

# Talent identification in sport

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## Summary

Choosing the best person for a sport, the main processes in all countries is talent identification. Measurement criteria for determining, for each of the identified youth sports, the increasing use physical examination, motor physiological, and biomechanics has provided. Using these tests, allowing for team sports for each country to provide the cost, time and the manpower, training for adolescents and youth sports fields in a completely conscious act. Identify the best talent also allows countries to gain their limited athletic resources. Identification of scientific talent is an important factor in growing athletes. Talent identification, part of the anatomy and physiology and sports psychology, which encompasses; It can be due, from the first athletes to be heroes, among other people, be distinct, to nurture them, and then led them to the world championships and Olympics Games.

## Introduction

Moments are spent with the exercise of any human life are the most exciting times. Today, not only millions of people turn to sports, many coaches and athletes, but also demonstrate a passion for scientific aspects of sports.

Scientific reports in recent years reflect the fact that science has developed a very wide range of sports. These facts show that over the past decade, traditional methods can not be in karate (in kata and in kumite) was based. Coaches, champions and all karate athletes are aware that more the best way to prepare well in the karate (both practice and competition) should make use of new strategies and new science.

Today, scientific research in the field of sports science, need to reach the pinnacle of athletic talent and potential in various fields is proved. Also a good look around, we see that some people, after years of effort and practice, have not progressed much in a particular sport; in contrast, those who were also in shore time, athletes in certain sports have been a first level; This issue of having or not having the athletic talent to work in a particular sport raises.

Many parents are interested in elite sports, and national and international level. Millions of parents and coaches are hoping that the education of their children, the future of the world's best athletes is. Progress from basic to elite levels in sport is complex process. This process requires identifying and selecting talented people is a necessary condition of physical, skills and behavioral to be successful in a particular sport.

The process of discovering talented athletes to participate in a training program organized by one of the most important issues that are raised today in sports. Everyone can sing,

paint and learn playing an instrument, but people are a little high level of skill and courage. So in the sport as an art, talent, and explore their options early, then guidance, control and evaluate them in the climb to the highest level of skill is extremely important [1].

Choosing the best person for a sport, the main processes in all countries is talent identification. Measurement criteria for determining, for each of the identified youth sports, the increasing use physical examination, motor physiological, and biomechanics has provided. Using these tests, allowing for team sports for each country to provide the cost, time and the manpower, training for adolescents and youth sports fields in a completely conscious act. Identify the best talent also allows countries to gain their limited athletic resources. Identification of scientific talent is an important factor in growing athletes [2].

Branches of science, talent, talent identification, talent selection (or selection of raw talent) and talent detection is the full description of each area, beyond the topic. However, should the concept of talent identification is not new in sports. In western countries, and although it is generally less, but the eastern European countries since the late 1960s and early 1970s, special programs for talented athletes have been identified. Talent identification assessment programs in these countries, including the primary motor (skills), physical (anthropometric) the behavior of many children and all schools are even [3-4].

Talent identification, part of the anatomy and physiology and sports psychology, which encompasses; It can be due, from the first athletes to be heroes, among other people, be distinct, to nurture them, and then led them to the world championships and Olympics Games. Talent identification, quoted Peltola (1992), which is a process, to help the youth based on



test results, participation in sport, the more likely it is to their success, are encouraged [5]. In his idea talent identification as a first step towards developing a beginner's introduction to the championship and the most important step in the process of developing their talent to achieve succession sports knows [6].

Triangle of sports professionals, sports medicine and coaching, can play an important role in the process of talent have the athletes in a sport specific person, put him in possession. Physical, motor and behavioral characteristics, requirements for talent identification in different sports, different selection is based on the assumption are made that the desired characteristics of each sport can be identified early and later evolve with specific exercises.

### **Talent Identification Benefits**

Talent benefits can be expressed in different dimension, which is briefly as follows [3,7,8]:

- Talent identification in the process of guiding people toward the strings are physically, physiologically and psychologically more suitable for them.
- With scientific talent identification, people will probably get better results, and this prevents them from frustration due to lack of success is a result of participation in exercise and sports, enjoy more and are more in retested in the field.
- Due to the nature of the process, they attract great coaches and most teams are very efficient and sport psychologists are also sometimes available.
- Due to the nature of this process, public health and people are more secure.
- Means less cost and better results are obtained.
- To identify the right people, increases the useful life of athletics.
- Identify susceptible individuals and to accelerate learning and development will be more motivated.
- The talent identification, confidence, coach and athlete increases.
- Framework for the convergence near the talent identification and knowledge in athletics provides empirical and scientific findings.
- The time required to achieve peak athletic performance (in a particular sport) reduces chosen by the people.
- Of the high volume of work, energy and talent will keep the coach. Athletes who have higher ability, coach training programs raise efficiency.

### **Methods of Talent Identification**

There are two basic methods of choice for talent:

- Natural Selection
- Scientific Selection

"Natural selection" is a common approach to the natural process of growth is the athlete in a particular sport. Under this method, athletes affected by environmental factors such as tradition, school, dreams of parents community and friends in a specific sport activities are and develop their athletic performance, is determined by natural selection; This means

that they are random in sports activities that have the talent. In such circumstances the performance athlete development is slow, because often the ideal choice of exercise is not done properly [9].

