

IMPACT ON THE DEVELOPMENT OF PRACTICAL LESSONS FITNESS CARDIOVASCULAR SYSTEM VASCULAR TO STUDENTS OF THE FACULTY OF PHYSICAL EDUCATION MUSTANSIRIYA UNIVERSITY

Omar Abdul Ghafoor Abdul Hafiz Marwah nabeeh Mohammed Atta** Wissam Sahib Hassan****

, **, * College of Physical Education Mustansiriya University*

Abstract

Was and faculties of Physical Education remains the focus of attention for many of the students' attitudes toward exercise and the consequent health implications for the body and these reflections take large grants and a vast difference from the accepted students have a physical and skill background such as belonging to one of the clubs compared to the accepted students from non-practitioners of the sport these are things that will create a situation of differences among students in terms of fitness and skill level, and that this positive for practitioners and negative differences will be reflected in the coating of non-practicing and therefore what would be a burden on the fitness and physiological changes level, including the heart, thus creating a difference range in the student response to the practical exercises and lessons the study aims to identify the Atheraldros process to develop the fitness of the heart muscle as well as the comparison between Fitness cardiovascular system for students who play sports and belong to sports clubs and students who do not exercise does not belong to sports clubs have researchers used the descriptive approach manner comparative studies because it is the most appropriate means to resolve research problem and sample consisted search of (15) students from the first stage _ Faculty of Physical Education students, in the form of three first set groups consisted of (5) request athletes in the Iraqi clubs and the second group consisted of (5) request non-athletes from non-practicing sports and the third group consisted of (5) Girls, has formed a selected sample who underwent testing for no percentage (16.3%) of the research community and the results of the study concluded that the exercises given in the practical lessons did not affect the athletes while the group weighed heavily on a group of students and a group is athletes.

The Cardio Fitness Aerobic among female students was better than a sophisticated group of athletes and non-athletes

KEYWORDS: Practical lessons. Fitness. Cardiovascular fitness. Heart muscle.

1. INTRODUCTION

Is the physical education of the most important factors helping to organize the work of the various human body organs and in the right amount of functional performance of the man they gain physical and mental health, as well as textures and sound consistency in the movements and correct performance sports movements .sport has many benefits, including: (maintaining weight, obesity prevention, prevention of diabetes and high blood pressure, heart disease, strengthen muscles of the body, mitigation of diseases of the joints and rheumatism and osteoporosis, improve mental and moral case where it helps to relieve anxiety, depression and psychological problems burning the excess fat in the body. Physical Education of the most important factors helping to organize and improve and the development of various organs of the body normal and sports for man, one and the heart of the task forces in the human body normal and sports, in particular, where this muscle is affected when you exercise and increase their ability to work, we find that the person who practiced the sport in the form daily or usual has a high fitness, as well as the muscle heart has more flexibility to withstand any effort by the person and whatever the size of this effort, either on the contrary, we find fitness loss of body negative effect on the heart muscle affects may sometimes lead to stop this muscle for work leading to sudden death and the importance of this muscle for the athlete, in particular, many of the sporting events depends perform on the efficiency of this muscle, has tended to study many of the research, conducted several studies, especially in the field of Education, Sports and specialists in this matter, as well as in colleges of education athletes through the tests as well as lessons and lectures, practical given in the colleges of physical education in terms of the number of hours and the number of lessons per day where these colleges includes many of the students athletes and non-athletes and hence the necessity of studying these phenomena and their impact on these students. The importance of research to find out the impact of the practical lessons that are given in the faculties of Physical Education to develop fitness and efficiency of the heart muscle aerobic for students of the first phase especially because some of these students play sports and belong to sports clubs and several other of them do not play sports, creating a difference range in the student response to the exercises and practical lessons, which inevitably affects the fitness development, especially on fitness cardio-vascular system.

