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CULTURAL PERCEPTION OF THE SPORT EXPERIENCE AND TEMPORAL BEHAVIOR OF TUNISIAN PLAYERS VOLLEYBALL

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Abstract

The aim of the present study is to examine if the sport experience, culture, and time management allow better load balancing of the drive in the sports team and balance the demands of performance and individual performance of its members. This articulation was thinking on how the influence of values and representations constructed in the history of sports could affect individual and collective temporal behavior.

Our approach is based on research done by others in the field of health and marketing under the observation of social and cultural change.

We, we refer here to the theoretical analysis that has guided us to explain some of the sporting lines and especially to account for the introduction of an innovation. In this part, a test of the difference in the average level of individual items (t-test) the standard deviation and the correlation between the temporal dimensions is used.

KEYWORDS: Temporal behaviors. Time Management. Sports experience. Culture.

1. INTRODUCTION

The temporal approach renews focused on the sports club usually seen from the spatial angle look. The inclusion of the concept of temporality into the practices of sports clubs, has stakes in a team and the reduction of inequalities between team members improve the quality of performance and performance within Marc Leveque en 2010.

Thinking developed in our study is based on the analysis of the cultural aspect of the temporal behavior of Tunisian player's volleyball (Pociello. C in 1998) and to highlight the relationship between the cultural, time management and experience sports that could be among the factors determining volleyball performance (usinier and Valette-Florence in 1992).

For Tunisian culture, this empirical study is probably the first on our subject of time (usinier and Valette-Florence in 1991). It provides an update on the temporal dimension of the Tunisian culture. These results provide important contributions to sports teams in Tunisia, including time management and organization of the volleyball team.

Indeed, the sports organization in recent decades showing that the time of sport becomes separated from everyday life with its autonomous pace this time the sport is clearly recognizable today, with its new management (Bourdieu P 1993). The present study aimed to investigate the relation between time sports and temporal behavior of athletes and then to analyze the functions of cooperative life and strategies in time management sports teams (Bergadåa, M en 1997 and QUEVAL. I en 2004).

We will show where and how time management is involved in regulating the temporal behavior of volleyball players through the cultural patterns that underlie them. The strategy time management seems an important requirement for performance and yield, which assumes that variability depends on the time management during competition and training.

The methodological approach to the problem

Development of Hypotheses

To properly answer all the questions of the problem, it should assumptions that are plausible but tentative answers.

Main hypothesis

Cultural and sport long term could fit into a considerable performance management.

These are developed in our study the link between temporal behaviors of Tunisian player's volleyball, cultural dimensions residing in the cultural perception of time and temporal strategies of volleyball as well as relations between the two in determining the temporal behavior Tunisian player's volleyball. Through this study we will try to highlight the relationship between cultural and sporting experience in determining the temporal behavior of Tunisian players volleyball, i.e., it is a determinant of sports performance.

2. MATERIAL AND METHODS

The independent variables of the population

Our study population will consist of volleyball players from team sports, senior categories evolving in different divisions. They were divided to players who have spent more than five years (old) (n= 76) and players who have spent less than five years (new) (n= 54) men and women. This is to test the ability of segmentation or reclassification of individuals in the total sample of 130 players in their groups (n) and secondly the population extracts players across gender: 68 male and 62 female volleyball players.

The sports experience: Seniority

Sports part of our research will be distributed as follows: New player one that has less than 5 years in senior category and players who have more than 5 years old in senior category. Therefore, our variable sporting experience is dichotomized.

Table 1: Distribution of the sample according to experience

	Experience		Total
	- 5 years	+ 5 years	
	New	Old	
Men	42	26	68
Women	32	30	62
Total	74	56	130

Gender:

It is also a dichotomous variable, which deserves to be studied and also seems important. The sample of volleyball players will be represented by both sexes in a representative way since we have accurate statistics of players studied the region of Sfax.

Measuring Instruments

Questionnaire

We use it as a measure of psychosocial reactions according to the sport experience and the cultural part: twenty six questions were used. The items are presented in a disorderly manner in the questionnaire and evaluated using measuring 5-point Likert corresponding to "strongly agree" to "not at all agree," the relationship between cultural temporality or sports and performance. A questionnaire for our research will be a rigorous verification tools our assumptions.

Collection and validation of data

The distribution of questionnaires was conducted during the months of October, November and September 2012 questionnaires were distributed to athletes during training. Since respondents did not all have the level required to meet authentically, we took care to explain a few items to help the respondent to select the correct answer.

Sample

This study was conducted in a population of Tunisian volleyball players of the Sfax region (n=130 players) from different sex. Detailed information on the characteristics of the study sample information is presented in Table 1.

Table 2: Description of samples studied

	n	Experience	
		-5 years	5 years
Men	68	42	26
women	62	32	30
Total	130	74	56

Sample selection

The entire group of people concerned with the goals of our survey consists of players so team sports senior category in the region of Sfax. Our sample of athletes will be extracted from all 11 teams in the region of Sfax. The total sample of 130 athletes

The survey processing

The counting of the survey allowed us to prepare the work of statistical analysis. The questionnaires received have served us first to establish the characteristics of the sample actually involved and affected. It is in this stage that the issues of identification and characteristics of volleyball players have assumed great importance. And we have several groups addressing issues, experience, time management and the cultural characteristics of Tunisian volleyball players. After the counting of the investigation conducted, this work will allow us to compare the responses of athletes through tables will show the number of subjects responding to a particular event.

Student test

The comparison between the averages scores of our study population with those of French is performed by the Student t test for paired samples not.

3. RESULTS AND DISCUSSION

Cultural perception of the temporal behavior

By observing the results we find that depending on the calculated chi 2 we can see, at first, that: The concept of time and therefore the time the related behavior was studied through the behavior of players, both in management in volleyball give significantly different. Indeed, the temporal approach renews the perspective on the volley club usually seen in the spatial angle. The inclusion of the concept of temporality in the practice of volleyball clubs, particularly in terms of schedules of harmonization refers to the question of living together with the challenges of improving the quality of performance and performance within 'teams and a reduction of inequalities between members of a team that opinion was materialized by the questionnaire which states that the majority of our players population 73.8% say that sporting success depends on good time management of an important way. The instructions results in the items of the questionnaire show that 63.1% of our population confirms that the difference between professional volleyball and amateur volleyball is the proper time management. Thus, the results found in the survey show that 53.1% of surveyed athletes see a player will perform, that there is a proper time management. According to Strauss, A en 1991 reality only exists in a present irreducible with respect to the past and the future. It is in this that are held social phenomena. In modern terms, we believe that one of the fundamental characteristics of sociability is a plurality of temporal perspectives within it. Social objectives are located both in the past in diversity than those of emerging and present in a more or less anticipated future structures. In meaning to Gurvitch. G en 1963 said that "the problem of time: To clarify what we understand by the term time, we say that, we put ourselves in, or just describe it sometimes as a coordination, sometimes as an offset movements, coordination and offset that last in the sequence and succeed in life. "

Thus, the temporal dimension in Mead that social organizations have the ability to integrate their behavior not the only role of others, but a plurality of temporal reference system at the same time, this is what explains the dynamic aspect in the theory of Mead.

Mead says that the self is therefore involved in several time frames simultaneously. It is at the crossroads of multiple temporal systems that involve social experience. In the same vein Gurvitch postulates that "social life flows into multiple times, always divergent and often contradictory."

Gilles Pronovost en 1983 defines temporality which is an intrinsic property of consciousness, the stream of consciousness that is always ordered over time. From the perspective of the theory of Sorokin, this is to illustrate the relationship of meaning between an activity or event and its time frame. The designation of time periods for an individual or a group depends largely on the content of the activities within it. Time perspectives are an integral part of the values of a society. Individuals orient their activities in relation to the present and the future according to the values of their reference groups, as confirmed by Gurvitch en 1963 who said: "We intend in fact to point out that each class each particular group, the micro each element, each social activity itself, tends to move in a time of its own. "

Sociocultural time in Sorokin is not divisible as a mathematical time, but as a significant wealth of content from its core functions the timing and coordination of the duration and continuity of events, expression of rhythm and pulse of social system.

Culture and temporality

Culture refers to how all life in a society, not just the lifestyle especially much all human beings are grown. The long-term behavior related to the culture concept must be understood in its broadest sense to include all activities of the individual, whether express or implied, physical or psychological. The first related to the psychological phenomenon behavioral results are represented in individuals with psychological states such as attitudes and value systems. Behavioral results are represented by interactions with the environment and the learning result. Linton explains his theory that the transmission processes operate through a generation past time generation cultural configuration that persists well in the short period of life of members of society. This process provides a range of effective transmission of adaptation to the environment or he must live and perform a function.

Global this 2 calculated on the cultural dimension establish a relationship between the size of individual adaptation and cultural patterns of time as described in our study recognized that the possible interpretations of the cultural life time of a culture have been contributory to major contribution to the study of temporal orientations.

we mentioned that the temporal behavior depends on the value system in Tunisian society in a way that promotes social representations through volleyball performance and prefers achieve quality performance in spots; This is why we find 68.5% (item 6) who say that delays disrupt performance in the workouts so it's a specific time compliance behavior for volleyball performance.

perception time performance

Temporal orientation is mostly a projection into the past and into the future. Possible interpretations of cultural life time come easily to reach three points, the past, present and avenir. Salle states that the Japanese are chronic poly observation and work inward toward them by treating the world outside. For the French are against chronic mono intellectually, but in chronic poly behavior. time t substantially linear repetitive almost quantitative social, present expanded indefinitely is time the sport that measure several time intervals during competitions.

Modern sport introduced into the western and universal consciousness, the same categories of its historical constitution: performance measurement, records the principle of performance. This is the historicity of the sport that requires epistemologically clarify its genesis on the one hand, his other diachronic.

Established by the media daily return basis for understanding requires taking into account the tenth in the series of memory, hundredths or even thousandths of a second. This extreme precision, this infinite divisibility present insidiously on the representations of our own time the sport had the function to exorcise the threat of passivity and idleness. Hyperactive time reflects the certainty of progress that is postulated eternity. Georges Vigarello focuses on creating a social temporality positions up particularly evident self-occupied by the construction of the sporting calendar. The time of the sporting world is described as a short time, a short-lived record time and of course that is realized in the competitions. George Vigarello arrested on sport time and draws généologie separate this time calculated to the extreme, which is also committed to increasing the range of models. In this sense, contemporary sociologists say that the series of regular meetings with their annual rates and specific training, sport creates a self-time, a separate original idea, it seems ny. It not only helps to invent new cycles of time, championships and their preparations, it helps to invent new calculations on the time itself. Sociologists say that sport plays heavily than any other social practice with the fear of surprise and again because it is a time of speed and calculation.

The inclusion of the concept of temporality in the practice of volleyball clubs has stakes improving the quality of performance and performance in a team and reducing inequalities between members of a team. Respect the time of the training and competition explains the part of the volleyball players' experience in time management and the majority of our study population (83.1%) respect the time of training and competition despite pressure made on them in their daily lifestyles.

In this race against time sports are on the front line, which usually is they have to fend for work, study or work, it is they who must manage and pay unsynchronized time every day. The issue is to better align schedules of everyday life with those of the sporting life to better reconcile the different temporal behavior in this regard.

Sports Experience

Starting with the problem at the heart of our investigation on the part of the culture and experience in time management. For items 5, 7, 10 reported in the questionnaire they testify if necessary, how the experience of volleyball influences time management:

We would like in this part of the analysis show that volleyball and cultural experience allow balancing the load of training in volleyball team and balance the performance exigencesd'efficacité. This is due to a time budget system of regulation and time management temporal behavior of volleyball players. Thus, the life style of sports, is the expression to characterize the organization of sporting behavior. This aspect means belonging to a Tunisian culture characterized by an Arab-Muslim culture.

More we respond to the needs of adjustment between work time, travel time, personal time, family time, leisure time, better definition of services, better organization of training, better organization of volleyball teams and player's users will be satisfied, there is more performance.

The solutions are in the consultation and dialogue, why the first are are the most skilled in the team to manage time better than before. The results of our survey (50%) of the population agree that the former players better respect the time of training and competition.

Better time management for better control, invest the time lost, and recover time for you. This discussed previously the responsibility of the privacy of individuals and gradually emerged as a collective problem in the political arena of volleyball teams. Policy times are here to better match the sporting time. Thus, the objectives are displayed, but to achieve it will definitely take time, we must harmonize the schedules of the other. Promote harmonization of schedules: a first step in the legislation Tunisian volleyball clubs.

Cultural perception of volleyball practice

Above shows that overall this 2 calculated on the cultural dimension establish a relationship between the size of individual adaptation and cultural patterns of time as described in our study.

Since the literature considers the perceptions of time as cultural objects, the entire sample recognizes the possible interpretations of cultural life time of a culture were major contributor to the study guidelines time. The temporal behavior depends on the value system in Tunisian society in a way that promotes social representations through sports performance and prefers to perform output quality spots; this is why we find 68.5% (item 6) who say that delays disrupt performance in the workouts so it's a specific time compliance behavior for performance sport. Our work aims to study the new articulations weather volleyball and analyze the functions of cooperative life in the professional structure, social, family and personal volleyball players, people believe that the player who exaggerated delays is a player who not serious volleyball. It is a cultural concept that sport derived from leisure time; but in another sense in professional volleyball has become the design performance.

The combination of different individual regulations and inter-individual depends on the value system of representations and project the individual project. It's really just his way of life to mean a culture integrates appearance. This notion of lifestyle allows us to analyze in terms of conceptual coherence situations empirically different but all eventually characterized by the fact that the individual organizes its activities. This organization is based on constraints and resources brings a problem to a given social system: the development of other activity. This means a gain or loss for him, as in this exchange between activities based on its past and its future prospects.

As we have already mentioned, the temporal behavior depends on the value system in Tunisian society in a way that promotes social representations through volleyball performance and prefers to perform tasks that performance; it is for this reason that 68.5% of the population surveyed say that delays disrupt performance in workouts.

So it is a time for the compliance of specific behavior for sports performance. Of course, some people can share different cultures and move from one model to another time. Actually quite complex patterns of behavior performed by time can be used by people who share many cultural contexts sports. Our goal is to develop a comparison between the behavior of time Tunisian volleyball players on the cultural dimensions.

We would like to show precisely that volleyball and cultural experience allow better balancing the training of the team and load balance the demands of performance and efficiency in the social and personal life of each of its members.

At that time, the budget control system and time management time behavior of volleyball players that we have adopted the volleyball lifestyle name. This phrase used to characterize the organization of sporting behavior and to signify the onset incorporates Tunisian culture characterized by an Arab-Muslim culture.

4. CONCLUSIONS

Empirical study provides an overview with respect to the temporal dimension of the Tunisian culture. ACCORDING results, Tunisian athletes are characterized by a linear temporal styl Enough progress and performance. For Tunisian culture, this empirical study is probably the first on the subject of time in Tunisia. It Lets take an interest temporal dimension of culture tunisienne. these results provide important contributions to the volleyball teams in Tunisia, there compris time management and organization of team-level sports performance.

