

## *Summary*

### **Introduction and Research Problem:**

Wrestling has long been associated with man's existence. Wrestling has been developing with life and so the international wrestling law. This indicates the development of training technology in sport and in wrestling in particular.

The researcher found during his practice, championships, meetings with trainers, watching trainings and national championships that [LWU] changes published in Egypt, December 2003 that [Grand Techniques] needs 5 scores, the wrestlers who achieve them wins.

If the wrestler gets them in the third round.

Major snatching skill is one of the grand techniques.

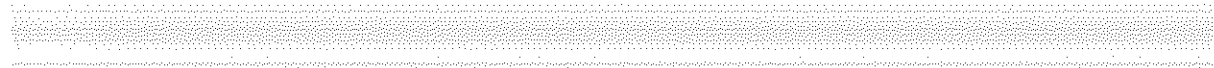
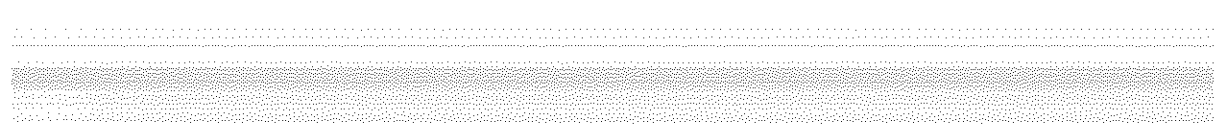
### **\*Research Aims:**

The main research aims at identifying the following:

- 1-The effect of the training program on some physical variables [speed, special strength, fluency] of the major snatching skill of cadets wrestlers.
- 2- The effect of the training program on some physiological changes [pulse, blood pressure the intensive and extensive, lactic acid] of the major snatching skill of the wrestlers.
- 1-The effect of the training program on some physical variables [speed, special strength, fluency] of the major snatching skill of cadets wrestlers.

### **\*Hypotheses of the research:**

- 1- There are significant mean differences between the pre-posttests in the physical variables [speed, special strength, fluency] for the posttests of the cadets wrestlers' experimental group.



- 2- There are significant mean differences between the preposttests in some physiological variables [speed, special strength, lactic acid] for the posttesting of the cadets wrestlers' experimental group.
- 3- There are significant mean differences between the pre-posttests in the major snatching technical skill [Centering Back] for the posttest of cadets wrestlers' experimental group.
- 4- There are significant mean differences between the pre-in some physiological variables [[speed, special strength, lactic acid] for the posttest of cadets wrestlers' experimental group.
- 5- There are significant mean differences in the posttest between the controlling and experimental groups in the physical, physiological and skillful variables for the posttests of the cadets wrestlers' experimental group.
- 6- There are significant mean differences between the pre-posttests in the major snatching technical skill [Centering Back] for the posttest of cadets wrestlers' experimental group.

**\*Research methodology:**

The researcher utilized the experimental designs for the pre-posttests of the controlling and experimental group due to the nature of the research.

**\*Research community:**

Roman wrestlers in Qena [64] aging [16 – 17] the second stage.

**\*Research sample:**

Roman wrestlers [16-17], second stage, Luxor zone of wrestlers, wrestlers of the Egyptian union of Roman wrestling [18].

**\*Tools:**

- 1- Medical scale.

- 2- Centimetric meter.
- 3- Blood pressure and pals rate measure.
- 4- 2 video cams.
- 5- Stop watch.
- 6- Accusport.
- 7- Reviewing literature.
- 8- Jury evaluations.

**\*Conclusions:**

In the light of the sample, tools, aims, hypotheses, statistical treatments, results and their interpretations, the following conclusions were stated.

- 1- Using the suggested training program in preparing the wrestlers led to a development in the level of some responses and physiological adaptations as:

A-Low pulse rate [post\_effort] and during the breaks was a remarkable trait for me experimental group compared with the controlling group during the program.

B-An improving in blood pressure [intensive and extensive] for the experimental group compared with the controlling.

C-An improvement in lactic acid concentration in the body.

- 2-The training program leads to some changes in some physical variables as:

A-An Improvement in fluency level during the training program and this improvement raised by the end of the training program.

B- An improvement in the level of the speed strength with the beginning of the training program and it raise before the end of the training program.

C- An Improvement me the motion speed after the training program directly for the experimental group.

2- Using the suggested training program led to a significant immaterial improvement for all the skill's measures as wrestler, levels in major technical snatching weights training's for the main muscular group lead to a remarkable development for the experimental group than the controlling one in the level of skill.

#### **Recommendations:**

In the light of the results, the researcher recommend the following:

- 1- Specific attention should be paid form physiological measures before any program application to determine the physiological status every player.
- 2- Using tests and measures to select the cadets wrestlers.
- 3- Interest should be paid for the dual training's as they have big importance in increasing as they resemble the motion track of the skill targeted.

Targeted departments of faculties of sport education:

- 1- Providing tools and possibilities to proceed such studies on bigger samples for self defense.
- 2- Conducting studies on other physiological variables to be insights with their results in other training programs.
- 3- Conducting more studies and researches about the best training practices for wrestlers physiologically, physically and skill fully.

The Egyptian wrestling union:

- 1- Interest should be paid to upper Egypt in rough different support.
- 2- Conducting trainings to insight the wrestlers with what is new the trainings, measures of physiology and bio-chemistry implemented in the playground.
- 3- Wrestling should be widely implemented in upper Egypt through different Zones, as there are some governorates do not have wrestling as (Aswar, Red Sea).



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## The Effect of a training program for developing some physical and physiological skill of cadets wrestlers

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