"Scientific selection" is an approach in which children choose a coach that has proven capabilities inherent in a particular sport. Thus, in comparison with those identified by natural selection, time required to achieve peak performance in sports who have been elected to the scientific method, is much shorter. Consequence of scientific selection, selection of talented people and leading them in a proper sport [10].

### **Talent Identification Criteria**

Achieving peak athletic performance for athletes with specific physiological characteristics abilities and psychological characteristics of outstanding environmental movement is strong. And to identify differences between individuals, may encourage and guide them toward a specific sport of activity, be useful or, they may succeed where the activity is low, keep away. People can be with respect to their ability, to sports or activities that led to the best; they deserve it and can be successful at it [2].

Not everyone in the process of selecting talent identification, to abandon the concept of not exercising. These people can, and even participate in recreation programs that meet their needs, physical and social forms. If so, we predict that, who do not have the capabilities necessary to achieve a high level of skill, this time will be calculated and successful and we can spend time and energy focused on the talented people and who, not prone to the activity or sport, the chances of success in other activities that that have led [11].

Criteria for optimal training program for talent identification are better. Some of these criteria are:

**Health:** Health is a basic requirement for those participating in the exercise. Therefore children must participate in training programs are under medical examination. Coaches must be based on recommendations from health practitioners that the only people who have chosen to participate in training programs. During the tests, the doctors and specialists in testing should pay attention to the possible impairment of physical and organic and recommendations based on your provider. Accordingly, those with structural abnormalities in the organs, they chose not to exercise a dynamic and stirring. Also, the physiological status of individuals plays an important role in the process of talent, such as physiological disorders can be a limiting factor. The real distinction between people with regard to the relationship between psychological needs and characteristics of each exercise should be done [12,13].

**Anthropometric features:** Body sizes of individuals such as height, weight and length of limbs will play major roles in many sports. So much talent identification as one of the main criteria is considered. Anthropometric characteristics and risk factors can predispose an athlete karate or karate that is more suitable for the field of physics, and desired her body (kata or kumite) to determine. Physical structure and anthropometric features is an important factor in the success of karate athletes [14].

*Anthropometric*, science is not new and decades ago, measurement of different body sizes, with the aim of achieving practical results will be different. Today, sports scientists, doctors and specialists of different techniques anthropometric discover talent in such an exercise, body composition assessment or body type, the most important finding is that the knowledge anthropometric important is talent identification [15].

However, the use of anthropometric indicators and body composition, identify talent, create training programs and, ultimately, precise identification of individual athlete's abilities and capabilities, including these applications is essential.

**Inheritance:** Inheritance as a biological phenomenon is complex, plays an important role in planning practice. Although education, training and social conditions can be inherited ability to gradually change, but children tend to inherit their parents' psychological and biological characteristics. Although little research has been done in this area, but without a doubt, their fathers and mothers who were athletes in the past, with the ability of children to exercise and participate in the tournament field support and the support itself is a big help to reach the pinnacle of the championship [16].

**Psychological characteristics:** In some countries, mental preparation and motivation of top talent identification in the system as important psychological factors are mentioned. However, we know that there are a psychological attributes and skills, which are higher performance and apart from the ordinary to the extra ordinary to the extraordinary athletes. Impact of psychological factors on sports performance, research has shown that, psychological functions such as psychological parameters can greatly affect the performance of sports people have chosen. Success in competitive sports requires a specific set of psychological factors. Motivation, one of the psychological characteristics that influence the performance of athletes in sporting competitions and have an important role in planning and talent identification in sports is psychological training for athletes. Motivational factories also important to athletes because it provides exercise for prolonged periods [17,18].

Success in karate sport requires a special set of psychological factors that may be shared in kata and kumite with each other or is quite different. Mental preparations the most important determinants of athletic performance. Nowadays, many researchers in the field of sport psychology argue that psychological characteristics. Associated with high performance athletes train and compete in the athletes need to strengthen and promote the advancement of them [19].

### **Talent Identification Steps**

Talent identification is a process at once, but over the years and are conducted in three main stages [3,12,15,20]:

#### 1. Preliminary stage talent

In many sports, talent preliminary step before the age of puberty occurs at age 3 to 10. It often involves medical tests related to health, growth, public health, and to detect any movement, anthropometric and physical disorder or disease can be Designed. These tests focus on three core concepts:

- The discovery of physical and motor abnormalities that may have a role in limiting the exercise.
- Determine the physical growth of children using simple methods such as the ratio of height to weight .
- The discoveries of superior genetic traits such as height, which may lead children towards a particular sport, have a decisive role.