Flexibility in the use of time is an Important Question a discussion here about the performance of volleyball; Although it is not directly measured in this study, we could see a lot of flexibility in the temporal culture volleyball players in Tunisia Across some time already measured behavior Low degree of organization, punctuality With the large Tasks need for achievement. Flexibility is very useful for volleyball teams in the development of training programs.

In short, this research, even if it does not specifically address of the sample, at least Gives coaches and Heads of Team Reflect on the impact of temporal style pendant Individuals In Their behavior training.

Questions	Khi deux Global	Khi deux Analytique	
		Sexe	Expérience
Q1. Vous venez aux entraînements à l'heure	T.S à P<.001	NS	NS
Q2. Les rendez-vous des compétitions sont respectés	T.S à P<.001	NS	NS
Q3. Si vous faites des retards pour les entraînements ou les compétitions, quelle est la nature de ces empêchements	T.S à P<.001	NS	NS
Q5. A votre avis, avoir un rendez-vous important ou des préoccupations courantes, vous empêchent-t-il d'être à l'heure pour les entraînements	T.S à P<.01	NS	NS
Q7. Selon vous, quels sont les joueurs (ses) qui sont ponctuels dans l'équipe	T.S à P<.001	T.S à P<.01	NS
Q8. D'après vous, le contenu de l'entraînement ou le comportement de l'entraîneur peuvent-ils être des raisons pour être en retard ou s'absenter	T.S à P<.001	NS	NS
Q9. A votre avis, les sportifs qui respectent le temps des entraînements et des compétitions sont	T.S à P<.001	NS	S à P<.05
Q10. Pensez-vous que la réussite sportive dépend d'une bonne gestion du temps d'une façon	T.S à P<.001	NS	NS
Q11. D'après vous, être toujours en retard est un	T.S à P<.01	NS	NS
Q12. A votre avis, être ancien dans l'équipe, permet-il de gérer mieux le temps plus qu'avant	T.S à P<.001	S à P<.05	NS
Q13. Une meilleure gestion du temps, dépend-t-elle, d'après vous	T.S à P<.001	NS	NS
Q14. A votre avis, les retards et le non respect des temps d'entraînement et de compétition peuvent-ils	T.S à P<.001	NS	NS
Q15. Pensez vous que, si le joueur exagère dans les retards, est un joueur qui	NS	T.S à P<.01	NS
Q16. D'après vous, pour qu'un joueur soit performant, il doit	T.S à P<.001	NS	NS
Q17. Partager vous l'idée que la différence entre le sport professionnel et le sport amateur réside dans la gestion du temps	T.S à P<.01	NS	NS
Q18. En général, pensez vous que la clé du succès du sportif est tributaire (dépend) d'une bonne gestion du temps	T.S à P<.001	NS	S à P<.05

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FOOTBALL AND PILATES: POSTURE CONTROL AND ENHANCING MUSCLE

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Abstract

The study was conducted on a sample of 20 elderly athletes practicing football in order to verify the effectiveness of the method Pilates, unconventional, to improve the competitive performance. The athletes were subject to a screening to verify their posture with the SIAS measurement, carried out with the subject supine, calculating the distance between the anterior superior iliac spine and tibial malleolus. The measurement showed also differences of few millimeters between the two lower limbs despite the natural compensatory mechanism of adaptation of the postural system has determined that the quadriceps muscle hypertrophy limb longer, because of the higher load, and the resulting hypotonia limb shorter. The staff chose to use the unconventional Pilates method to propose just one sample of 10 athletes because it can be practiced both outdoors and inside the gym.

Method

The research was conducted with an observational, detection with manual and computerized method, from October 2013 to May 2014, with the speed test and diversified technical tests. The athletes were divided into group A and group B, and participated in all the training provided by the technical staff. Only the group B, consisting of 10 athletes, was given 30 additional sessions of Pilates workout that helped improve postural control, occurred with the speed test performed with and without the ball on a slalom course of 20 meters, and the strengthening muscle, occurred with the increase in the percentage of accuracy of shots on goal.

Results and Conclusions

The final results verified at the end vintage racing, have denoted a performance improvement with particular reference to the percentage of accuracy of shots on goal, estimated at about 2.5-3%. Athletes of group B, who claimed to have received benefits after participating in extra sessions with the Pilates method, as they have found a uniform muscle toning and improved control of breathing, have denoted the greatest percentage increase, but also some athletes of group A, motivated to perform workouts with greater concentration, showed an improvement in the performance of a few percentage points. The study has demonstrated the effectiveness of using unconventional methods to improve sports performance.

KEYWORDS Postural control. Football. Pilates.

1. INTRODUCTION

The study of sports performance (Fox, Bowers, Foss, 2005), in senior athletes, practicing soccer at a recreational competitive level, showed that one of the significant factors that affects the quality of the performance is related to postural imbalances (Shumway-Cook & Woollacott, 2001). The sample of twenty athletes, participating in a competitive recreational league football at 11, which took place from October 2013 to May 2014, highlighted the diversity of postures assumed by both parties during the normal daily routine both during the development of football activities, training and racing.

Research has shown that posture is one of the important variables that affects sports performance together with other factors such as the characteristics, physical and mental abilities and motor skills of the individual and the team, the training methodology, the regulations of the specific disciplines. The athlete involved is at a professional level and in recreational competitions, performing complex actions planned and developed in the training sessions, which often does not repeat in competitive environments due to the effects of uncontrolled variables. The efficiency of the motor gesture is therefore subject not only to the intensity of the performance, but also to age, physical and mental health of the athlete.

After evaluating the results of initial tests (table 1) and focusing on a varied performance, and the number of accidents of a muscle, the medical staff and technical society required the intervention of the consultant orthopedic identified among the many postural variables, the incidence of limb-length discrepancy. The measurement, performed with the subject lying supine, calculating the distance between the anterior superior iliac spine (SIAS) and the tibial malleolus, has provided results but also differences of few millimeters between the two limbs in spite of the natural mechanism of compensatory adaptation of the postural system that highlighted hypertrophy of the quadriceps muscle of the limb longer, issues for the increased load, and the consequent shorter limb hypotonia. In the overall assessment, it was considered the interaction of the musculature relating to the various parts of the body, the cervical-spine, low back and abdomen, and it was suggested an intervention aimed at relaxation of contracted areas and strengthening the muscles of the lower limb not ignoring the importance of movement in relation to the axes and anatomical planes. It has been speculated to use, with additional training sessions (Bompa, 1999), the Pilates method to help improve both the posture (Bernardo, 2007) that the performances.

2. MATERIAL AND METHODS

Addressee and Objectives

The recipients are twenty senior athletes participating in recreational football competitions over forty (Platonov, 2004). The athletes were eligible to visit medical-type sports racing and practicing football for many years (Vatta, 2006). The aim is to improve the posture (Kloubec, 2010), sports performance and the percentages of balance and accuracy by using unconventional methods of training such as Pilates.

The choice of using the unconventional Pilates method, sprang from your active and outdoor gym. The team was divided into two groups of ten athletes each and just one group (group B) was given thirty additional sessions in the gym, about four sessions per month, in addition to the normal frequency of training sessions conducted by the athletic-programming technique, defined at the beginning of the season. The Pilates method (Korte, 2009) is based on the development and refinement of the principles on health and muscle tone, with the application of Contrology exercises and the use of rehabilitative equipment for replacing activities in motion and aimed to enhance the capacity for muscular endurance and activate the deep muscles to work in opposition (Lee, 2000). The supplementary training have the Pilates exercise (Miessner, 2012) with The Hundred, Roll Up, Roll Over, Leg Circles, Rolling Like a Ball, Single Leg Strech, Double Leg Strech, Open Leg Rocher, Corkscrew, The Saw.

The research was conducted with observational method and manual and computerized survey, from October 2013 to May 2014, with the speed test and diversified technical tests (Marella, Risaliti, 2007). The results of initial recognition have allowed the division of the athletes in the control group, formed by athletes who achieved the best results referred to as "group A", and in the group of route, composed by athletes having lower indexes called "group B".

The two groups during the vintage racing, followed the normal training (Hocking et. al. 2013) methodology prepared by the technical staff consisting of one training session per week, marked by athletic exercises, techniques and tactics, as well as after completion of training and racing official competitions.

During the month of January were detected interim results for the "group B" (table 2). The final results were recorded at the end of the research in the month of May 2014 (tables 3,4 and graphics 1,2).

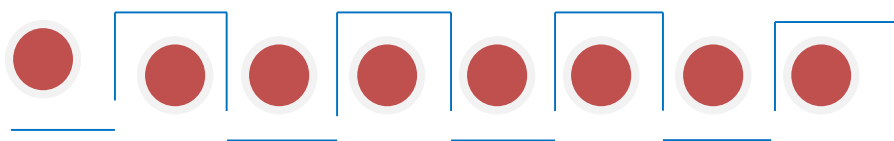
Tests and Contents of additional sittings Pilates

Athletes (Weineck, 2001) were prepared to face the tests with an athletic session (Bosco, Luthanen, 1992) consisting of an initial general activational, with slow running for about 15 minutes interspersed with one-minute active recovery every five minutes of running, exercises and joint mobilization and stretching to a total preparation time for testing for about thirty minutes. They were then administered the first test, detection of execution speed with and without the ball following the path along twenty meters, and timing the travel time, and the second test for detecting precision by performing n. 15 shots from the edge of the penalty area reporting (see tables) the number of shots on goal concluded.

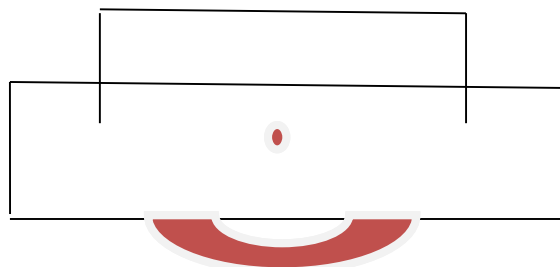
Test 1 – Detecting the speed of execution of the slalom with and without the ball

Start

Stop



Test 2 – Detection of the precision of the number of shots on goal



1-2-3-4-5-6-7-8-9-10-11-12-13-14-15

Additional Pilates training

The Hundred, Roll Up, Roll Over, Leg Circles, Rolling Like a Ball, Single Leg Strech, Double Leg Strech, Open Leg Rocher, Corkscrew, The Saw.

Materials and equipment

Footballs n.5

Stadium

Cones

Small tools Pilates: Mat, Ring Toner, Fitband, Roller, Ball.

Great tools Pilates: Reformer with "foot platform", Barrel.

3. RESULTS

After the initial recognition (table 1) were then made two group. Group A composed of 10 athletes with the best results (athletes 2,3,5,11,12,13,16,17,19,20) and the group b with the other 10 athletes with the results most deficient (athletes 1,4,6,7,8,9,10,14,15,18) . After four months of research (table 2) all athletes of the group b improved performances. The final results (tables 3,4 and graphics 1,2) taken at the end of vintage racing, denoted an improving of the performance, particularly as concerns the percentage of accuracy of shots on target, estimated at about 3 – 3.5 %.

4. CONCLUSIONS

The choice of using the Pilates method has allowed improved performance particularly B group. Athletes of B group have denoted the greatest percentage increase but also some athletes of group A, motivated to perform workouts with greater concentration, showed an improvement in the performance of a few percentage points.

Athletes of B group reported that they had received benefits after participating in extra sessions with Pilates because they have found a uniform muscle toning and a better control of breathing during the exercise. They also found a reduction in postural defects, limiting contractures and muscle atrophy, with the mobilization of the shoulder blades and the cervical, thoracic and lumbar detension. The study has demonstrated the effectiveness of using non-conventional methods to improve sports performance.

5. Tables and Graphics

Table 1: Detection times tests of speed and number accurate shots

Athletes	Fast Slalom (sec)	Slalom with the ball guide (sec)	Total number of precise shoots
1	4	8	8
2	4	7	12
3	5	6.5	14
4	3,5	7	11
5	4	9	13
6	5	6	10
7	6	9.5	9
8	4	6	11
9	5	8	7
10	6.5	8	8
11	3	6	14
12	2,5	7	15
13	4	9	12
14	5	10	9
15	3	8	10
16	4,5	9	15
17	5,5	11	13
18	4	11	8
19	3	8	11
20	4	9	15

Intermediate Recognition

Table 2 : Group B - Detection intermediate times speed tests and number accurate shots

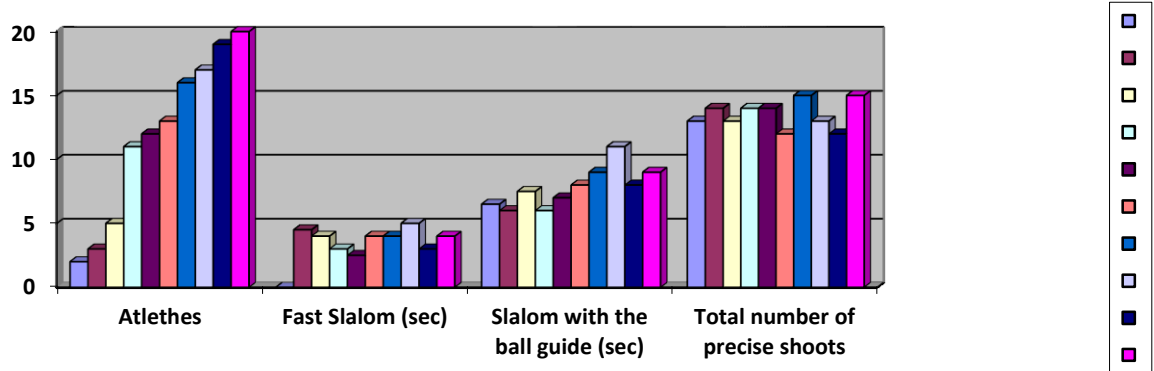
Athletes	Fast Slalom (sec)	Slalom with the ball guide (sec)	Total number of precise shoots
1	3,5	7	9
4	3,5	6	13
6	4,5	5	12
7	5	8	10
8	4	5,5	13
9	4,5	8	11
10	5.5	8	10

14	4	7	13
15	3	6	11
18	4	7	13

Final Recognition

Table 3 : Group A Detection final times speed tests and number accurate shots

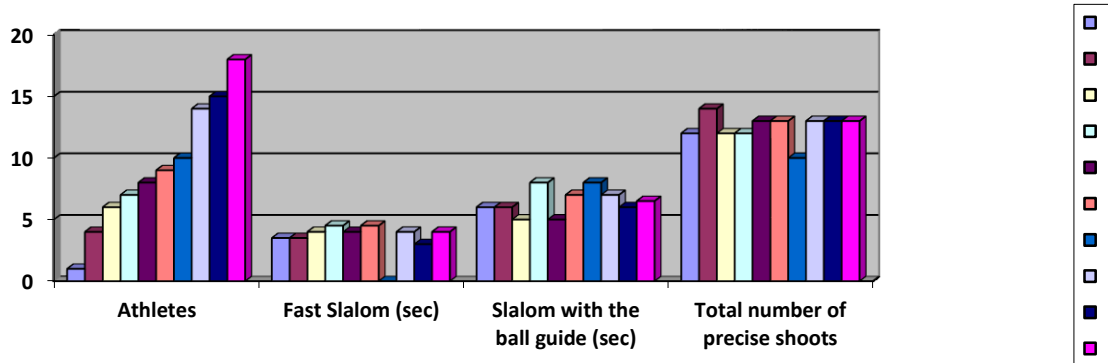
Athletes	Fast Slalom (sec)	Slalom with the ball guide (sec)	Total number of precise shots
2	3,5	6,5	13
3	4,5	6	14
5	4	7,5	13
11	3	6	14
12	2,5	7	14
13	4	8	12
16	4	9	15
17	5	11	13
19	3	8	12
20	4	9	15



Graphic 1 - Group A Detection final times speed tests and the number accurate shots

Table 4 :Group B Detection final times speed tests and number accurate shots

Athletes	Fast Slalom (sec)	Slalom with the ball guide (sec)	Total number of precise shots
1	3,5	6	12
4	3,5	6	14
6	4	5	12
7	4,5	8	12
8	4	5	13
9	4,5	7	13
10	5,5	8	10
14	4	7	13
15	3	6	13
18	4	6,5	13



Graphic

2 - Group B Detection final times speed tests and number accurate shots

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KNOWLEDGE MANAGEMENT AND THE POSSIBILITY OF ITS APPLICATION IN SPORTS FEDERATION IN SYRIA FROM THE VIEWPOINT OF ITS WORKERS

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Abstract

This study aims to identify the extent of the potential application of knowledge management processes in the General Sports Federation in Syria, from the standpoint of its employees, the researcher used the descriptive approach to the way the scanning of their relevance to the nature of the study was conducted. And the research sample included 177 individuals from working in the public sports federation in Syria distributors in the following form: 13 people working in middle management, and 164 members of staff in the executive management. The results of the study and that the term knowledge management are not taken to be used extensively and there is no strategic plan proposed by the General Sports Federation for the application of knowledge management and administration is eager to speed the arrival of the information provided, There are no adequate budget to support knowledge management projects in addition to the lack of appropriate mechanisms for the reception of ideas between employees, and operates the administration to classify data are referenced in a time of need, but the federation withholds activate consultancy between the federation and scientific research centers, and the media contribute in transferring of knowledge.

