power requirement and control demand. During the test filling images are displayed which are display scenarios which activate the examined motives, next to images from questionnaires there are a review of well-known statements in the form of displayed answers. On the images the test filler always see more players, he has to choose one of them whom he can identify with and according to this „play” he has to decide that can he valid to judge or not. The test does not allow to even a statement is skipped. The test is 18 images and corresponding claims include. The first picture is a warm up phase and these answers are not accessed by the system. The performance motivation showing up the attitude for the performing and competitive situations so we can get an idea about the test filler’s how is he motivated to shows for himself or other and prove his abilities and makes his tasks in the best way and do it loyal way. So this test is consider for the destination in competitive situations from athlete’s perspective. How is he persevere, how motivated to achieve the ambitions. Moreover we get a clear image about the athlete power needs and about his social needs. I can measure how much the athlete can work together with other members of the team and it shows his power needs.

V.CONCLUSION

Sport is playing an important role in population’s euphoria and evolution of positive mental and physical standing. To achieve a healthy lifestyle and health there is a great need to get to know ourselves, uncovering our mental and physical needs and knowing these informations and effective applications on these. Any of the athletes’ damage after the best and fastest rehabilitation has science background which includes

basic research to ensure more expertise. This possibility bring a huge development in sport medicine and biomechanics also. The suspension system is ensured by several possibilities for injured athletes rehabilitation, they can provide full recovery over and above it is strengthen the muscle structure of the active sportmen. In addition there is a major role in the rehabilitation of injured athletes’ mental preparation also. There are several external and internal effects which hit the injured athletes. Exploration of these effects is essential because we should explore which external stimuli are affect for our performance and what is influence our motivation abilities thereby how affects the measured competences for our capacity during the rehabilitation and our achieved results in a competition.

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