Search problem:

Was and faculties of Physical Education remains the focus of attention for many of the students' attitudes toward exercise and the consequent health implications for the body and these reflections take large grants and a vast difference from the student will be acceptable to the friendly physical and skill background such as joining one of the clubs compared to the accepted students from non-practitioners of the sport and this things that will create a situation of differences among students in terms of fitness and skill

level, and that will be reflected these differences positive for practitioners and negative coating non-practicing and therefore what would be a burden flocks fitness and physiological changes, including the heart, thus creating a difference range in the student response to the practical exercises and lessons.

Research Aim:

- 1-recognize the effects of practical lessons to develop fitness of the heart muscle.
- 2-comparison between cardiovascular fitness regime for students who play sports and belong to Sports clubs and students who do not exercise does not belong to sports clubs.

2. MATERIAL AND METHODS

The researchers used a descriptive approach style of comparative studies for being the most appropriate means to resolve the problem of the research.

The research sample: Sample consisted Find (15) called for the first phase of Physical Education College students, in the form of three first set groups consisted of (5) requested by the athletes in the Iraqi clubs and the second group consisted of (5) request non-athletes from non-practitioners of the sport and the third group consisted of (5) Girls, has formed a selected sample who underwent testing for no percentage (16.3%) of the research community.

Table 1: shows the values of the mean and standard deviation of the sample and sprains Search:

No	Variable	M	S.D	Sprains
1	Age	20.5333	0.580	0.368
2	tallness	164.6000	0.580	0.368

The table shows (1) that the value ranging from sprains (-3, +3) and this van homogeneous sample.

Tests used

Carlson test: (Mohamed Nasr eddin Radwan, 1998: 103)

Find field procedures.

The researchers have conducted your test determine cardiovascular fitness on 11/20/2014 10:00 pm on the same search Researchers took into account the importance of conducting the test with high accuracy through their direct supervision to support staff.

3. RESULTS AND DISCUSSION

Table 2 shows the results calculated and tabular test (F), and analysis of variance between the three groups Search.

Variable	Source of variation	Sum of squares	Degrees of freedom	Squares average	F Calculated	F Tabulated	Sign
Pulse at rest time	Between groups	436.800	2	218.400	0.901	3.88	Random
	Within groups	2908.800	12	242.400			
Pulse after 10 eighth end the test	Between groups	1915.200	2	957.600	2.525	3.88	Random
	Within groups	4550.400	12	379.200			
Pulse after 2 d end the test	Between groups	218.133	2	109.067	0.362	3.88	Random
	Within groups	3612.800	12	301.067			
Pulse after 4 d from the end the test	Between groups	619.200	2	309.600	1.969	3.88	Random
	Within groups	1886.400	12	157.200			
Pulse after 6 d from the end the test	Between groups	537.600	2	268.800	7.467	3.88	Moral
	Within groups	432.000	12	36.000			
Number of times the right foot touching the ground	Between groups	10900.933	2	545.467	10.514	3.88	Moral
	Within groups	6220.800	12	518.400			

Table 3: shows the results of the test (LSD) after 6 minutes of the end of the three test groups:

Variable	Measurements	Circles teams	value of L-S-D	Significance	Error rate
Diagnostic test after 6 minutes of ending the test	First- second	4.8000	0.230	Random	0.05
	First- third	* 9.6000	0.026	Moral	
	Second- first	4.8000	0.230	Random	
	Second- third	* 14.4000	0.03	Moral	
	Third- first	9.6000	0.23	Random	
	Third- second	14.4000	0.003	Moral	

Table 4: shows the averages pulse time to rest with pulse after (6 min) of the end of the three test groups.

Groups	Averages at rest time	Average after 6 min
First group	64	72
Second group	75	76

Third group	76	62
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Table 5: shows the test results of L- SD to calculate the number of times the foot touching the ground, the three groups.

Variable	Measurements	Circles teams	value of L-S-D	Sig	Error rate
Test a number of times right foot touching the ground	First- second	* 40.6000	0.015	Moral	0.05
	First- third	24.8000	0.111	Random	
	Second- first	*40.6000	0.015	Moral	
	Second- third	65.4000	0.001	Random	
	Third- first	24.8000	0.111	Random	
	Third- second	*65.4000	0.001	Moral	

1- (pulse time to rest) back from the table (2) random differences between the groups for the variable (pulse time to rest), the researchers attributed to the lack of physical exercises develop the endurance to contribute to the expansion of the size of the cavities attack as expanding the size of the cavities heart contributes to low heart rate the physical training leads to increased batch size or the amount of blood pumped by the heart in every blow of the strikes, which makes the heart more efficient in his work and thus can meet the demand for blood by different parts of the body with fewer strikes.