KEYWORDS: Management. Knowledge. Federation. Syria.

1. INTRODUCTION

The end of the twentieth century witnessed the emergence of a set of concepts and entrances and new systems in the field of public administration, such as total quality management, restructuring and re-engineering and with the beginning of the nineties of the last century, Western governments began to give much attention to the companies and organizations that have a better sense of the level of knowledge they are distinct and superior level in the area of how to get the knowledge and handling, application and use them. In this context, emerged the concept of "knowledge management, which lies in the development of knowledge and skills acquired in the hands of employees at the time and the appropriate form and easy as possible to use them to achieve higher levels of achievement.(14)

Hence, the role of knowledge management in knowledge discovery in the minds and actions of human beings and captured and documented for their participation and their application to achieve the desired goals of the institution.

Hosaein Alsaed (2004) says that Knowledge management and information technology have become one of the most important activities for any organization that wants to continue the work and success in the market. And seek to discover new ways to be more effective than those used by competitors, where it is able to bring about this discovery and to reach excellence and creativity element can achieve a sustainable competitive advantage.(10)

Study the problem and the need to:

We live today many of the changes and developments that affect the various spheres of life, and in light of these changes came the notion that knowledge is a competitive element contributes to the achievement of competitive advantage in all human and material resources of the community. Hence, the basic idea that the thought and renewable knowledge the most important ways to success of organizations of different types and goals came which it must reshape itself in order to keep pace with the organizations modern knowledge-based, which publishes the production of knowledge.

Emad alsabbagh (2002) says that it is unfortunate that most organizations focused attention on the physical resources and leave the concrete knowledge resources that owned without management, which in spite of its importance.(7:7)

Yousef ibrahim alsalloum (1422) says that it is necessary to adopt the concept of knowledge management as the problem age lies in the of information abundance and knowledge of science and it's so difficult to manage and classify this and this term is important to overcome these problems, the solution is a good investment knowledge management.(13:19)

Mofty ibrahim hammad (1999) says that sports a humanitarian activities has been expanding and branching out as a result of increased interest by and through this expansion became necessary to cling to the scientific framework in the organization and the management became the basis for the success, The success of countries in the sport reflects the extent of progress in the use of modern sports administration in all sports activities, so when the management level elevated where the sports will be in a better level, it is a basic scientific pillars upon which all countries in the developed world and its institutions in the promotion of physical education and sports.(11:17)

Given the importance of knowledge management in being the new subject integrated with other topics in the field of intellectual modern management, and where they contribute to the development of knowledge and the creation of accumulation of knowledge in the light of the spread of modern communications and breadth of information network systems, which facilitated the spread of knowledge and exchange, In addition to its contribution to raising the level of performance organizations and achieve the desired goals, this study attempted to explore the possibility of the application of knowledge management processes and to clarify its role in the development of performance management in the public Sports Federation in Syria as the body responsible for monitoring the Syrian sport from the standpoint of its employees.

Objectives of the study:

This study aims to identify the extent of the potential application of knowledge management processes in the General Sports Federation in Syria, from the standpoint of its employees through;

1. The extent to which employees in the General Sports Federation of the concept of knowledge management.
2. The extent to practice working knowledge management processes in the General Sports Federation and of the acquisition of knowledge and development - the organization of knowledge and evaluation - the transfer of knowledge and use it.

2. MATERIAL AND METHODS

The researcher used the descriptive approach to the scanning method appropriate to the nature of the study. And the research sample included 177 individuals from working in the public sports federation in Syria distributors in the following form: 13 people working in middle management, and 164 members of staff in the executive management

Table 1: Study sample categories percentage:

basic study		Total number of sample		Research community	Group and Category
Percent score	frequency	Percent score	frequency		
100%	13	100%	13	13	middle management
64.54%	164	66.26%	220	332	executive management
75.96%	177	67,53%	233	345	total

Data collecting tools:

The researcher constructed questionnaire depending on the scientific references and previous study, and through impervious with experts selected from field and academic professor in sport management field who have experience not less than 10 years.

Study time and place:

The questionnaire applied on the selected study sample (177) as declared in table (1) in the period between 1/9/2014– 1/12/.2014 .in Damascus- Syria.

The researcher used the data to address this study (percentage - the coefficient - Self-honesty - factor alpha Kronbak - standard deviation - a test (v) - a test Ka 2 - arithmetic average)

3. RESULTS AND DISCUSSION

Table 2: frequency and percentage and connotations statistical answers phrases to the members of the group of sub-associations - The extent to which employees in the General Sports Federation of the concept of knowledge management

percentage	means	Chi-square	disagree		rather		agree		statement
			%	frequency	%	frequency	%	frequency	
61.02	1.22	84.31	37.29	66	3.39	6	59.32	105	1
72.03	1.44	110.14	24.86	44	6.21	11	68.93	122	2
79.38	1.59	155.22	18.08	32	5.08	9	76.84	136	3
72.60	1.45	77.12	19.21	34	16.38	29	64.41	114	4
11.30	0.23	201.80	83.62	148	10.17	18	6.21	11	5
62.43	1.25	74.98	34.46	61	6.21	11	59.32	105	6

From Table No. (2) of the frequency and percentage and connotations statistical answers phrases to the members of the group of sub-associations exist statistically significant differences between the answers, that Chi-square values ranged between (201.80-74.98) where a phrase that refers to There is no faith and conviction by the General Sports Federation management that knowledge management add value to the results achieved approval rate 79.38%, then the phrase that refers to Staff believes that the success of knowledge management depends on the existence of a private organizational culture achieved approval rate (72.6%) then the phrase that refers to There is no clear strategic plan by the General Sports Federation for the application of knowledge management achieved approval rate (72.03%) then the phrase that refers to Management Atmutir to speed the arrival of information and provided achieved approval rate (62.43%) then the phrase that refers to Does not use the term knowledge management extensively achieved approval rate (61.02)

The researcher believes that the members of the study population think that the term of knowledge management is trading but not intensively and this result highlights the shortcomings of the side built a culture of knowledge on the basis of knowledge management, and this result may have agreed with the findings of the study of (Carlos & Kivera, 2006) Which pointed to the necessity of the availability of administrative foundations and a strong knowledge within organizations , and the organizations are still confined to the integration of knowledge management fully in effectiveness.(5)

The researcher also believes that the administration does not seek to manage the delivery of knowledge and information to all employees and this indicates a lack of full utilization of databases, and this result may have agreed with the study of (Haytham ali hejazi ,2005) and which indicated that the databases and information technology are not at full capacity utilization and the reason for this is due to the lack of a strategy for the transfer of knowledge. (8)

The results also confirmed that the members of the study population believe that there is no clear strategy plan of Knowledge Management, and this result may have agreed with the study of (Bayyavarapu ,2005) Which emphasized the need to find a strategy for knowledge management as they affect the performance of companies effectively.(3)

Table 3: frequency and percentage and connotations statistical answers phrases to the members of the group of sub-associations - The extent to which workers in the Sports Federation for knowledge management processes. First, acquire knowledge and develop:

percentage	means	Chi-square	disagree		rather		agree		statement
			%	frequency	%	frequency	%	frequency	
52.54	1.05	14.14	42.37	75	20.34	36	37.29	66	1
32.20	0.64	58.07	59.89	106	15.82	28	24.29	43	2
30.51	0.61	61.73	61.02	108	16.95	30	22.03	39	3
59.04	1.18	57.90	36.72	65	8.47	15	54.08	97	4
22.88	0.46	98.03	68.36	121	17.51	31	14.12	25	5
19.77	0.40	131.03	74.01	131	12.43	22	13.56	24	6

From Table No. (3) of the frequency and percentage and connotations statistical answers phrases to the members of the group of sub-associations exist statistically significant differences between the answers , that Chi-square values ranged between (131.83-14.14) where a phrase that refers to Supportive work policies are available for scientific research achieved approval rate 59.04 % , then the phrase that refers to The Union management support good and creative ideas achieved approval rate 52.54 % , then the phrase that refers to Employees are encouraged to develop their own knowledge and constantly updated achieved approval rate 32.2 % , then the phrase that refers to there is a promotion of scientific dialogue between workers in different administrative levels to view the exchange of ideas and proposals achieved approval rate 30.51 % , then the phrase that refers to Sufficient budget available to support knowledge management projects achieved approval rate 22.88 % , then the phrase that refers to Mechanisms available for the reception of ideas among workers achieved approval rate 19.77 %.

The results show that the research sample members agreed that it does not encourage dialogue between the scientific staff at different administrative levels and therefore not to be found on their ideas and exchange views with each other, and (Afaf Dahmash , 2004) sayed In this regard that The knowledge transmitted through language, cause language is a way to describe the experience which we cannot deliver what we know, and the spread and breadth of organizational knowledge means that we must develop the language we use to describe our experience that we performed.(1:7)

The results also show that there is no encouragement from the administration to develop knowledge among workers, and (Afaf Dahmash , 2004) sayed In this regard that The responsibility of the evolution of knowledge does not fall on one individual, and knowledge is a social process and means that no one can take responsibility for knowing the aggregate (collective).(1:7)

The results also indicate the presence of supportive policies for scientific research, which is one of the important sources of knowledge, and (Badaracco, josepl, 1991) referred to That research and studies are an important source for the production of knowledge example of this marketing research and product development, as it contributes to the creation of new knowledge will be instrumental in the development of the activities of organizations.(2:189)

Table 4: frequency and percentage and connotations statistical answers phrases to the members of the group of sub-associations - The extent to which workers in the Sports Federation for knowledge management processes. Second, knowledge organization and evaluation:

percentage	means	Chi-square	disagree		rather		agree		statement
			%	frequency	%	frequency	%	frequency	
59.02	1.18	57.90	36.72	65	8.47	15	54.8	97	1
64.69	1.29	67.76	30.51	54	9.6	17	59.89	106	2
29.51	0.71	71.63	61.02	108	15.81	29	21.07	40	3

41.24	0.82	29.53	50.28	89	16.96	30	32.77	58	4
25.71	0.51	88.71	66.67	118	15.25	27	18.08	32	5
11.30	0.23	201.80	83.62	148	10.17	18	6.21	11	6
32.62	0.67	65.22	60.45	107	11.86	21	26.68	49	7

From Table No. (4) of the frequency and percentage and connotations statistical answers phrases to the members of the group of sub-associations exist statistically significant differences between the answers , that Chi-square values ranged between (201.80-29.53) where a phrase that refers to Effective system of information technology contributes to save and organize data and information available achieved approval rate 64.69 %, then the phrase that refers to Organize and codify the available data and then stored until it is collected and tabulated achieved approval rate 59.04 %, then the phrase that refers to There is a system that works on the maintenance of knowledge assets on an ongoing basis achieved approval rate 41.24 %, then the phrase that refers to There are encouraged by management to convert tacit knowledge among workers to know undeclared achieved approval rate 32.62 %, then the phrase that refers to The knowledge assets evaluation permanently League achieved approval rate 29.51 %, then the phrase that refers to The performance evaluation of the level of workers according to the system of sharing knowledge achieved approval rate 25.71 %, then the phrase that refers to Organize the contents of knowledge on the basis of an overlap of different disciplines and the unity of knowledge achieved approval rate 11.30 %.

The researcher suggests that members of the study population are finding that the organization and classification of data available information and then store, and there are clear instructions for retrieving stored have the knowledge, and to provide an effective system of information technology, are the most important practices that lead to the activation of the process of organizing knowledge and evaluated, and (Hey,2000 stressed to assume that the most important knowledge is available in databases, we build stores data seeks to put all the information available in the organization are available, but this is one part of the knowledge of the organization, But this is one part of the knowledge of the organization, which is limited to information about the products, people, events, and so on of things are part of the current environment, Vmkhazn data have only less than a little information about the future.(9:3)

The results show that the administration must be concerned with the help of individuals working on the conversion of tacit knowledge to sweaty declared until it is utilized by everyone and this has a positive impact on the organization in all respects, and (Wig .1993) said that any organization that wants to manage the knowledge stored in the minds of their employees have to to convert tacit knowledge to seek knowledge and declared that in several ways, including the motivation of individuals to demonstrate the knowledge that they own and then you post among its members to develop and make use of them.(12:206)

The results also indicate that the presence of an effective system contributes to the preservation and retrieval of information has a significant role in the access to information when you need it fast, and (Davenport & Prusak ,1998) said That knowledge management requires investment in a number of activities such as:

- Design files and transfer them to the computer system.
- Edit files and upload them to the rules of Information.
- The development of knowledge ratings.
- The development of infrastructure for information processing that contribute to the development of knowledge.
- Education and training of staff on the exchange and use of information.(6:112)

Table 5: frequency and percentage and connotations statistical answers phrases to the members of the group of sub-associations - The extent to which workers in the Sports Federation for knowledge management processes. Third, Knowledge transfer and its use:

percentage	means	Chi-square	disagree		rather		agree		statement
			%	frequency	%	frequency	%	frequency	
11.30	0.23	205.80	83.62	148	10.17	18	6.21	11	1
61.02	1.22	84.31	37.29	66	3.39	6	59.32	105	2
72.03	1.44	110.14	24.86	44	68.93	122	6.21	11	3
54.24	1.08	90.41	54.24	96	0	0	45.67	81	4
30.51	0.61	61.73	61.02	108	16.95	30	22.03	39	5
22.88	0.46	98.03	68.36	121	17.51	31	14.12	25	6

From Table No. (5) of the frequency and percentage and connotations statistical answers phrases to the members of the group of sub-associations exist statistically significant differences between the answers , that Chi-square values ranged between (205.80-61.73) where a phrase that refers to Is to facilitate the arrival of workers in the Union to all knowledge bases achieved approval rate 72.03 %, then the phrase that refers to The media contribute to the transfer of knowledge achieved approval rate 61.02 %, then the phrase that refers to configured a team work from the owners of the scientific and practical expertise Scientific Consulting achieved approval rate 54.24 %, then the phrase that refers to conducted workshops and seminars especially knowledge management and assets achieved approval rate 30.51 %, then the phrase that refers to they invited external experts specialized in the field of

knowledge to conduct seminars and training courses achieved approval rate 22.88 %, then the phrase that refers to The activated the consulting between the Union and scientific research centers achieved approval rate 11.30 %.

