

THE IMPORTANCE OF ACMEOLOGICAL APPROACH IN ACHIEVING HIGH SPORTS PERFORMANCE IN WRESTLING

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Abstract. *This article examines the role of the acmeological approach in achieving high sports performance in wrestling. The study shows that systematic assessment and targeted development of athletes' personal and professional qualities ensure maximum results. The theoretical foundations, practical applications, and influence of acmeological principles on athletes' peak performance are analyzed.*

Keywords: *acmeology, wrestling, high sports performance, training, sports psychology*

Аннотация. *В статье рассматривается значение акмеологического подхода в достижении высоких спортивных результатов в борьбе. Исследование показывает, что систематическая оценка и целенаправленное развитие личностных и профессиональных качеств спортсменов обеспечивают максимальные результаты. Проанализированы теоретические основы, практическое применение и влияние акмеологических принципов на достижение пиковых результатов спортсменами.*

Ключевые слова: *акмеология, борьба, высокие спортивные результаты, подготовка, спортивная психологи.*

Introduction

Acmeology, as a scientific discipline, studies human peak performance, personal growth, and professional excellence. In sports, it focuses on the systematic development of athletes' physical, technical, tactical, and psychological qualities to achieve top results. Wrestling, characterized by complex motor skills, mental resilience, and tactical thinking, requires a structured and individualized approach.

The acmeological approach in wrestling emphasizes:

1. **Individual assessment** of strengths and weaknesses
2. **Targeted development plans** for optimal performance
3. **Integration of physical, technical, and psychological preparation**

This study investigates how applying acmeological principles in wrestling can increase athletes' performance and maintain sustainable progress.

Objectives of the Study

1. Analyze theoretical foundations of acmeology in sports.
2. Evaluate the practical application of acmeological principles in wrestling training.
3. Assess the impact on athletes' physical, technical, and psychological performance.
4. Develop recommendations for coaches to maximize wrestlers' achievements.

Research Methods

• **Participants:** 30 elite wrestlers, aged 18–25, competing at national and international levels.

• **Duration:** 12 months.

• **Methods:**

- Physical fitness testing (strength, endurance, agility)
- Technical-tactical skill analysis

- Psychological resilience assessment
- Longitudinal monitoring of performance progress
- **Data Analysis:** SPSS software for statistical significance ($p < 0.05$).

Theoretical Background

Acmeology is based on the idea of **progressive mastery** and **peak achievement**. In sports science, it integrates:

- **Physiology:** optimizing physical development and recovery
- **Psychology:** building motivation, focus, and stress resistance
- **Pedagogy:** designing individualized and goal-oriented training programs

In wrestling, acmeology ensures that athletes not only reach high results but maintain them over a competitive career.

Figure 1: Acmeological Integration Model in Wrestling (*conceptual diagram showing the integration of physical, technical, and psychological training*)

Results

Table 1. Performance Indicators Before and After Acmeological Approach

Parameter	Before Intervention	After Intervention	Improvement (%)
Physical fitness index	78	91	+16.7
Technical-tactical efficiency	65	85	+30.7
Psychological resilience score	60	80	+33.3

Observations:

- Athletes following acmeological-guided programs showed **significant improvement** in all areas.
- Individualized plans increased **motivation, focus, and self-confidence**.
- Competition results improved, with **70% of wrestlers achieving personal bests**.

Figure 2: Improvement Trends in Performance Indicators (*line chart showing progress over 12 months*)

Discussion

1. **Acmeological principles enhance peak performance:**

Applying structured and personalized programs improves both short-term and long-term athletic outcomes.

2. **Psychological monitoring is essential:**

Stress management, focus exercises, and resilience building directly affect match outcomes.

3. **Technical-tactical development:**

Individualized technical training allows faster skill acquisition and correction of weaknesses.

4. **Integration of knowledge and practice:**

Acmeology combines theoretical knowledge with practical application, providing a comprehensive training system.

Practical Implications

- Coaches should adopt **individualized assessment tools**.
- Regular evaluation ensures athletes stay on track to achieve **maximum potential**.
- Acmeology supports **career-long performance development**, minimizing burnout.

Table 2. Recommended Acmeological Training Components

Component	Description	Frequency
Physical conditioning	Strength, endurance, agility	4–5 times/week
Technical-tactical drills	Grappling, throws, defensive maneuvers	5–6 times/week
Psychological training	Visualization, focus, stress coping	3 times/week
Recovery & nutrition	Sleep, diet, physiotherapy	Daily

Conclusion

- Acmeology provides a **scientific framework** for maximizing wrestlers’ performance.
- Integration of physical, technical, and psychological development is essential.
- Coaches should **implement acmeology-based programs** for sustained success.
- Future research may explore **specific interventions for youth wrestlers** and **cross-disciplinary approaches**.

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