

SUMMARY

Introduction :

Wrestling is one of the individual games that attract most Egyptians to play and/or watch it. In the past, some Egyptian players achieved distinguished universal and/or Olympic records in wrestling.

In the present days, the Egyptian players are considered the champs in most of the Arab and African wrestling contests. However, in Egyptian players found many difficulties in winning any Olympic or universal medals. There are many technical reasons behind that.

Research problem :

In watching most of the local or the international competitions, it has been noticed that most players do not perform the gut wrench skill well despite of its importance, as a dichotomic skill leading to other ones e.g. putting the rival in the squat position. This is a result of either the rival's negativity or the referee's decision to do so. A suggested training program may enrich some physical and physiological variables and develop the gut wrench skill of wrestlers for the sake of winning.

Research aim :

Finding out the effects of a suggested training program on some physical, physiological variables and the gut wrench group skills of wrestlers.

Research hypothesis :

- 1) There are statistically significant differences in the experimental group between the pre- and the post-measurements in some physical variables in favour of the post-measurement.
- 2) There are statistically significant differences in the experimental group between the pre- and the post-measurements in some physiological variables in favour of the post-measurement.
- 3) There are statistically significant differences in the experimental group between the pre- and the post-measurements concerning the performance from below of gut wrench group of skill for wrestlers in favour of the post-measurement.

Research procedures :

Research method :

The researcher will make use of the quasi experimental design.

Procedure of the study :

- 1- Articles of collecting data : review of many related literature.
- 2- Consulting : experts opinions about the suggested training program.
- 3- Consulting jurors views, point a abcrit the test of effectiveness of skill performance.

Application of the experiment on the research sample :

The experiment has been applied on a sample of twenty wrestlers who are registered in the registers of Damietta province of wrestling and the Egyptian federation.

Main study :

The program has been applied on the experimental group according the time plan which started from Tuesday 16/3/1999 to Sunday 6/6/1999. The experiment lasted for four units a week. Each unit lasted for 120 minutes, the 48 units were divided on nearly three months.

Statistical analysis :

- Arithmetic mean.
- Skewness coefficient .
- Wilcoxon rank test.
- Medium.
- Standard deviation.

Conclusions :

In the light of the research aims, hypotheses and the used methods, the researcher could make the following conclusions ;

- 1- The research sample achieved an improvement in the physical measurements for the three weight (light-medium-heavy) due to the application of the suggested program.
- 2- The research sample achieved an improvement in the physiological measurements for the three weight (light-medium-heavy) due to the application of the suggested program.

- 3- The research sample achieved an improvement in the degree of the skillful performance test for the gut wrench group from below for the three weight (light-medium-heavy) due to the application of the suggested program.

Recommendations :

According to conclusions and depending on research methods and tools, the researcher could recommend the following :

- 1- Care for special exercises to develop explosive power, strength endurance and flexibility that have a positive effect on the level of performance of gut wrench group from below for wrestlers.
- 2- Using the suggested program designed by the research in training wrestlers to develop the physical and physiological variables specific for gut wrench group skill from below for wrestlers and for the importance of the skill for the Greco-Roman wrestling.
- 3- Designing a training program specific for the physical and physiological variables and gut wrench group from below skill for youngsters due to the importance of this age group.
- 4- Carrying out more researches on gut wrench groups that have a special importance in matches results.

ABSTRACT

The Effectiveness of A Suggested Training Program on Some Physical, Physiological Variables and The Gut- Wrench Group Skills for Wrestlers

The research aimed to know the influence of the suggested training program on some of the physical and physiological variables and the skill group of gut- wrench for wrestlers. The researcher used the experimental method. The samples included 20 players from Damietta area for wrestling. The program included 48 training units lasting nearly three months. The results showed differences between pre- and post-measurements for the experimental group in some of the physical and physiological variables and gut wrench group skills from below for wrestlers in favour of the post-measurements.

Suez Canal University

Faculty of Physical Education

Port - Said

Sport Training Dep.

**The Effectiveness of A Suggested Training Program on
Some Physical, Physiological Variables and The Gut-
Wrench Group Skills for Wrestlers**

By

Mahmoud Ibraheem El-Doussiky El-Matbwley

Thesis Submitted For Partial Fulfillment For The
Requirement of Ph.D degree in Physical Education

Supervisors

Prof. Dr.

Adel Abd El-Basim Aly

Full- time Professor and Head of Sports Science
Dep. and Supervisor of Post-graduate Studies
and The Establisher Dean of Faculty of
Physical Education, Port Said
Previously
Suez Canal University

Prof. Dr.

Soliman Ali Ibraheem

Full- time Professor of Physical Training
Dep., Al-Haram Faculty of
Physical Education,
Helwan University

1999