The researchers also believe that the random difference between the three groups due to poor fitness, which provided physical exercise lessons practical level.

"The pulse rate at rest is a measure of fitness and decreases slowly when you get to the level of more than fitness" (HolHolmyard, D. J, 1994) and thus have achieved the first goal did not come first hypothesis.

- Pulse rate (after (10 sec) to end the test): - shown in Table (2) is also a random difference between the groups (variable pulse after (10 sec) to end the test (where is this period of time from within the periods restore reserves of oxygen in the body) (Claudia Hernandez, 2001) and thus have achieved the first goal did not come first hypothesis.

3. (pulse rate after (2 d) and 4 (d) of ending the test): - Azarmen (Table 2) also random difference between the groups in the variables of the pulse after (2 d) and 4 (d) of the end testing attribute the researcher that to equal the effect of exercise during practical lessons among all students (students, students). Despite the decline in the average pulse, a normal state (after landing exercise in pulse rate is a property essential for the control of sound independent autonomic nervous system that heart rate drops quickly through rate (min - 1.2) for the first time after exercise (-Niemeyer, L: Aronow, 2004593) and thus have achieved the first goal did not come first hypothesis.

4. (pulse rate after (6 d) of ending the test): - shown in Table (2) a significant difference between the three groups making the researcher resort to a census less teams moral (LSD) to see a significant difference between the groups, as the table shows (3) the results showed a significant difference between the first group and the second group and in favor of the first group and the second group and the third group and in favor of the third group and among the first group and the third group and in favor of the third set and this means that the return of pulse and adapt the heart muscle after the end of the effort b (6 d) for the third group (the students) was significantly better than the first and second groups (athletes and non-athletes) and this result reflects the adaptation of the heart muscle and an indicator of aerobic fitness to the heart muscle, and this result is achieved what the Fox (FOX _E.L, 2000: 234)

As shown by the averages in the table (4) in this variable promises almost close to the resting pulse rate compared to the averages of time to rest for the three groups with the note a significant decrease in pulse rate after the end of the exercise to a group of students (third) and reflects the state of aerobic heart.

Since the size of the ventricle and the heart rate decreases after exercise is linked to the return of the pulse rate is accompanied by the increase in activity Barracmbthaway causing slower pulse rate must exercise to a large extent (Claudia Hernandez, 1995: 88).

It is noted (Table 4) that the pulse rate of the second group (non-athletes) returned to almost the comfort mode, while table showed delayed pulse rate return to the comfort of the first group put (athletes). The researcher believes that these differences back to the serious practice and commitment shown by the students towards the practical lessons which impact on the achievement of these results. Thus, the goal has been achieved and presumably search.

5. (Number of times right foot touching the ground): -

Showed (Table 2) significant difference in the analysis of variance, which led to the use of the researcher to the law (LSD), and so the table shows (2) a significant difference between the first set and the second in favor of the second group and between the second and third sets and in favor of the second and between the first and third sets and in favor of the first set and thus results show a group of athletes is achieved as a result of significantly better than the two groups of athletes and students (first and third) and attribute it to the researcher confident athletes exercises clubs, thus affecting the test result and in favor of the second group (non-athletes). Thus, the goal has been achieved and presumably search.

4. CONCLUSION

1. The exercises given in the practical lessons did not affect the athletes while the group weighed heavily on a group of students and a non-athletes.
2. The Cardio Fitness Aerobic among female students were advanced best of athletes and non-athletes group.
3. Converging level of comfort as pulse rate of the three groups.
4. The level of convergent so low pulse rate among the three groups.

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Address for correspondence

Authors: Marwah nabeeh Mohammed Atta *College of Physical Education Mustansiriya University*
E-mail address: marwah.nabeeh@yahoo.com