And consistent sample members that the media has a significant role in the transfer of knowledge and it has to be interesting from the Union to increase communication with the advisory centers to deepen the knowledge and information, including the maximum benefit , and (Bhatt,2001) said That the most important publishing requirements and participation of knowledge lies in facilitating the consultation process between the organization and research centers, in addition to activating the role of the media and employ them in the transfer of knowledge and the provision of systems and technologies that allow employees to share in the organization possesses the knowledge.(4:68)

4. RECOMMENDATIONS

- 1 - Conclusion of seminars, conferences and other organizations engage in it..
- 2 - Manage informal meetings to achieve the tension that prevails in official relations between individuals in the Department of Education.
- 3 - Composition of volunteer work team take care of all consulting related to knowledge management and activation of its operations and contribute to the education fee management strategy and Education.
- 4 - Take care of the creative and the acceptance of their ideas and encourage them.
- 5 - Translation of tacit knowledge that are described by linking compensation systems and reward.
- 6 - Promote appropriate ways to acquire knowledge purchased or rented and provide financial support for it.
- 7 - Knowledge development of individuals under the technical developments.
- 8 - The development of databases of best practices in business performance.
- 9 - Create a data bank of knowledge that includes the most knowledge management strategies and methods of working out .
- 10 - That specialized administration seeks to constantly make sure it is being developed for knowledge and updated.
- 11 - Find sections for the transfer of knowledge and coordinate efforts to acquire knowledge.

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RELATIONSHIP BETWEEN LOWER LIMBS LENGTH AND VERTICAL JUMP IN YOUNG VOLLEYBALL PLAYERS

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Abstract

Objectives: To determine the relationships between anthropometric characteristics and vertical jump performance (VJP) in adolescent volleyball players.

Method: fifty two adolescent volleyball players (aged 14 to 17years) were studied. The following anthropometric measurements were determined: age, body weight, body height, and lower limbs length (LLL). Besides, two types of vertical jump (VJ) tests were performed: squat jump (SJ) and countermovement jump without arm swing (CMJ). Backwards stepwise analysis was determined in order to choose the potential predictors.

Results: Our results revealed a relationship between VJP and LLL. Our findings showed that prediction model was found to have an R square of 0.39 for SJ and of 0.42 for CMJ ($P < 0.001$). **Conclusion:** This study provides evidence that LLL is strong predictor of VJP in young athletes and could be used by coaches and sports scientists as a mean of selection of young people especially in volleyball sports.

KEYWORDS: VJP. Anthropometric characteristics. Squat jump. Countermovement jump.

1. INTRODUCTION

The capacity to jump is a fundamental ability required in many sports [Scott, Briscoe, Craig, Markowski, Samuel, Saville, 2003]. Coaches and athletic trainers use the VJ test to determine an athlete's physical ability and to measure the outcome of a training program [Young, Wilson & Byrne, 1999; Cook, Malliaras, De Luca, Ptaszniak, & Morris, 1999; Cook, Malliaras, De Luca, Ptaszniak, & Morris, 2005]. The capacity of jumping was measured for the first time by Sargent in 1921 [Sargent, 1921]. VJ is considered one of the standardized protocol tests which is can used to evaluate the anaerobic power [Van Praagh, 2007].

Researchers have examined several factors that are thought to contribute to VJP (Aouadi, Jlid, Khalifa, Hermassi, Chelly, van den Tillaar, & Gabbet, 2012). These include jump technique, muscular force-velocity-power production, and anthropometric characteristics (Harman, Rosenstein, Frykman, Rosenstein, 1990; Al-Fadhli, Makki Ali, Fuad Saleeh, 2015).

Other investigations have examined the relationship between strength-velocity-power productions with VJP. Dowling and Vamos (1993) suggested that peak lower extremity power was an excellent predictor for VJ displacement. Yamauchi and Ishii (2007) studied the relationship between force, velocity and power output with the VJ displacement. The results demonstrate that maximum isometric force, maximum velocity, and maximum power output were positively correlated with VJ ($r = 0.48, 0.68, \text{ and } 0.76$, respectively; $p < 0.001$).

Researches have also examined the relationship between some anthropometric measures and VJP [McLeod, Hunter & Etchison, 1983; Malina, Bouchard & Bar-Or, 2004]. McLeod et al., (1983) have examined the relationship between the percent body fat and VJP in high school. They demonstrated that VJP increased with the increase of body weight and the percent body fat until 10%. But they also showed that the excess of the fat mass doesn't have always a negative effect on VJP. In another research, Malina et al. (2004) have examined among young football players aged of 13 to 15 years the contribution of height and body weight on VJP. They concluded that only height contributes significantly to this ability.

Increasing VJ height is a critical component for performance enhancement in many sports particularly in the volleyball. Gabbett & Georgieff (2007) suggest giving an importance to the quality of jump in the practice of volleyball high-level. The knowledge of the factors that contributes to this ability is an important objective to optimize the performance of athletes in volleyball. It appears that few studies have examined the relation between anthropometric profile and VJ in volleyball players [Aouadi et al., 2012; Duncan, Woodfield, al-Nakeeb, 2006] especially in adolescent period, and many questions remain unanswered [Scott et al., 2003; Harman et al., 1990]. Therefore, the purpose of the current study was to examine the relationship between VJP and some anthropometric measurements, particularly the lower limbs length (LLL), in adolescent volleyball players, using a multiple regression analysis.

2. MATERIAL AND METHODS

Subjects Fifty two elite adolescent volleyball players participated in this study. The age of the participants varied between 15 and 16 years (mean age: 15.45 ± 0.51 years; mean weight: 70.4 ± 11.0 kg). Subjects were recruited among highly trained, competitive volleyball players. They trained 12–15 hours a week.

Anthropometric measurements In addition to age, the following measures were obtained: weight; height; sitting height and LLL. Trained anthropometrist measured height, weight, skinfolds, and sit using standard protocols in all subjects. All measurements were conducted on the same day; the same examiner measured all subjects for each specific test procedure. Weight was measured using an electronic digital scale (Seca, Hamburg, Germany). Standing and sitting heights were measured using a wall stadiometer and sitting height table (GPM – Swiss Made). Segmental limb lengths were measured using a Harpenden anthropometer (British Indicators Ltd); coefficient of variability was $0.1 \pm 0.1\%$ [Norton, 1996]. Skinfold thickness was measured to the nearest 0.1 mm, at four sites (abdomen, thigh, triceps, and suprailiac) [American College of Sports Medicine, 1995], using a Harpenden calipers. The mean of three measurements represented the value for each site. All measurements were taken on the right side using anatomical sites according to the Jackson and Pollock [Jackson & Pollock, 1978; Jackson & Pollock, 1980]. Percentage body fat (%BF) was calculated using the Slaughter skinfold equation (Slaughter, Lohman, Boileau, Horswill, Stillman, Vanloan & Bembem, 1988).

Physical performance testing : All physical testing was conducted by the same investigator. Immediately After adequate warming up, VJ was determined for each subject using an Optojump system (Microgate SRL, Italy). After take-off, the loss of contact with the mat would activate the system, which would then record the flight time, converting it into the height in centimetres. The system was automatically activated as the test subject went through the space delimited by 2 photocells placed opposite each other and separated by a space of approximately 1.2 m. The passage of the subject through the first pair activated the system.

For each typical VJ (SJ and CMJ), three jump trials were performed by each subject; the best jump from three attempts was recorded and was used for analysis. There was a 15-second interval between attempts and a 3-minute interval between the different tests. The three typical VJ height tests are the following:

- Squat jump (SJ) with no arm swing. The subjects were instructed to keep their hands on their hips during SJ. Starting from the half-squat static position (knees at approximately 90°), subjects were told to jump as high as possible in every one of the 3 attempts required.
- Countermovement jump (CMJ) with no arm swing: the subject in standing position executes a VJ after a fast bending of the knees to 90° . The subject must keep the hands to the hips during the whole movement.

Statistical analysis: Data were analyzed using SPSS software program, version 14.0. Analysis was conducted using the following descriptive statistic values for each variable: mean, standard deviations, minimum and maximum.

A step-wise multiple regression analysis was performed with VJ as the response variable. Several potential predictors were chosen to develop the equation: height, weight, %fat mass, and LLL. The backwards stepwise analysis was performed to determine a relationship between VJ and anthropometric characteristics.

3. RESULTS

Descriptive statistics including means and standard deviations, minimum and maximum for age; height; sitting height; weight; LLL; and %fat mass are shown in table 1. Moreover, in table 2 descriptive statistics including means, standard deviations, minimum and maximum for SJ and CMJ measurements are shown.

Regarding jumping, the results revealed an increment of jump height from SJ to CMJ. The augmentation in jump height from SJ to CMJ was determined as the mean SJ height subtracted from that of the CMJ ($\Delta\text{jump-height}_{\text{CMJ-SJ}}$). Mean jump height was significantly ($p < 0.01$) greater in CMJ compared with SJ, yielding an augmentation in jump height from SJ to CMJ ($\Delta\text{jump-height}_{\text{CMJ-SJ}}$) of 1.8 cm (table 2).

Table 1: Means, standard deviation, maximum and minimum of anthropometric data (n = 52).

Measure	Mean \pm SD	Minimum	Maximum
Age (years)	15.45 \pm 0.51	15.00	16.00
Height (cm)	181.75 \pm 6.36	166.50	192.70
Sitting height (m)	91.84 \pm 4.36	84.50	107.00
Body weight (kg)	70.36 \pm 11.01	51.50	97.00
lower limbs length (cm)	109.88 \pm 5.6	95.50	121.00
% fat mass	16.3 \pm 7.3	6.20	35.10

Values are mean (SD)
LLL: lower limbs length

Table 2: Means, standard deviation, maximum and minimum of VJP and comparison between SJ and CMJ (n = 52).

Measure	Mean (SD)	Minimum	Maximum
SJ (cm)	31.68 \pm 5.96	21.80	46.80
CMJ (cm)	33.47 \pm 6.11 ^a	24.40	46.00

Values are mean \pm SD ; ^{ab} : significant difference between SJ and CMJ (^a : $p < 0.01$; ^b : $p < 0.001$) ; \pm

SJ: Squat jump; CMJ: Countermovement jump; VJP: Vertical jump Performance.

The analysis of the results demonstrated the existence of a significant relationship ($p < 0.001$) between anthropometric parameters and the two types of VJ. Indeed, the R square was of 0.51 for SJ, and 0.50 for CMJ. The main anthropometric characteristic contributing in the determination of the established model was the LLL with a positive relationship.

In determining the relationship between anthropometric characteristics and VJ, by backward stepwise analysis, the results of the multiple regression analysis (table 3) showed a significant ($p < 0.001$) relationship between some LLL characteristics and the SJ and CMJ (figure 1a ; figure 1b). The R square was of 0.51 for SJ, 0.50 for CMJ (table 4).

Table 3: Summary of multiple regression models for predicting vertical jump performance in volleyball players (n = 52).

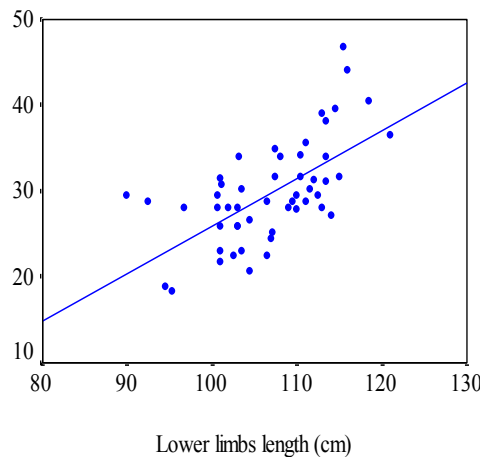
Dependant variable	Independent variable	Constant	B	Beta (β)	P
SJ	Lower limbs length	-13.00	0.32	0.30	0.04
CMJ	Lower limbs lengths	-6.28	0.16	0.31	0.04

SJ: Squat jump; CMJ: Countermovement jump. Beta (β): Standardized coefficients.

Table 4: The values of R multiple, R square and adjusted R for the multiple regression models of VJP (n = 52).

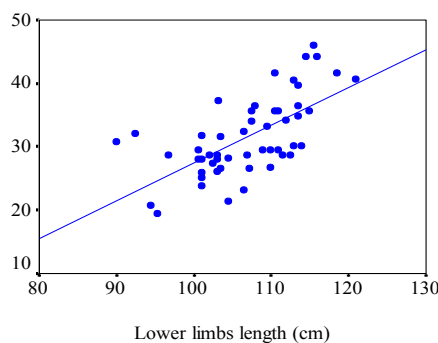
	R	R square (R^2)	adjusted R^2	P
SJ	0.72	0.51	0.47	0.0001
CMJ	0.71	0.50	0.46	0.0001

SJ: Squat jump; CMJ: Countermovement jump.



a

Figure 1a: significant relationship ($R = 0.72$; $p < 0.001$) between lower limbs length (LLL) and Squat Jump (SJ) performance in the volleyball players.



b

Figure 1b: significant relationship ($R = 0.72$; $p < 0.001$) between lower limbs length (LLL) and Countermovement Jump (CMJ) performance in the volleyball players.

4. DISCUSSION

Our study showed that there was a significant difference in the jump heights between SJ and CMJ ($p < 0.001$). In the literature, it is well established that subjects are able to jump higher in a CMJ than in a SJ. To explain why CMJ height is greater than SJ height, Bobbert, Gerritsen, Litjens, Van Soest (1996) showed in volleyball players that storage and reutilization of elastic energy could be ruled out as explanation for the enhancement of performance in CMJ over that in SJ. The greater jump height in CMJ was attributed to the fact that the countermovement allowed the subjects to attain greater joint moments at the start of push-off. As a consequence, joint moments were greater over the first part of the range of joint extension in CMJ, so that more work could be produced than in SJ (Bobbert et al., 1996). Our work offers, at least in part, a robust quantitative evidence to this conclusion.

