

Justification of the effectiveness of the online course for sports judges on the example of kyokushin karate

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Abstract

Objective of the study was to evaluate the effectiveness of the use of online training in the preparation of judging for sports competitions using the example of Kyokushin karate.

Methods and structure of the study. To prepare referees for work at sports competitions, an online course "KWU Kyokushin Competition Rules (Kumite)" was created and implemented. This course was used in the preparation of sports referees for the 2019 KWU Kyokushin World Championship and the 2021 KWU Kyokushin European Championship. The control group of participants studied at seminars in person, the experimental group - in a mixed format with an online course. In the course of the study, a comparative analysis of the results of testing in the CG and the EG was carried out based on the results of training, as well as the evaluation of the work of refereeing at competitions.

Results and conclusions. The results of the judges passing the online course on the rules of KWU Kyokushin karate, as well as the final testing before the tournament and the assessment of the work of judges at competitions, showed that the mixed format of advanced training programs for sports judges before competitions using online training gives the same effectiveness as face-to-face seminars that require longer time and additional costs.

Keywords: *online education, digitalization, educational content, physical culture and sports.*

Introduction. In order to ensure objective refereeing in full compliance with the rules of the competition, the international sports federation provides a number of training events for referees. Classes are held in full-time format and judges should arrive a day or two before the start of the competition.

Nowadays, there is a sharp development of online education. The need for it has been confirmed in studies [4], and high-quality implementation makes it possible to carry out the educational process in theoretical and practical disciplines [1, 2]. The inclusion of online courses in the educational process leads to significant cost optimization [10].

An analysis of the literature and a search in Internet resources showed the absence of full-fledged online courses on the rules of competitions in various sports [6-7].

Objective of the study was to evaluate the effectiveness of the use of online training in the preparation

of judging for sports competitions using the example of Kyokushin karate.

Methods and structure of the study. To train judges, an online course "KWU Kyokushin Competition Rules (Kumite)" was created and implemented [9]. This course was used in the preparation of sports judges for the 2019 KWU Kyokushin World Championship and the 2021 KWU Kyokushin European Championship. The control group of participants studied at seminars in person, the experimental group - in a mixed format using an online course. In the course of the study, a comparative analysis of the results of testing in the CG and the EG was carried out based on the results of training, as well as the assessment of the work of refereeing at competitions.

In the online training course, the rules of the competition were detailed. At the end of each section, a block of self-test questions was created. Video clips

of the competitions were used to demonstrate allowed and prohibited techniques, as well as situations in fights that require the response of judges. The total course time is 4 hours. The test results of each judge were available for verification by the moderator. The text is presented in Russian and English.

The use of English has made it possible to expand the reach of the audience of judges, since the provision of simultaneous translation for judges from different countries often causes organizational difficulties. With consecutive interpreting, the time of seminars is lengthened and the effectiveness of training judges is reduced.

Results of the study and their discussion. In table 1, 2 show the results of the final testing based on the results of training and the assessment of refereeing at the competitions.

From the data given in both tables, it follows that the results of both the final testing and the judging scores for the competitions are almost the same. This indicates that the mixed format of training using online courses does not reduce the quality of training of judges, and watching video clips with allowed and prohibited techniques serves as additional ideomotor training [3, 5].

Conclusions. It is impossible to fully replace face-to-face sports referee seminars due to the practical

component. However, the results of the judges completing the KWU Kyokushin Karate online course, as well as the final testing before the tournament and the assessment of the work of judges at competitions, show that the mixed format of professional development programs for sports judges before competitions using online training gives the same effectiveness as face-to-face seminars requiring longer time and additional costs.

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Table 1. The results of the final testing of judges based on the results of seminars in points

Total number of judges	Groups	Points / number of person					Average points per person
		0-6	7	8	9	10	
World Cup 2019							
77	Experimental (37)	0	1	3	13	20	9,41
	Control (40)	0	2	4	16	18	9,25
European Championship 2021							
30	Experimental (13)	0	1	1	4	7	9,31
	Control (17)	0	0	1	7	9	9,47

Table 2. Marks for refereeing at competitions

Total number of judges	Groups	Points / number of person			Average points per person
		3	4	5	
World Cup 2019					
77	Experimental (37)	1	11	25	4,65
	Contro (40)	2	11	27	4,63
European Championship 2021					
30	Experimental (13)	0	2	11	4,85
	Control (17)	1	4	12	4,65



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