

EQUATION OF SPORT'S ACTIVITY SPECIFICATION

Abstract

In accordance with the basic principles underlying the theory and mathematical modulation of sports training, which studies the anthropological, methodological and methodical principles of planning, programming and control of the sports training, for didactic reasons, within the scope of this study, we presented the simplest but maybe the most realistic model which will help us explain all the features of some sports activity. Model does not reflect realistic reality, but it's certainly very close. Linear additive model, presented in this paper, does not take into account the interactive relationships among the factors, even though they really exist and are very much acting. We selected such approach in order to, in the simplest and user friendly way, define the basic features of the anthropological status of athletes and encourage the reader to, in accordance with methodological and methodical principles of planning, programming and control of training, create systematic approach to sports they are involved in.

Keywords: *water-polo, sports theory, models, abilities, methodical aspects*
