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**STABILOMETRY AS A METHOD OF ASSESSING
AN ATHLETE'S ABILITY TO CONTROL
THE BALANCE FUNCTION**

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Rhythmic gymnastics is not a sport in which you can achieve high scores only by developing flexibility and strong qualities. Athletes should be able to take unusual static and dynamic poses and be able to maintain a clear shape of their body both for a long time and be ready for a quick change of posture.

The balancing function is a basic moment, which is necessary to pay attention to at the very early stages of training activity. Computer dynamic stabilometry allows us to study the interactions of the visual, vestibular and muscular systems when providing the function of balance. The essence of the methods of computer stabilometry is to assess the biomechanical parameters of a person in the process of vertical posture.

The principle of operation of the stabilometric platform is based on the measured force, adaptable to strain gauges. The digital signal from the stability platform operates in a computer, where a special program for this measurement analyzes the change in the coordinate of the general center of human pressure to the reference power during the study. Basic registered indicators:

- the quality of balancing functions, %;
- the area of the ellipse S , mm^2 ;
- the length of the statokinesiogram L , mm;
- coefficient of a sharp change in the direction of movement.

The process of training highly qualified athletes can become more effective if the coach regularly receives information about the current state of the cognitive coordination abilities of his athletes. However, the solution of such tasks becomes problematic without the introduction of special research equipment and standardized tests that allow to quickly and with high accuracy evaluate and register the movement parameters of interest.