Backward stepwise analysis has identified the measures of the body proportions that LLL contribute significantly to the VJP. Our data showed that anthropometric parameter could be significantly related to VJP (SJ and CMJ) for the adolescent volleyball players. The main anthropometric characteristic contributing in the determination of the established model was the LLL with a positive relationship. The contributions of these parameters are important and were of 50% for CMJ and 51% for SJ ($p < 0.05$). These results are in accord with our anterior research realized in elite male volleyball players in which we demonstrated that the players with longer lower limbs have better VJP and higher anaerobic power. In fact, LLL is of major importance for the jumping performance in volleyball and that this has to be tested in training. This correlation explains that the VJP was higher in the players who have a greater lower limbs length. This effect could be due to the position of the center of mass of body which is related to the length of the lower limbs (Aouadi et al., 2012). The site of center of mass would be higher in the body when the lower members are longer [Le Gall, Beillot, Rochcongar, 2002] and therefore the jump height maybe more important.

It is interesting to note that height, sitting height, body weight, and %fat mass were not significantly correlated to the VJP. In the same way, Scott et al., (2003) showed that height and body weight were not significantly correlated to VJP. Investigating in this sense, Malina et al., (2004) studied the relationship between the anthropometric characteristics and VJP. They well demonstrated the contribution of the anthropometric characteristics on the VJP. But they didn't examine the part of the measurements of body proportions on this ability. In our research, we demonstrated that the measurements of the anthropometric proportions as the LLL have a significant effect in the contribution to the VJP.

Furthermore, our findings are comparable to those of Pelin et al. (2009) indicating that volleyball and basketball players were characterized by their longer LLL. Nevertheless, these results were in disagreement to those obtained by Scoot et al. (Sheppard, Dingley, Janssen, Spratford, Chapman, Newton, 2011) where they demonstrated that stature and body mass were not significantly correlated with VJP.

According to the data obtained by Rob et al (James, Carlos, Navas & Herrel, 2007), these results showed that differences in jumping high among individuals maybe related to morphological variables such as greater relative leg length, which would lead to greater available muscular power output and longer distance over which to accelerate during take-off, respectively. Our results are in opposition to those obtained by Davis et al. (Davis, Bosley, Gronell, Keeney, Rossetti & Mancinelli, 2006), examining the contribution of segmental skeletal length to VJP via the measurements of skeletal length of the trunk, femur, tibia and foot. Using regression analysis they observed that foot length was the only significant skeletal length predictor of VJP in men.

According to our previous study, the present study also showed that the lower extremity plays a main role in increasing VJP. Subjects with tall LLL tend to be superior jumpers than shorter subjects. This work is in accord with that of Sheppard et al. (Norton, 1996) who found that tall players have a distinctive advantage in that they can more rapidly defend space above the net due to their larger reach height in comparison to shorter athletes. The LLL was found to be highly correlated with CMJ with arm swing (CMJ_{arm}) performance and anaerobic power in elite volleyball players (Aouadi et al., 2012). In the same previous study realized in elite volleyball players Aouadi et al., (2012), comparing the VJP in tallest and shorter players, they demonstrated that players with longer LLL had the better CMJ_{arm} . But, comparisons of CMJ_{arm} performances between tallest and shorter players revealed that tallest players had a greater but no significant VJ ($p > 0.05$). The no significant difference could probably due to the fact that there were no differences in LLL between the two groups. Thus, tallest players do not have necessarily the longest lower limbs.

In conclusion, the relationship between LLL and VJP was well established in young volleyball players of 15 to 16 years. These results demonstrate the important role of the anthropometric characteristic in the contribution of VJP. The coaches could use the measurement of anthropometric characteristics, such as stature and LLL for talent identification in volleyball. Equally, these results appear to be relevant for volleyball player. Further research is required to validate these findings in other specific athletes requiring vertical jumping. The present study also suggests that the knowledge of the anthropometric profile could be a useful criterion in the selection and the orientation of the young for the practice of high level volleyball. But, it is important in the further researches to know the relationship between the anthropometric characteristics and the VJP in the different stages of adolescence period.

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RELATIONSHIP OF HEALTH AWARENESS TO PERFORMING SOME OF THE PHYSICAL ACTIVITIES FOR THE CHILDREN OF ORPHANAGES IN BAGHDAD

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Abstract

The importance of the research lies in the possibility to insight the interested in childhood and those in charge of the implementation of health programs to the importance of physical activity, which is associated with health awareness among children in orphanages institutions. It is an objective treatment in a large part of health care as well as it opens more future prospects in the field of health for these children and the extent of the improvement in their health responses to the different programs that offered to them. The research problem lies in finding the relationship between physical activity and health awareness for children of orphanages in order to keep their public health and determine the effect of physical activity on them. The researcher used the descriptive relational approach manner, and selected sample of children of orphanages aged between (16.8 years) for the application of search objectives. The researcher addressed the results reached statistically and organized them in illustrative tables and are discussed in a scientific manner supported by sources. The researcher concluded that there is a positive relationship between physical activity and health awareness.

KEYWORDS: Health awareness. Physical activity. Orphan care. Balance. Flexibility. Jumping from stability.

1. INTRODUCTION

Health development is one of the areas of the comprehensive development of the countries of the world to its importance which constitutes a goal, purpose and a means of development in all countries. Health awareness is considered one of the important themes in health development which enjoys all the attention. The children in orphanages are the biggest groups interested in the various countries of the world, and the care to their health is one of the essential matters that countries seek to achieve by all means possible ways.

The interest in the issue of orphan child increased in recent years, considering it a national and cultural issue, related mainly to the future of society and construction and development plan. In spite of this growing interest, there is a high percentage of these children live in difficult conditions and suffer from deprivation and many of the conditions within the community.

All the studies on the health aspects associated with the children confirmed the need to take care of the orphaned children, by providing guidance and health awareness for these children that affect their health.

For these reasons, the researcher to study the relationship between health awareness and physical activity

By reviewing the previous studies, I have noticed that there are many studies on child health problems in pre-school and during basic education for children in general, but did not discussed health problems of children in orphanages.

The researcher also noted the lack of studies on health program and physical activity in orphanages, here the idea of this study crystallized, which represented in two important branches, are; the physical health awareness within the orphanages, especially those children spend most of their time inside the orphanages.

This research derives its importance of the possibility to insight the interested in childhood and those in charge of the implementation of health programs as well as the importance of physical activity, which is associated with health awareness among children in orphanages institutions, namely: objective treatment in a large part of health care as well as opening other future ways in the health of these children and the extent of improvement in health responses towards the different programs that offered to them. The research problem focused on the loss of family for boys and living in orphanages that result in many physical and psychological health phenomena on the child and caused him weakness as a result of the deprivation suffered as a result of the loss of family. For the seriousness of this problem, which may lead to decrease fitness and health awareness among these children, leading to a negative impact on these boys, the researcher decided to examine the relationship between physical activity and health awareness in order to increase their activity and awareness of health. She sets a goal, is: identifying the relationship of health awareness by performing some physical activities for the children of orphanages in Baghdad.

2. MATERIAL AND METHODS

The researcher used the descriptive relational approach for its appropriate to solve the problem of search.

Research Sample: The study was conducted on a sample chosen intentionally from Dar Al Wazeriya orphanages, about 25 male students aged (16-18 years). 5 students were excluded for their involvement in exploratory tests of physical activity, as well as tests for paper and pen (a measure of health awareness).

Field research procedures

Identifying Tests: Through referential test, the researcher adopted the following tests in the measurement of search variables

Balance Test (Lily Al Sayed Farahat: 2007, 310-311)

Flexibility Test (Kazem Jaber Amir: 1997, 350)

Throw the medical ball weighing 3 kg of a sitting on the Chair (Osman Mohammad: 1990, 136)

The vertical jump of stability: (Mohammad Hassan Allawi: 1994, 84)

Main Test: The researcher conducted the main test of physical activity tests on the search sample on Sunday, 13/10/2013 and ended on Thursday, 17/10/2013.

As for the scale of health awareness, it was conducted on Sunday, 20/10/2013 on the same sample.

3. RESULTS AND DISCUSSION

Present and analyze the results of the mathematical averages and deviations of the sample of research.

Table 1: shows the mathematical averages and deviations of the sample of research

No	Tests	Unit of Measurement	Mathematical Averages	Deviations
1	Health Awareness	Degree	3.15	0.31
2	Flexibility	Cm	37.94	0.99
3	Balance	Second	2.46	0.35
4	vertical jump of stability	Cm	17.514	0.68
5	Throw the medical ball	Meter	1.39	0.23

Table (1) shows that the mathematical average of deciding health awareness is (3.15) and deviation (0.31), while the mathematical average of flexibility test is (37.94) and deviation (0.99), the mathematical average of balance test is (2.46) and deviation (0.35). The mathematical average of vertical jump to the top is (7.514) and deviation (0.68), the mathematical average of throw the medical ball weighing 3 kg is (1.39) and deviation (0.23). The mathematical average showed a clear reduction in health awareness and physical activity, and that the students have not exercised daily physical activity on a regular basis, which affecting their health awareness and this is consistent with what indicated by (Nahed Shawqi 2006.45).

Present, analyze and discuss the results of Pearson Labs among search variables

Table 2: shows the correlation between health awareness and physical activity

No	Search variables	Coefficient of reliability	Indication level
1	Health awareness - flexibility	0.100	0.674
2	Health awareness – balance	0.105	0.661
3	Health awareness - vertical jump of stability	0.425	0.062
4	Health awareness – throw the medical ball	0.069	0.773

Table (2) shows that there is a positive correlation between health awareness and physical activity represented in flexibility, balance, vertical jump of Stability and throw Medical ball tests that comes through the exercise of physical activity as a whole, i.e., without exercising daily physical activity, we cannot do these tests because it depends on flexibility, strength and balance. Physical activity affects the health awareness, as those children participate in daily physical activities, their health awareness increased and attention to nutrition, exterior styling and personal hygiene increased. Qandil supported this regard (Qandil 1990.170) stated that health awareness is a translation of knowledge, information correct and expertise that can be accomplished in any positive behavior had responses and effects on health and the ability to apply them.

The researcher believes that the lack of interest of educational institutions in the field of physical and health awareness at an early age, either at the household level or schools or orphanages and the content of the curriculum of key aspects in the development of physical activity and health awareness. The results also indicate the absence of an independent educational curricula for teaching physical and health activities in schools and orphanages.

4. CONCLUSIONS

1. The level of health awareness among students in orphanages was low and this is what indicated by the arithmetic of the degrees.
2. There is a positive correlation between health awareness for the children of orphanages and physical activity variables and this is what indicated by parameters, i.e., as the physical activity increased, health awareness for these children increased.

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THE BODY'S MAGNETISM AND ITS IMPACT ON THE SPORTING ACHIEVEMENT TO THE 100M RUNNING'S YOUNG COMPETITORS

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Abstract

We will examine what is the magnetic body and its applications and its impact on body weight and achievement, and here comes the importance of research in magnetic body in the sports side to see the impact. The question Does the magnetic in the human body impact in improving sporting achievement in the effectiveness of the (100 meters) or to change the body weight search to identify the magnetic effect on body weight and achievement researchers used experimental method style per experimental group for suitability and the research problem and included a sample search and the number (4) players were selected deliberate, was taking measurements and tests before and after the sample after the application of magnetization approach for (4) weeks after the results were displayed in the form of tables numbered (1) tables and been presented and analyzed each table from these tables as show and using the t-test at a temperature of freedom (3) and the probability of error (0.05) show a marked improvement in achievement and body weight and in favor of the test (after test) and for both testes. and discuss the results of the test achievement and body weight. It is through that was reached to achieve the objectives Find and check homework. Researchers that the magnetic body of the fundamental influences on achievement and weight

KEYWORDS: Magnetic body. Body weight. achievement

1. INTRODUCTION

The track and field's sport of the sports which require an integrated physical work and a high training's efforts to get into the high and satisfactory achievements, that does not comes haphazardly or of nowhere but comes of years of the correct planning and training which based on a scientific and effective foundations, the 100 meter of the high effort's activities of its requirements, a racing against the seconds to get the achievement and to get the achievement there should be an integrated physical and psychological features but there are other possible conditions those affects on the achievement of either positive or negative, of these conditions and phenomena, that's what we will study, the body's magnetism, its applications and its impact on body's weight and achievement, from here comes the importance of this research in using the magnetism in the sports side to see its impact.

The research's problem is focused on the following question: is the changing of the body's magnetism has an impact in improving the achievement or changes the athletic weight in the (100 meters) activity; the study aims to identify the amount which changing by the magnetism in the body's weight and achievement as a result of exposure to the 100 meter activity, the study assumed that there is a significant difference between the pre and post tests for the research group in body's weight and achievement.

2. MATERIAL AND METHODS

The research's curriculum: The experimental method was used designing by one group with two tests before and after to be suitable to the problem's nature.

The research's sample: Selected the research's sample deliberately of the track and field (100 meter) running activity's (young players) from the Diwaniya province, they are (4) players whose represent Ettifaq, Dagharh and Diwaniya clubs made on them a homogenization process with the installation of the sample's data for the achievement and body's weight.

The research's Field Procedures:

Magnetic resonance (MR) and dynamic magnetization:

The two researchers used the MR device to generate the magnetism on all of body's parts in the belief that the strong magnet could effect on body's biological magnetism "and that the MR is a complex technology known as MR as a shortcut to Magnetic Resonance, which in fact depends on the physical phenomenon which known as magnetic resonance, the length of MR device magnetic resonance is 3 meters and a width of 2 meters and a height of 2 meters also contains a horizontal tube extends through the magnet, the patient lies down on his back on the special bed which passes slowly through the tube inside the magnet. There is no need to insert the entire body the magnetic cavity, but it depends on the required exposure type, MR devices are different according to the body's size and form, to know how the MR device is working we must know the magnetic field which used in the device which has a word "magnetic" in its mane, the source of the magnetic field is the main component of the device, and constitutes the largest part of the composition, the strength of the magnetic field which used in the device up to more than 2 Tesla, and Tesla "it's a

measurement's unit of a magnetic field's strength which is equal to 10,000 gauss " Note. Earth's magnetic field's strength is 0.5 gauss; this is an indication of the hugeness of the magnetic field which used in the MR device. (Callaghan: 1991, 46)

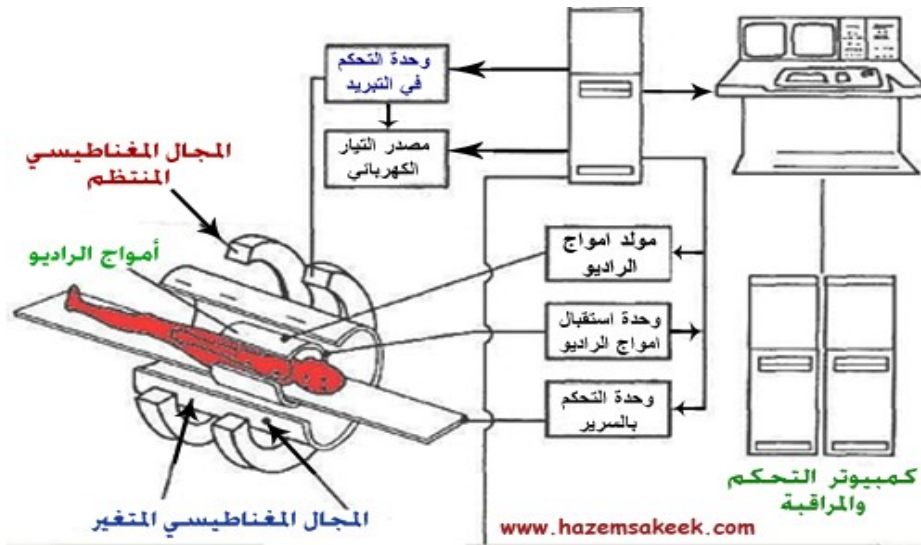


Figure (1) illustrates the magnetic resonance device

The most of those Protons, its magnetic efforts are cancels each other and it remains only a few as in the figure (1), the distinctive Proton is red, and there is no another proton in opposition of its direction to cancel its magnetic effort, so its affected by the field increasing in his direction.(Dunhill Woiser,2006, 23), it's contributes to the magnetization of bodies, including the human body because it contains protons in the cells and give it a magnetic field.

