

- 3- Caring with in crening the concentration of overloading in training and champion ship for age betn 14;16 and that for accomodating that with this stage of age .
- 4- Cncentrating on being speed vaces speed training in the A.M PERIOD MOVE BHAN P.M period move bhar P.M Period and that for accorodating with the Physial state and birgbhn for beginning winners till 1 Y r . age .
- 5- Doing simillar stadies an bigger age stage bigger than 16 Yrs by using avother races for 100 velves and by wsing obben styles of swinning other than pree swimming.
- 6- Doing simillar stadves to study the biorythn Cweakly and nonting and nonthy and its ralation with Physionlayical changes in the active swinning and the other sporting a ctivities.

CONCLUSION

INTRODUCTION :

Swimming considers one of the sports which take an important place between other sports, where it differs from other sports because it occurs in water to move in. Scientists proved that the person accommodates with different effects according to surrounding, where the person doesn't live in the same weather daily and also in different society circumstances, but he always lives in outfield and that leads to a series of different effects on variable in the human body.

problem the search dealt with and its importances:

swimming is one of the sports which introduce progress level obviously, and that related to the high level of the functions of the biological body organs, And 100 metres. swimming race is one of the principle standard parameters for speed among different swimming races, where obviously latent importance appears to generate the most powerful degree of speed in the possible small time, and where the possible standard record is a result of collecting of whole power of the player in the best state where it requires for that the work of all body function the optimum profession of doing. differs according to biorythm. and accordingly, the understanding of the nature of all these biological activities can share effectively to get standard records, And talented schools is considered the angle stone to improve sporting talents to reach high sporting levels and get achievement in the Arab world and in the whole world generally.

Search purpose :-

This study introduces knowledge about

1. Biorythm for student of sporting talent school in Cairo.
2. The relation both Biorythm for students and the numerical achievements, for 100 metres Swimming race.
3. the relation between Physiological changes and Biorythm degrees.
4. Numerical achievement reasurment time change effect for 100 metre swimming comparing with Biorythm for reversible periods of times

search aquirng :-

1. What is the biorythm styles for the students of sporting tallents school?
2. what is the relation between biorythm style and the numerical achivements for 100 ratre racing .
3. What is the velation between physiological changes and biorythm degrdds
4. What is the effect of changing of numerical achievements reasurement for 100 metre swimming compasig to biorythm in the reversible times .

Plan of search :

Search sample :search sample had chosen through the nonrandum method for the begining of swimming from tallenter school in Cairo for educactional year 97-98 and the sample was 16 swimmer with round age between 12-17 years .

search fields:

- a- Resourse field: It includes the beginner
- b- Time field : The experiment swimmer in Cairo had excuted in the period of time between 14/3/1998--18/3/1998
- c- Geographical field : The bulding of tallenter school in sports in sports in Cairo (behind Cairo Stadum)

ways and tools of data collections:

- 1- The Special stuandards and parametrs for Authropometric changes
- 2- The Special stuandards and parametrs for Phosiological changes
- 3- Special stuandards and parametrs for achivement level
- 4- Application for detecting style for biorgthm .

Measurement Specified for search variablesn:

A- Measurement specified for Authropometric change
tall (measurement unit is cm and measurement toolis
weight (measurement unit is kg and measurement tool is kg
Age (measurement unit is year)

B- Spicial standards for physiological changes:

- 1- blood parometry measurement : Measurements of blood parametry by pulses by using suphymomanoumetre and style
- 2- pulse rate measurment: measured by pressing on the vain for 10 seconds and multiplying the plus rate .

3- biological capacity measurements : by aspyrometer (dry)

C - Numerical measurments specified for achievement level :

-100 metre line measurement (special) : measured by stop watch to detect the speed load

-200 metre line measurement (free) & -75 metre line measurement (free) : measured by stop watch to detect the speed load .

-400 metre line measurement (free) : measured by stop watch to detect the speed load.

H- Application to determine the biorythm :

The opinions of experts were the support for making stability and frankness of the application and and that occurs by

Mr. Abu-El-ela Abdul-Fattah. 1997

Mr. Sobhy Hasanayn

and that by introducing them for 100 swimmer (male and female) from the National team and that during closification and then reitutreducing them for 30 swimmer (male and female) out of searding sample after 15 days from its application in the 1st time for more accury.

Principle search experimeds:

search experimerts achieved in the period of time from 14/3/1998to 18/3/1998 and in the building of sporting tallenter in this time and measurements had achievin A.M and P.M and achivement level measurement taken in the swimming building in Cairo stadum and that after taking the legal agrements and appling the application of biorythm

statistical treatements:

The searcher had use the statistical method according to the gools and aquiring of the search .

1. Average
2. Median

3. Standard Deviation
4. Non- parametric Median
5. Variance

Results:

Through search results and in the light of the sample it's concluded that

1. There are 3 styles for swimmers in the tallest sporting school and the percentage for A.M style 18.75 % and pm is 12.5% and the variable 68.75%
2. No virtual differs between swimmers in the school in the age , tall , and weight .
3. No virtual differs between 3 style in the physical variables in the search
4. No virtual differs between 3 days physiological
5. THERE ARE STATISTICAL differs between A.M style and the variable one in the time 200 metre and 400metre.
- 6- There is a relation betn the achieve lev and age tall vavight v and biological capacity.
- Also power caught and left and bone and legs nusche
- 7- There is no velationship beln adievenest level and blood pressurev, pulce, pulse rate.
- 8- There is a noted velationship bety the types f Biorythm and age ,bivlogicl cipacity fest (right and left) , and nverical leve.
- 9- There is no relation betn Biorythn and tall. weight, nusle Powrful of legs, bore,pulse pressne, Pulse rate.
- 10- There Is a Differs (Statistical One) the aclievent level in the dfferent races among the styles when it neasunnd in A.m
- 11- tT here is a differ in the achieveb level bebn the styles in 100 wethe in the weaswvenent in A.M WHERE tHhe is no differ betn the veasuvent in A.M AND p.M and P.M style in the 3 styles.

Recomendation

- 1- The importance of dealing with adjustevent of achievnt sbyleg swimmes to be abbe to do the best thvagh the legal time detected for champion ship A.M and P.M .
- 2- Caring with importance of cetting uPtraining and champion ships in A.M and P.M for swivers less than 12 , and that for accomodating this poried of A. M perood with this stage of age.

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Biorhythm For Juniorsim Swimming
And Relationship With Record
Achievement For 100 M.

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A Thesis Submitted In Pastial Fulfilment Of
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