

Summary

Effectiveness of program for sport activity and health culture on physical fitness and behaviour health for Juveniles Delinquents in Assuit Governorate

Introduction to Research :

Most countries in all over the world guide their citizens to practise sport activity because it has a positive effect upon the health and life of human being in many sides such as the side of remedy , heroic and entertainment .

The principle of P.E has no exceptions among societies and its individuals P.E is popular among people , so we had to encourage Juveniles Delinquents and give them the right to practise sport activities because its volnes will reflect upon them and society .

The childhood stage is the most important one that affects on individuals during childhood the children gains skills, habbits , manners , conducts and attitudes to be a human and to be able to develop capacities and to understand many different relations and how to practise it .

The Important of the research :

- 1 – There is lackness in achiving different activity programs inside these in Institution .
- 2 – Most Juveniles Delinquents study consentrates on social sides and doesn't take care of sportive activity .
- 3 – This kind of research gives Juveniles Delinquents the chance to gain physical and mental qualities .
- 4 – These studies can add a lot of healthy behaviour and physical fitness elements .
- 5 – Spreading a warness among people to take care of Juveniles Delinquents .

Aims of research :

- 1 – This study aims at knowing on effectiveness program activity sportive and health culture on physical fitness for Juveniles Delinquents .
- 2 - This study aims at knowing on effectiveness program activity sportive and health culture on behaviour health for Juveniles Delinquents .

Supposes research :

- 1 - There are statistical difference between the averages measurements in tribal distance rates in the program activity sport on physical fitness for sample basic study .
- 2 - There are statistical difference between the averages measurements in tribal distance rates in the program health culture on behaviour health for sample basic study .

Plane and procedures research :

Research Methodology :

Given the nature and research and investigation to test the validity of its objectives and for Supposes research will use experimental method using the experimental design of the tow measuring tribal distance per set .

Research sample :

The sample of study was selected intentionally of Juveniles Delinquents for fifty member in Assuit governorate .

Data collection tools :

- 1 – A questionnaire to solicit to views of experts of health culture and physical fitness related health .
- 2 - A questionnaire to solicit to warm up , physical exercise races encouragement .
- 3 - A questionnaire to solicit to aims knowledge and high-principle to health culture .
- 4 - A questionnaire to solicit the methods teaching agent learning and method evaluation to program .
- 5 - A questionnaire to solicit measurnament of bhaviour health .
- 6 - A questionnaire to solicit to collection of data to sample study .

The statistical analysis method :

Average – standard deviation – mean – improvement ratio – correlation – T.test – analysis of variance .

Results research :

Through the results of study and achiving its aims we can conclude that :

- 1 – Studying activity sport to study sample which lead to improving in level of physical fitness related to health especially flexibility .
- 2 – There are statistical difference to elements physical fitness of related health in the case of measurement tribal .
- 3 – The sample of Juveniles Delinquents which need to different programs in many fields leads to improving in healthy case of this sample .
- 4 – The researcher found and accepting in dealing with Juveniles Delinquents .
- 5 – The element of security and first aid achived the most improving rate in the programme .
- 6 – The elements of addiction and smoking achived the least improving rate the programme .
- 7 – The elements of flexibility achived the highest rate in physical fitness related health .
- 8 – The elements of the shape of body achived lwest rate in physical fitness related health .

- 9 – There are statistical difference between the averages measurements in tribal distance rates in all elements of sportive activity and health culture .

Recommendation :

- 1 – The government should save suitable places for Juveniles Delinquents to practise sport activity .
- 2 – Taking care of Juveniles Delinquents led to improving in ill behaviour/up normal .
- 3 – If we put a lot of interesting and attractive programmes for study sample, they will be far from deterioration .
- 4 – The government should save supervisors specallized in healthy , sport , social , and educational sides .
- 5 – The institutions should put in mind competitions in sport activities among Juveniles Delinquents .



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Abstract

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This study aims at knowing on effectiveness program activity sportive and health culture on physical fitness and health culture on behaviour health for Juveniles Delinquents ,and supposes the study there are statistical difference between the averages measurements in tribal distance rates in the program activity sport on physical fitness and behaviour health for sample basic . Given the nature and research and investigation to test the validity of its objectives and for Supposes research will use experimental method using the experimental design of the tow measuring tribal distance per set . The sample of study was selected intentionally of Juveniles Delinquents for fifty member in Assuit governorate . Results research There are statistical difference to elements physical fitness of related health in the case of measurement tribal . The element of security and first aid achived the most improving rate in the programme . The elements of the shape of body achived lwest rate in physical fitness related health .