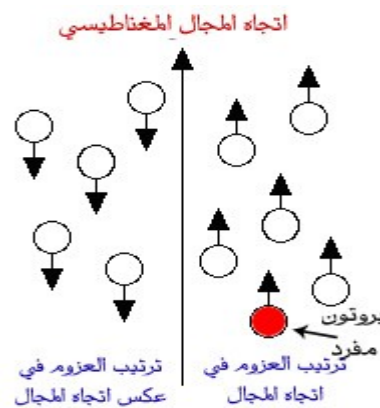


Figure (2) illustrates how to magnetize the biological bodies

Prior tests: The players exposures to a magnetic field (1) Tesla a minute back in opposition of Earth's gravity, or from the bottom to up and that's what permitted by the doctors to once a week, then the sample is weighed again and test their achievement.

Magnetization approach:

The two researchers refer to an Arab and foreign sources and references which specialized in the magnetism and the magnetization then they are put a curriculum using the sample's approach and insert the magnetization units for a 4 weeks and within the following parameters:

1. Applied the approach in the preparing period of the research's sample.
2. The magnetization approach's period was 4 weeks.
3. Every training unit's time ranged (from 80 to 120) minutes, including 10 minutes magnetize.
4. The number of the training units is (4) units per week and the researchers targeted only one unit from the rest of the training week's days; this is a low-strength unit.
5. Magnetization approach's execution was beginning From 06/20/2014 until 07/18/2014.
6. After the unity of the evening light training, the players are given a session magnetize as follows:
7. First week : (1) Tesla for one minute.
8. Second week :(1) Tesla for one minute and half the time increasing here is slow the progress of the magnet on the body.
9. Third week :(1) Tesla for two minute.
10. Fourth week :(1) Tesla for two minute and half.

11. After each magnetizes session the iterative weight index is taken.

Posteriori tests: After the completion of the magnetization curriculum’s vocabulary applying, the two researchers conducted a post-test on the sample at 04:00 AM of Thursday, 18/07/2014, with the same conditions of pre-test to test the achievement and body’s weigh.

3. RESULTS AND DISCUSSION

Table 1: shows the averages and standard deviations and the calculated (T) value and indication of the differences to test the achievement and body's weight of the pre-test and post-test on the sample.

Empirical group	Pre-test		post-test		T value		Freedom Degree	Error probability	Differences indication
	average	standard deviation	average	standard deviation	calculated	tabled			
Body's weight	52.50	5.1	48.57	6.02	6.75	2.35	3	0.05	moral
The achievement	11.56	0.45	11.05	0.06	2.96				

At the pre-test and post-test to the achievement and body's weight showing a marked improvement in the achievement and in the post-test and for both variables the two researchers attributed this development to a number of reasons:

The use of the training curriculum plus the magnetic units to improve the performance of players so” the systematic and programmed training by using a types of a rated strength of a training and using a kinds of an optimal comfort between duplicates which leads to the development of the achievement” (Imad Eddin Abbas Abu Zaid: 2000.22) the training by using magnetization worked to reduce the burden on the kinetic units that would increase the overcoming the resistors which will lead to intensify work to getting rid of the burden and working on the repulsion principle between Earth’s gravity and the player’s body thus increases the ability of the internal organs to working as comfortable as possible, which was confirmed by (Knight and Jones), "The bodies in nature are gaining and losing their magnetism by outside influences, including the human body" (Knight, Jones: 2007,815)

the training by using magnetization led to the speed of the body's response to the physical training, it is noted here that the period of four weeks enough to change the player’s adaptations quickly this was because that he magnetization leads to returns the players to their normal state quickly which speeds up the process of preparation and this was confirmed by (Fitzgerald and other) “the human body consists of trillions of cells, which will be a various body’s tissues and blood later. These cells working accurately and seamlessly, the activity or inactivity of these cells depends on the magnetic energy, Since each cell of the body is a small magnetic generator and the body sends pulses of electromagnetic energy from the brain through the nervous system to the cells to make them perform their functions according to the body's need, this complex biological processes done very quickly, its helps the body to repair itself without going on the disease stage, when the body’s shipments be in the event of an equality, this kind of internal biological balance is called a bio-magnets”. (Fitzgerald, A.; Charles Kingsley, Alexander Kusko: 1971, 3)

4. CONCLUSIONS

The body’s magnetism is of the basic influences on the achievement and the body’s weight

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THE EFFECT OF AN EDUCATIONAL PROGRAM USING CONTRASTIVE TEACHING IN DEVELOPING ATTENTION FOCUS & SCORING SKILL IN FOOTBALL

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Abstract

Contrastive teaching method is one of the methods used in education technology in the field of kinetic learning which saves time and effort in explaining the subject material. This method depends on determining general goals including behavioral goals (self-kinetic, perceptual and emotional) proportionate with age class and individual differences between learners. Football is one of the team sports that is practiced on the school's level, clubs and universities. This game contains multiple basic skills which require teaching methods that achieve the educational purpose. Learning football depends on the educational situation that copes with the type of skill needed to be learnt as well as the teacher's nature. Not every skill needs the same method, but the skill of scoring is difficult and complex to be executed. It needs a method which attracts the teacher's attention and follows the mobilized learning especially when we feel that the difficulty of this skill may distract attention as a practical step, reducing concentration in learning a skill. Thus, the idea of merging learning methods related to attention focus as a practical step to be actual participation in learning difficult motor skills including the scoring skill in football in a way which attracts the teacher's attention and raise the ability of his concentration and acquire and master skills.

The study aims to identify the effect of the contrastive teaching method in developing attention focus and scoring skill in football. The study sample was chosen from students of the second year of the Faculty of Physical Education – Faculty of Basic Education, Aljameaa Almostanseria. The researcher used the Burn-Enfimov test to measure attention focus and test technical performance and scoring in football, and then the researcher applied the prepared methodology including the explanation of the scoring skill after using the current optimal model in presenting the skill. Accordingly, the study sample applied this skill during educational units. The educational curriculum lasted for 4 weeks (2 units a week). The researcher concluded that the contrastive teaching method has a positive effect on learning the skill of scoring in football, developing attention focusing related to this skill and learning using contrastive teaching method priority in learning the skill of scoring in football and developing focusing attention related to this skill.

KEYWORDS: Contrastive teaching. The skill of scoring in football.

1. INTRODUCTION

Teaching methods are considered important means to organize relationships between learners, teachers and the educational material throughout stages of the educational unit for the purpose of reaching the educational method which achieves the needed goal as the teacher's duties are all related to learner's learning and all experiences and situations which help learn motor skills are represented in teaching methods.

The modern educational process depends on investing all senses of the learner using various educational means which address more than one sense which increase attention which makes teachers attentive, in some situations to receive information related to learning process. Attention features are of the important factors to make a learner reach consequences of motor learning, especially if the learner has the ability of attention focusing and perception in the attention rate, intensity and liability in getting the needed information.

Contrastive teaching is one of the methods used by education technology in the field of motor learning which saves time and effort of teachers in explaining the educational material. This method depends on determining general goals including behavioral goals (self-kinetic, perceptual and emotional) proportionate with age class and individual differences between learners. Football is being practiced at the level of schools, clubs and universities. It includes a number of basic skills which require teaching methods which achieve educational purpose. Among these skills, there is the skill of scoring which is one of the attacking skills in football that requires attitude and attention in learning because its performance passes with numerous stages and steps that should be focused on, so the research importance emerges in using contrastive teaching and applying it in educational situations related to draw teachers' attention and focus towards the process of learning this important skill.

Problem of the Study:

Through the researcher’s work in the field of physical education teaching and the subject of football, it can be asserted that learning football skills is based on the educational situation which is proportionate with the type of skill needed to be learned as well as the nature of learners. Not each skill needs the same method. For example, scoring is difficult and complex in execution as it needs a method which draws teacher’s attention and follows up the process of motor learning especially when he feels that difficulty of the skill may distract attention and focus away from learning the skill. Thus, the idea of merging learning methods related to attention focus as a practical step to be actual participation in learning difficult motor skills including the scoring skill in football in a way which attracts the teacher’s attention and raise the ability of his concentration and acquire and master skills.

Objectives of the Study:

- 1- Identify the effect of contrastive teaching in developing attention focusing and the skill of scoring in football.
- 2- Identify the differences between contrastive teaching in developing attention focusing and the skill of scoring in football.

Hypotheses of the Study:

- 1- There are statistically significant differences between pre- and post- tests for the first and second group in developing attention focusing and the skill of scoring in football for the sake of post-tests.
- 2- There are statistically significant differences between pre- and post- tests for the first and second group in developing attention focusing and the skill of scoring in football for the sake of the first empirical group (contrastive teaching).

2. MATERIAL AND METHODS

The researcher used the empirical method by designing equal groups as this method is appropriate to the study problem and goals.

Sample of the Study:

The study sample was chosen from the original community of the study represented in students of the second year, Physical Education Department – Faculty of Basic Education, Aljameaa Almostanseria (94 students) randomly, (32) students divided into two equal groups with (16) students for each one. The empirical group studying contrastive teaching and the control group studying the imperative method, so the percentage of the sample of the study is (34.40%) which is suitable to represent community of the study in a reliable and valid representation as it is shown in table (1):

Table 1: study sample distribution:

Serial	Group	Student number in each group	Teaching method used
1-	Empirical group	16	Contrastive teaching
2-	Control group	16	Imperative method
3-	Total number	32	

Homogeneity of the Sample & Equal Study Groups

To ensure sample homogeneity on the following variables: (age, length and weight), the researcher measured these variables and extracted the arithmetic mean, standard deviation, mode and skewness coefficient as follows in table (2):

Table 2: arithmetic mean, standard deviation, mode and skewness coefficient for study sample homogeneity of individuals:

	Arithmetic Mean	Standard Deviation	Mode	Skewness
Age / year	19.89	0.92	20	-0.12
Length / cm	174.27	1.22	172	1.86
Weight / kg	69.45	1.51	68	0.96

Table (2) shows that all skewness coefficients for the study sample individuals are between (± 1) which shows homogeneity in the sample and the researcher found equality between the study groups in variables affecting learning the skill of scoring and attention focusing in football aiming to start with a single starting line as shown in table (3):

Table 3: statistical description of the study variables affecting learning the skill of scoring and attention focusing in football between both empirical groups of the study:

Significance	T- value	Control Group		Empirical Group		Measuring unit	Statistical factors Variables
		$\pm A$	S	$\pm A$	S		
Insignificant	1.25	.63	3.22	.76	3.54	degree	Attention focusing
Insignificant	0.62	1.54	10.41	1.64	10.77	degree	Accuracy of scoring skill

Table (3) shows that the counted T-value is less than its schedule value (2.04) at significance level (0.05) and under freedom degree (30) which means that there are no significant differences between both samples of the study in the effective variables in learning the scoring skill and attention focusing in football which shows equality between both groups in the study tests.

Choosing Tests:

The researcher chose the study tests through reviewing scientific resources related to tests, measurement and football. The following tests were chosen: -

- 1- The Burn-Enfimov test to measure attention focus (Eqbal Rasmy, 2004).
- 2- Tests of technical and scoring accuracy in football (Naheda Abd Zaid, 2002, 78).

Field Study:

Pre-tests of the study sample were performed on 09/12/2011 after implementing two introductory units including explanation of the scoring skill with the help of the optimal model in presenting that skill, and then this skill was applied by the study sample throughout both educational units. At the end of the second educational unit, the researcher performed pre-tests of the study variables affecting learning the scoring skill and attention focusing. The course took 4 weeks (two units weekly). The total educational units were 8 with 90 minutes for each unit as the researcher applied contents of the educational course according to contrastive teaching. After completing the total units, post-tests were performed for both first and second groups on 30/02/2015 and with the same conditions of pre-tests for the scoring skill.

3. RESULTS AND DISCUSSION

Analysis and discussion of results of the first study sample (contrastive teaching) and second study sample (imperative method).

Table 4: statistical results of the T-value between pre- and post-tests using contrastive teaching in learning the skill of teaching and attention focusing development.

Significance	T-Value	Post-Test		Pre-Test		Statistical factors Variables
		± A	S	± A	S	
Significant	3.56	.96	5.94	.76	3.54	Attention focusing
Significant	4.11	1.74	16.23	1.64	10.77	Accuracy of scoring skill

Table (4) shows that the counted T-value is more than its schedule value (2.13) at significance level (0.05) and under freedom degree (15) which means that there are significant differences between both pre- and post-tests for the group of contrastive teaching in tests of attention focusing and the scoring skill in football for post-tests. The researcher related the reason behind these differences in learning the scoring skill and development of attention focusing for learners of this group to the ability of the teachers to control and invest the time of an educational unit in achieving teaching tasks using contrastive teaching which helped teachers understand and perceive parts of the skill through clear gradation in presentation with its three parts (preparation, main and ending) as using illustrations in the curriculum with the help of presenting the live model of the skill allowed the teacher to understand and perceive the nature of movement (Adel Fadel, 2000, 95).

Analysis and discussion of Results of the study sample using the imperative method:

Table 5: shows statistical results of the T-value between pre- and post tests using the imperative method in learning scoring skill and developing attention focusing:

Significance	T-Value	Post-Test		Pre-Test		Statistical factors Variables
		± A	S	± A	S	
Significant	2.98	.72	3.98	.63	3.22	Attention focusing / degree
Significant	3.25	1.35	14.56	1.54	10.41	Accuracy of scoring skill / degree

Table (5) shows that the counted T-value is more than its schedule value (2.13) at significance level (0.05) and under freedom degree (15) which means that there are significant differences between both pre- and post-tests for the group of imperative teaching in tests of attention focusing and the scoring skill in football for post-tests. The researcher related the reason behind these differences in learning the scoring skill and development of attention focusing for learners of this group as learners use self-learning which generates ability to continue attention to get the information as modern education depends on investing all senses of learners using different means that address more than one sense in activating learning process (Mohamed Labib & Mohamed Mounir, 1997, 128). The researcher related the reason for improvement in learning and attention focusing using this method to be performed according to one criterion and leaving traces for learning, saving time and effort in explaining the learned skill and motivates the ability of learners to be attentive and focusing.