#### 2. The second stage talent

The most important step is selecting and dealing with teens who already have experience of training organized by the public. Methods used in the selection stage, and psychological and anthropometric characteristics to assess, because the body needs a certain level of compatibility with the characteristics and needs of each particular sport is found. Secondly, the talent identification, the significant role of sports psychology with a comprehensive psychological testing begins. At this points, each athlete's psychological profile is obtained to determine whether the psychological characteristics of athletes for each sport are unique?

#### 3. The final stage talent

The final stage of talent identification, with national teams of volunteers in dealing. This should be elaborated with regard to the characteristics and needs of each exercise is planned. Factors needed in this stage include: health status, psychological adaptations to training and competition, and the ability to overcome stress and most importantly, having the capacity for further improvement in athletic performance.

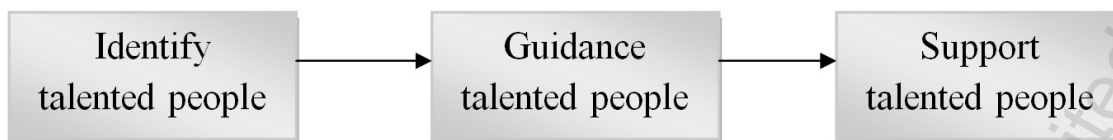
Public awareness of the onset of exercise in sport, talent identification is of great importance in the process. Each sport has specific talent criteria, including tests and norms.

For example, in sport karate, anaerobic capacity, aerobic capacity, fatigue resistance, flexibility, coordination, visual and aural reaction time (in kumite), resistance to psychological stress, tactical intelligence and courage (in kumite), anaerobic power without lactate, anaerobic power lactate, speed endurance, strength endurance (muscle), speed, agility, concentration of tremendous importance, can be enjoyed [21].

The criteria in individual kumite, individual and team kata in karate can be attractive in the field; divided in four categories of talent identification that can be shared in the kata and kumite or different from each other [22].

Anthropometric and body composition characteristics such as height, weight relative to height, long arms, long legs, wide shoulders, the legs and trunk, the trunk and height, percent body fat, body density, body mass index (BMI) and fat-free mass. For example, being tall height for participant's kumite may be an advantage, but short stature is a factor for the participants in the kata [23].

Relative percentage of lean tissue and fat tissue that make up the structure and composition of the body can be a measure of body composition, in many studies, the anthropometric and body composition characteristics, whit sports performance, relationship and high correlation has been observed. Apart from physical, technical, tactical and mental



athlete's fitness, body structure also plays an important role in achieving optimal athletic performance, plays. The body composition of muscle, bone and fat is formed. In most studies, the combination of Fat Mass (FM) and Fat Free Mass (FFM) knows; therefore, body composition is often defined as the ratio Fat Mass (FM) and Fat Free Mass (FFM):

$$BC = \frac{F.M}{F.F.M}$$

So, be aware that the body composition of athletes in the kata or kumite, the predicted peak athletic performance, far more valuable and important than knowing the height and weight as spent [12-24].

- Physiological functions, such as anaerobic power, anaerobic capacity, aerobic capacity,  $VO_{2max}$ , blood lactic acid tolerance, heart function-cardiovascular and resistance to fatigue.
- Motor abilities such as reaction time, coordination of nerve-muscle, power strength, endurance, flexibility, agility, balance and visual-motor coordination. Physical capabilities linked together in the development process and are not allowed to happen. A physical education can help the development of other physical factors.
- Psychological characteristics such as concentration, arousal, motivation, ability to overcome stress, courage, tactical intelligence, spirit of cooperation and emotional balance. For example, the persistence in practice has been shown to depend on their motivation. Many studies have shown a positive relationship between confidences and improve athletic performance and are optimized.

So you said people who are active in sport karate, a lot of features need to be a successful athlete. Some of these features include: speed, agility, muscle strength, coordination, skill, muscular power, endurance, cardiovascular fitness, tac-

tical information, technical intelligence, concentration, motivation and so on. There are a few karate athletes, many of these features as "natural ability" have [19-22]. It should be noted that many athletes are karate, the training and utilization of scientific planning principles, proper training and counseling, these features, according to their efficiency in mind (kata or kumite) to increase the fields, to appear at its highest. It is also another way for the talent identification, the tournament is run. It is quite clear that, in equal quantity and quality of education and training, in a similar age group and sex, the best talent that games are. Therefore, the value of competition as the most comprehensive tool to identify scholars agrees talents. Should be considered part of the process depends on the talent and consistency and mix with three rings and is contiguous to the stage: 1) Identify talented people; 2) Guidance talented people; 3) Support talented people.

Support talented people, which unfortunately are very critical in this process (talent identification), less attention is placed.

## Conclusions

Where a person live, social and economic situation, and facilities that are available to him, all the sports of the athletes selected for its impact. If the athlete does not have the necessary facilities, or simply financially unable to participate in sports. Result in a sport that's becoming less likely to select and pose. Should be noted the, the talent identification alone does not guarantee winning. Having high-level coaching, facilities and appropriate equipment material and spiritual support, and being experts in sports science and sports medicine, along with those that can, and enduring talents known to bring great success. Better training, family support, professional coach and other appropriate sources of support, have an important role in achieving superior performance.

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