Table 6: statistical results of the T-value in pre- and post- tests between both study groups in learning the skill of scoring and developing attention focusing:

Significance	T- value	Control Group		Empirical Group		Measuring unit	Statistical factors Variables
		± A	S	± A	S		
Significant	6.32	.72	3.98	.96	5.94	degree	Attention focusing
Significant	2.94	1.35	14.56	1.74	16.23	degree	Accuracy of scoring skill

Table (6) shows that the counted T-value is more than its schedule value (2.04) at significance level (0.05) and under freedom degree (30) which means that there are significant differences between contrastive teaching and imperative method groups in tests of attention focusing and the scoring skill in football for the sake of contrastive teaching method group. The researcher related the

reason behind these differences in both methods to the use of technological methods in learning which may achieve the hoped goals in teaching, attract teachers and develop their performance and attention throughout the educational unit as asserted by (Mohnsen, 2001, 19-22) in his study referring that programming learning increases motivation, attention and concentration compared with other traditional methods. In addition, the use of contrastive teaching effectively helped in learning this skill as it is considered one of the modern scientific methods that makes the teacher in the center of the educational process which increases motivation towards learning as well as saving enough time to offer and apply information and correct errors which gives more opportunity to train on the skill (Fayza Mohamed Shepl, 2001, 40). Moreover this method develops attention focusing related to the skill of scoring as a result of using motivation in learning, automatic attention, active working, independent behavior of learners as individuals and as group members providing enough instructions to ensure having valuable experience to ensure using abilities to identify detailed principles and parts of the skill and focus on them. This educational method allows learners to develop their knowledge through a direct process (Doaa Mohy Eldin, 2000, 34).

4. CONCLUSIONS

- 1- Contrastive teaching has a positive effect on learning the scoring skill in football and developing related attention focusing.
- 2- Using contrastive teaching is better in learning the scoring skill in football and developing related attention focusing.
- 3- Both methods can be used in football subject education.
- 4- It is necessary to make more studies using modern different teaching methods for the purpose of learning accuracy and development of technical performance in football.

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6. APPENDAGES

Annex (2)A: Model of initial educational unit for the scoring skill according to contrastive teaching.

Stage: 2nd stage

Group members: 16 students

Goal: learning scoring skills in football

Duration: 60 minutes

Serial	Unit Parts	Duration	Details of contents
	Preparation	10 minutes	General warming-up for the body and physical exercises related to the skill.
	Main part	45 minutes	
	Educational part	10 minutes	General information about the skill of scoring and its importance, technical performance and the most important common errors. Presenting pictures and illustrations of the scoring skill. Performing live model of the skill in front of learners.
	Applied part	25 minutes	
		5 minutes	Performing the skill without a ball
		5 minutes	Performing the skill with a ball 10 meters away from goal
		5 minutes	Performing the skill with a ball 10 meters away from goal after passing from three posts Performing the skill with a ball 10 meters away from goal after passing from five posts Feedback (giving information to learners about their performance and correct performance of the skill)
	Final part	5 minutes	Relieving and resting exercises

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THE EFFECT OF PLAYING WITH MINI SPACES IN LEARNING AND DEVELOPING SOME KINETIC ABILITIES AND PERFORMANCE OF SOME BASIC SKILLS OF FUSTAL

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Abstract

The current scientific progress in the field of kinetic learning and sports training with the multiplicity of ways and methods used in the learning process and to the modern means of training Futsal, which did not take a course in our Arab societies and this is what focused on the research problem, which lies in knowing the effect of playing with mini spaces exercises to learn and develop some of the kinetic capacity and the performance of some of the basic skills of Fustal with a squad of Diyala University, as researchers used experimental method for its suitability to the problem nature and this door included equipment and utilities and means of information collecting and the two exploratory experiments and tests used in research and scientific foundations for the tests and before and after tests and the statistical methods used in the data recovery that the researchers present, analyze and discuss their findings in the before and after tests and find differences significance, and that with viewing it on a tabular form and then analyzed these tables and discussing it, enhanced that with scientific sources and the study concluded that the playing with mini spaces exercises positive impact on learning and developing some kinetic abilities and performance of some of the basic skills of the Diyala University fustal team players.

KEYWORDS: playing exercises. Mini-spaces. Kinetic abilities. Basic skills. Futsal.

1. INTRODUCTION

The rapid development in the field of Physical Education and its diverse means may open new prospects for the researchers and the students in the field of football to know the updates in information acquisition operations and the capabilities and the skills and developing it, "and to get a better good results by following all what is new and innovative in sports science and this is a need should be taken into consideration when planning the education and training process and its curricula "(Qasim Lzam Sabr: 2005.5).

And the game of futsal one of the developments of the modern football, it is a new way of playing and has the excitement and suspense element over the public, and this game has great caring and attention everywhere for being one of the games that flourished in popularity dramatically in the world and the young and old want to exercise and watch it for the mobility skills and events and attitudes which this the game has that make everyone exciting and interested about the practice and observation, For the similarity of its basic skills with ordinary football skills this which led to practice it by a large number of players, so quintet player needs to high and good mobility performance and requires using of his body parts significantly with the change of place and maintain the same performance with high accuracy and good performance.

The importance of research comes from being trying, through these exercises and following proper scientific method through playing with mini spaces exercises that increase the effectiveness of the kinetic ability and performance of some of the basic skills with better way than conventional followed ways, and the research problem focused at the researchers using of a training method in a different way, a method gives the fun in the game exercises and bigger understanding of how to play and at the same time to learn and develop the basic skills and the kinetic abilities and get away from the boredom that occurs when developing a kinetic skill, and for that the researchers developed a set of exercises and knowing their impact on the learning and development of some of the kinetic capacity and the performance of some of the basic skills of Diyala University the Fustel team players, as the goal of the researchers of this study was to know the playing exercises in the mini-space in the learning and developing some of the kinetic capacity and the performance of some of the basic skills of Diyala University the Fustel team players.

2. MATERIAL AND METHODS

The researchers used the experimental method suited for the nature of the research.

The Research Sample.

The research sample has been tested by the intentional way, a group of team players of Diyala University fustel, as number reached (14) player.

Determine kinetic skills and the abilities of fustel:

Determine the fustel kinetic capacity:

Table 1: shows the kinetic capabilities that experts unanimously by the order

Kinetic capacity	Relative importance	the final order
Fitness	90%	1
Compatibility	80%	2

Determine kinetic skills tests:

Table 2: shows the approved kinetic capacity tests in the research

Kinetic capacity	Tests	percentage
Fitness	Winding running between barriers test	90%
Compatibility	Numbered circles test	80%

Determine fustel basic skills:

Table 3: shows the approved basic capacities tests in the research

Basic skills	Relative importance	the final order
Rolling	90%	1
Handing	80%	2

Determine fustel basic skills:

Table 4: shows the approved skills tests in the research

Basic skills	tests	Percentage
Rolling	Rolling between (5) persons back and forward	90%
Handing	Handling towards small goal away (10m).	80%

Testing specifications

kinetic abilities test with Quintuple football.

Fitness (Qais Naji: 1984, p. 323).

Compatibility (Qais Naji and Bastawisi: 1984, p. 149).

Basic skills tests of fustel:

Rolling by changing direction (Mufti Ibrahim: 1994.222).

Handling (Thamer Mohsen Ismail: 1999.77).

Exploratory experiment

The first exploratory experience:

The researchers conducted a trial of these tests which set for kinetic capabilities and basic skills on a sample of (5) players from the research community and that on 11.18.2014.

And through this experience it has been recognized and reached to the following:

1- Determine the appropriate tests to the level of the sample.

2- Knowing of the difficulties and problems that may encounter the researcher when implementing the tests which are under researching.

3- Identifying the time it takes to perform the tests and measurement.

The scientific basis for the tests used in the research:

The researchers sought to scientific bases in the tests for the purpose of determining the validity of these selected tests over which means how far its validity and reliability and objectivity.

Honestly test:

Honestly test means " that the test measures what topic to be measured in the sense that the honest test measures the job that alleged that he is measuring and does not measure anything else instead, or in addition to it" (Nuri thorns, Rafe Kubaisi: 2004.88).

The researcher has found sincerity tests factor through using of self-honesty factor.

Stability of the test:

stability of the test means "if test conducted on a sample and then this test remade on the same sample and under the same conditions, the results of which appeared in the first time are the same results in the second time" (Mustafa Hussein Bahi: 1999.5).

The Researcher has used to find a stability factor with testing way and return it because it is one of the most appropriate methods in the stability of the test.

Table 5: shows the honestly factor and the self-honesty factor and the degree of freedom of the tests that used in the research

tests	Stability factor	Self-honesty factor
Test (winding running) to measure fitness.	86%	94%
Numbered circles tests to measure the compatibility	84%	92%
(rolling between 5 persons back and forward) test to measure the ability of rolling by changing direction.	83%	90%
Handling test on a small target	87%	92%

Tabular value (0.43) at the level of (0.05) and at freedom degree (4).

Objective test:

Since the tests that have been used by researchers in the search are far from self-determination and bias, they are clear and easy to understand by the respondents and depending on tools and clear measurement because the results of the tests are recorded in units (time, tha; degree / specific time, degree / Account place Ball) which made the researcher set the testing used in the research of high

objective.

Research procedures:

Before tests: Before tests was conducted for a sample search on Thursday, 24/11/2014 and on the Futsal Stadium. , The researcher has stabilized the conditions and method of testing and the assistant team to achieve the same conditions as much as possible when making after tests.

Main experience: This curriculum included (8) training modules for a period of 8 weeks and by training module in one week and a time of 90 minutes per one training unit.

After tests: Posteriori tests were conducted for a sample search on Sunday, 04/02/2015, the two researchers followed by conditions and procedures for before tests itself.

Present the results of the kinetic capacity tests in pre and post tests of a sample of research and discuss it.

Table 7 shows the computational circles values and standard deviations of the two pre and post tests and squads of calculations circles and the rate of evolution of the kinetic characteristics tests.

tests	Measuring unit	before		after		Difference between the circles	Evolution rate
		x	y	x	y		
fitness	Time t	7.66	3.8	6.60	4.2	1.06	13.83%
Compatibility	Time t	12.23	6.1	11.15	7.3	1.08	8.83%

Table 8: shows the computational circles values of the differences and the total deviations boxes differences from the average of these differences and the calculated value of (T), tabular and significance of the differences between pre and post tests to kinetic abilities tests.

Tests	Measurement unit	Q - P	Total h2 - p	Calculated (T)	Tabular (T)	significance differences
Fitness	Time t	0.6	3.1	6.6	2.09	Moral
Compatibility time	Time t	0.4	2.5	5		moral

Value (T) tabular (2.09) at the level of significance (0.05) and the degree of freedom (13).

3. RESULTS AND DISCUSSION

The display and analysis show the results in the previous tables that there is a significant differences statistically significant between pre and post tests of a sample search on the kinetic characteristics tests for the benefit of post-test.

This shows the extent of the effect of exercise that introduced in the training curriculum for the fustel Diyala University squad, in the developing of some of the kinetic capabilities task that required by the player in Futsal, including prescription Fitness for being the collective recipe for all or most of the other qualities, and this was confirmed by (Kasem Lzam and Forat Gbar: 2004.56) "The movements performed by a football player requires adequate and appropriate force accompanied by appropriate speed and good elasticity So the performance would be nice and coordinated and the consistency is the most accurate concept of agile player."

For the success of a football player in the integration of several basic skills in one frame and change of his speed and direction, and that what is referred to (Hanafi Mahmoud: 1994.93) "player needs in football to use the whole body to perform the movement with utmost perfection with the ability to change his direction and speed in an Easy and smooth manner, and the football player need to recipe agility to try to success in integration of several basic skills in a single frame or change of skill to another or change of his speed and direction. "

the two researchers sees that exercises style to play contributed to increase the capacity of the players on the right performance skills as a result of the development of a synergy, and this is consistent with what referred to (Ali Salloum: 2004.63) "The most of beginners mistakes are the inability to compatibility when performing movements by involving the not required muscles when performing movements that causing to event disorders in the movement which come out in a confused way ".

View and analyze the results of basic skills tests in pre and post tests of a research sample.

Table 9: shows the computational circles values and standard deviations of the two pre and post tests and teams calculations circles and the level of development of basic skills tests.

tests	Measuring unit	pre		post		The differences between circles	Evolution rate
		Q	P	Q	P		
Rolling	Time t	1.77	1.35	16.40	1.73	1.37	7%
Handling degrees	degree	4.20	1.42	5.10	1.18	0.90	2.4%

Table 10: shows the computational circles values of the differences and the total deviations boxes differences from the average of these differences and the value of calculated (T) and tabular and the significance of the differences between pre and post tests of basic skills tests.

T	Tests	Measuring unit	q-p	Total h2 p	Calculated (T)	Tabular (T)	Significance differences
1	rolling	Time t	2.9	50.6	8.05	2.09	Moral
2	handling	degree	2.5	40.8	7.8		moral

Value (T) tabular (2.09) at the level of significance (0.05) and at the degree of freedom (19).

Discuss the results of basic skills tests:

The display and analysis of the results in the previous tables shows that there is a significant difference statistically significant differences between pre and post tests of a sample search in all the basic selected skills for the post test.

The researchers attribute the reasons of the development of rolling skill to use aids while performing exercises such as pillars, (Hrgod and Liebler: 1988.24) refer to the "training with pillars gives the player a sense of facing rival and thus estimate the distance available from both sides of the game quickly."

the researchers attribute evolution that has occurred in the handling skill to good performance and rush in performance as a result of the case of the competition and the thrill existed under exercise recreational and skill, and agree this result with as indicated by (Makarim Helmi et al: 2000.125) "The use of exercises and games in physical education lesson leads to activate the nervous and physical device, as they play an influential role in the development of the psychological aspects to accept the lesson parts happily and joyfully, which generates motivation and the tendency toward exercise."

the researchers attribute evolution in handling skill to the number of iterations when applying the exercise, which was awarded the students the time to practice and repetition, and this is consistent with what referred to (Schmidt: 2000.206) "It is imposed on teachers or coaches to encourage learners to the largest possible number of attempts to exercise performance as much as possible."

And consistent also with what referred to (Secretary Anwar and Osama full: 1983.151) on "The repetition is the basis for learning and determining the frequency of the performance of the movement is crucial, it depends on the acumen of the teacher and his experience to a large extent in determining the number of appropriate frequencies optimal for each age stage. "

4. CONCLUSIONS

1. The exercises are used for a positive impact on the acquisition of certain kinetic capacity and performance of some of the basic skills of the players of fustel Diyala University team.
2. The education of the methods used in the course of performing exercises great positive impact on learning and the development of some of the abilities and skills essential for the fustel players.
3. That repeating of some exercise led to the development of some basic kinetic abilities and skills and thus stabilized it and developed it.

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THE USE OF (REFRESHMENT WATER) AS A MEANS OF HEALING BETWEEN THE DUPLICATES AND ITS IMPACT ON SOME OF THE BASIC PHYSICAL ABILITIES AMONG CHILDREN BETWEEN (8-10 YEARS)

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Abstract

The means of healing are one of the methods which helping the athlete to returns for his normal state and reduce the energy spend on the athlete's burden, through the observation of the researchers and their followed up to the physical training, they noticed a problem there is no focus on the using of a means of healing, including the (water) in all of the training cases which to return the athlete to his normal state or close of the normal state, which has prompted researchers to make this study through using the means of healing in order to rapid return the athlete to what it was substituted, The aim of this study is to identifying the impact of using (Refreshment Water) as a means of healing between the duplicates on some basic physical capabilities of the sample's members . The researchers used the experimental approach in their research's problem's solving they were applied the curriculum's variables on the Research's sample which selected intentionally of the children between (8-10 years) they are (30) divided into (15) athlete for each group (experimental and control group was Researchers conclude the following:

The emergence of a positive effect on the variables of the study and the experimental group used(Refreshment Water)

KEYWORDS: Refreshment Water, healing, physical capabilities and basic capabilities.

1. INTRODUCTION

"Refreshment Water" is one of life's necessities after Oxygen is also the Water is an essential of the food ingredients in human life, the improvement of the athlete's performance today doesn't come by the training of physical abilities and the training's affection on the functional parts and the components of the training's load at the achievement, but increased the need for to look for other means to help in raising the athlete's level and keep on his performance during the training, the training of basic physical abilities among children at an early age is one of the structural training cause the athlete's building to the training stages is affecting on the physical preparation in a words, the preparation's improving mean's an improving at the level of capabilities and the opposite is true also its evolution aims to the integrated growth process of children physically and mentally.

At the ages (8-10 years) training, training program is general, the performance is competitive through the use of kinetic and rhythmic exercises and the child's movements at this age are good movements, also the child is eager to joining at the races and in the more kinetic exercises, to shows his capabilities to their coaches, based on the foregoing came the importance of research, and manifested the research's problem through continuous observed to the training process in a several sport's activities, including the track and field sports it is found that coaches are interested largely in the side of the training process and the components of its loads which will lead to increased training pressures on children and refrain from continuing the process when the duplicates are doing in a good form and maintain the optimal performance as well as the complaining of injuries and muscle pain therefore dropping in the children's level, from here comes the research's problem at using a means of healing during the training cases to keep the athlete going on in the training's doses for the longest possible period of time, The research aims to know the impact of (Refreshment Water) as a means of healing between the duplicates on some of basic physical capabilities of the sample's members.

2. MATERIAL AND METHODS

The researchers used the experimental approach, which includes (Survey the causal relationship between the variables which responsible for the formation of the phenomenon or indirectly with the aim of knowing the impact and the role of each variable of the variables) (Zaki Mustafa Alian and Osman Mohamed Ghoneim: 2004.51). With the manner equal groups (experimental and controled) for the purpose of comparison so the both of two groups (equals in properties of all respects except the experimental variable which affects the experimental group) (Amer Ibrahim Guendhilji: 1999.17).

The research's sample:

The researchers selected the sample from the children between (8-10 years) whose belonging to the specialized care athletic talent's school, they have been chosen intentional and distributed according to the random method, by the same method, the sample was divided into two equal groups (one is experimental and the other is control) at a rate of 15 athletes for each group so the sample consists of (30) members, out of (90) athletes the sample formed (33.33%) of the original community.

The sample's homogeneity and equality:

To avoid the impact of the factors which affect the experiment's results of the individual differences which existing among the sample as (age, the measurements of length, weight and physical variables) the researchers handled the pre-test's results for the two experimental and control groups with the appropriate statistical means to ensure of the sample's homogeneity and equality, if the researchers used the coefficient of variation to find a sample's homogeneity, according to the table (1) and the coefficient between (0.874, 1.126, 0.004) this values between(-3:+3) that refers to the sample's homogeneity, and to find the sample's equality among the two experimental groups before the experiment , the researchers used the (T.test) which showed that there were no statistically significant differences between the group's members at the research's variables, table (2) shows the results of the tests.

Table 1: shows the homogeneity tests at (length, age and weight) & the coefficient of variation among the sample's members

variables	Measurement unit	Mean	Intermediary	Mode	Torsion Factor	indication
length	Cm	126.2	125.00	120.00	0.874	random
weight	Kgm	36.53	38.00	38.00	1.126	random
age	year	8.39	9.00	9.00	0.004	random

Table 2: shows the Means, standard deviations, (T) calculated value & (T) tabled value and the indication of the differences between the two groups (experimental and control) at the research's variables to the pre-tests (equality)

variables	Physical Tests		Measurement unit	experimental		control		Tabled T	Tabled value	Indication's level
				s	rate	s	rate			
Power	Special power (5) partridges by the speed of the both of legs to the farthest distance	Right	Cm/ meter	7.00	0.40	6.76	0.59	1.30	2.76	Non significant
		Left	Cm/ meter	6.52	0.55	6.55	0.64			0.18
Speed	Maximum speed (30 meters)		Second	5.35	0.27	5.34	0.22	0.13	2.76	Non significant
Bearing	Bearing (540 meter)	Minute/second	Minute/second	2.16	0.07	2.15	0.06	21%	2.76	Non significant
	the trunk's force to bearing for	Abdomen	Time/No.	40.53	3.60	40.80	3.54	20%		Non significant
		Back	Time/No.	30.53	4.24	32.00	4.32	93%		Non significant
	Bearing the work & performance and attached on the horizontal bar to a longer time		Time	48.26	5.90	46.13	5.27	1.06	2.76	Non significant

(*) tabled T is (2.76) at the freedom degree (n-2) on the Indication level(0.05)

It is noted from the table that all the (T) calculated values at all of tests to the both of groups are less than the tabled value (2.76), freedom degree (28) and the Indication level (0.05) as it indicates that the members of both groups are equivalent in these tests.

The research's Field Procedures:

Prior tests: The prior tests made on the both of groups (experimental and control) on the basic physical capabilities to the sample's members (at 3:30 PM from Monday, 25/8/2014 to Wednesday, 27/8/2014) and applied the following tests:

First day Monday, 25/08/2014:

1. Special power by the speed of the both of legs (Qais Naji and Bastawisi Ahmed 1987.345).
2. Maximum speed (30 meters) with the time (Mohammad Hassan Allawi and Mohammed Nasr-eddin Radwan: 1994.240).
3. Bearing (540 meter) with the time (Qais Naji and Bastawisi Ahmed 1987.345).

The rest between the tests were (15-20) minutes.

Second day Wednesday, 08/27/2014:

1. The ability of the trunk's bearing (Resan Khribt Majeed: 1989.44).
2. Bearing the work and performance (Mohammad Hassan Allawi and Mohammed Nasr-eddin Radwan: 1994, 131).

The rest between the tests were (15-20) minutes.

The used approach: The researchers prepared the suggested means of healing during the training between the duplicates and during the rest periods they were used the (Refreshment Water) depended on their training field's experiment and the permanent observation for the children at the specialized school for track and field sports. They assisted by the opinions of specialists in the field of training, the sport's philosophy, scientific sources and Arabic training. This added an enough scientific immunity to make its using is suitable to this age group and to the purpose of knowing its impact on some of the basic physical capacities among children at (8-10 years) in the following:

- The researchers whose prepared the (Refreshment Water), it's a bottle of sterile water which saved at cooler degree (20) ° C.
- A bottle (Refreshment Water) used by athletes (1-2) liters and to experimental group.
- This method used between the duplicates of the training curriculum and during periods of rest of which prepared by the coach in the specialized school for track and field.
- The training contains a set of exercises to the basic physical capabilities of the children and its featured by the capacity (speed-strength-endurance) and trained according to the types and forms).
- The force of this exercises which used to trains these capabilities in accordance with its training's load.
- The amount of the used dose (water) from (5-10) CC according to the instructions and the follow-up of the coach and the assistant team.
- All of these doses used in the main section of the approach during the period of the training.
- It's applied for two months (8 weeks), on (4) training units per week, the total of training units is (32) unit, the training with the means of healing is made at these days (Friday, Saturday, Monday and Wednesday).
- Began the experiment's applying on Monday (01/09/2014 and lasted until Saturday, 01/11/2014) to the experimental group but the control group was without using the water only after the training unit or between long periods of up to (30 minutes).

Posteriori tests: After it has been applied the curriculum and the use of the means of healing within the period prescribed, the researchers conducted a posteriori tests on Monday (3/11/2014 and on Wednesday, 5/11/2014) with the same manner and conditions in which at the pre- tests.

3. RESULTS

Display the research's results in the pre and post tests and of the experimental group:

Table 3: shows the Means, standard deviations, (T) calculated value & (T) tabled value, the indication and the evolution 's rate of experimental group of (pre and post-tests) in the study's variables

variables	Physical Tests		Measurement unit	Pre-tests		Post-tests		Tabled T	Tabled value	Indication	evolution's rate
				s	rate	s	rate				
Power	Special power (5) partridges by the speed of the both of legs to the farthest distance	Right	Cm/ meter	7.00	0.40	7.12	0.36	7.01	1.14	significant	-1.714
		Left	Cm/ meter	6.52	0.55	6.63	0.51			4.88	significant
Speed	Maximum speed (30 meters)		Second	5.35	0.27	5.16	0.22	7.89	1.14	significant	3.551
Bearing	Bearing (540 meter)	Minute/second	Minute/second	2.16	0.07	2.08	0.26	4.00	1.14	significant	3.704
	the trunk's force to bearing for (60 seconds)	Abdomen	Time/No. times	40.53	3.60	51.00	4.22	16.98	1.14	significant	25.833
		Back	Time/No. times	30.53	4.24	40.73	4.8	11.32			-33.41

	Bearing the work & performance and attached on the horizontal bar to a longer time	Time	48.26	5.90	62.13	5.64	6.14		significant	-34.685
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(*) tabled T is (1.14) at the freedom degree (n-1) on the Indication level(0.05)

Table 4: shows the Means, standard deviations; (T) calculated value & (T) tabled value, the indication and the evolution 's rate of the control group of (pre and post-tests) in the study's variables

variables	Physical Tests		Measurement unit	Pre-tests		Post-tests		Tabled T	Tabled value	Indication	evolution 's rate
				s	rate	s	rate				
Power	Special power (5) partridges by the speed of the both of legs to the farthest distance	Right	Cm/ meter	6.76	0.59	6.82	0.58	4.46	1.14	significant	-0.888
		Left	Cm/ meter	6.55	0.64	6.61	0.62			5.55	significant
Speed	Maximum speed (30 meters)		Second	5.34	0.22	5.30	0.20	2.65	1.14	significant	0.749
Bearing	Bearing (540 meter)	Minute/second	Minute/second	2.15	0.06	2.12	0.04	6.10	1.14	significant	1.395
	the trunk's force to bearing for (60 seconds)	Abdomen	Time/No. times	40.80	3.54	43.13	4.76	5.85	1.14	significant	-5.711
		Back	Time/No. times	32.00	4.32	34.86	4.25	8.52	1.14		8.938
	Bearing the work & performance and attached on the horizontal bar to a longer		Time	Time	46.13	5.27	60.40	7.19	19.69	1.14	significant

(*) tabled T is (1.14) at the freedom degree (n-1) on the Indication level(0.05)

Table 5: shows the Means, standard deviations, (T) calculated value & (T) tabled value and the indication of the differences between the two groups (experimental and control) at the post-tests in the study's variables

variables	Physical Tests		Measurement unit	experimental		control		Tabled T	Tabled value	Indication's level
				s	rate	s	rate			
Power	Special power (5) partridges by the speed of the both of legs to the farthest distance	Right	Cm/ meter	7.12	0.36	6.82	0.58	1.68	2.76	Non significant
		Left	Cm/ meter	6.63	0.51	6.61	0.62			0.133
Speed	Maximum speed (30 meters)		Second	5.16	0.22	5.30	0.20	1.709	2.76	Non significant
Bearing	Bearing (540 meter)	Minute/second	Minute/second	2.08	0.26	2.12	0.04	2.595	2.76	Non significant
	the trunk's force to bearing for (60 seconds)	Abdomen	Time/No. times	51.00	4.22	43.13	4.76	4.514	2.76	Non significant
		Back	Time/No. times	40.73	4.8	34.86	4.25	4.386	2.76	
	Bearing the work & performance and attached on the horizontal bar to a longer time		Time	Time	62.13	5.64	60.40	7.19	4.802	2.76

(*) tabled T is (2.76) at the freedom degree (n-2) on the Indication level(0.05)

4. DISCUSSION

Tables (3-4-5) shows that, there are significant differences for the benefit of the experimental group in the study's variables (Special power (5) partridges by the speed of the both of legs to the farthest distance, Maximum speed (30 meters), Bearing (540 meter), the

trunk's force to bearing for (60 seconds) and Bearing the work & performance and attached on the horizontal bar to a longer time) the researchers The researchers attributed this significant a result of using (Refreshment Water) between duplicates when performing the exercises during the training unit as well as its using during the performance and the rest periods between the duplicates at a regular rates among the sample's members, which helped them to regain their healing thus reduces the water shortage, which lost as a result of sweating which contains sodium and delay the delay the onset of fatigue during the training units and this is consistent with which refers by (Robergs) that (the increasing of intake fluids is reduces the appearance of muscle contractions during the process of higher training exercises, Sodium also plays an important role in the restoring of the missing water and maintains plasma volume during training. (1997, 230: Robergs) and he believes that the water intake process during the training leads to an optimal achieving of the mineral salts, water and carbohydrate (Abu Alaa Abdel-Fattah: 1999.150) this is what shows by the test results of the experimental group, cause they had a clear level of performance of the study's variables if we follow up the evolution's rate we'll see there is a positive and clear difference from the control group, Although there is a significant evolution at the Means this is due the use of the training's variables which appropriated to the member's age by the coach, but the posteriori tests were clear evidence to the experimental group, especially in the tests which featured by fast performance, despite the approach of standard deviations among the two groups.

The researchers believe of the need to taking the enough, regular and rated doses of (water) during the training at the suitable time that (to be blood contain the suitable amount of water has a quantity of a big role to get rid of carbon dioxide, which is one main result of the energy's interactions as a result of a bilateral interaction dioxide (70%) interacts with the water component to return by the Rponik acid which decomposes to get the positive hydrogen ion acid, the negative alkaline of bicarbonates ions increase in the hydrogen ion acid leads the motivate breathing center in the brain, which increases the speed of breathing and this increase will help to rapid elimination of the a bilateral dioxide (Amer Fakher Hgati: 2014: 198-199). The researchers believe that whenever the amount of water is increased in the blood during the training process, the speed to get rid of a bilateral dioxide is increases)

5. CONCLUSIONS

1. Emergence of a positive effect on the variables of the study and the experimental group that used (Refreshment Water) as a means of healing between a duplicates with the sample's members.
2. Emergence of significance tests of physical capacities under study and to the experimental group that used (Refreshment Water) as a means of healing between a duplicates with the sample's members.
3. The use of water between duplicates helps to regain the healing quickly, which reflects its effect on the rate of evolution of the basic capabilities of the children the experimental group.

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