

SUMMARY

Research problem:

Many reference books had pointed to coordinate abilities developing drills, that they lay an intensive neural load upon the swimmer. May from this neural load of this load causes, that the swimmer have to employ high degree of attention to the composite coordinate motor performance of those drills, while they are carried out, to be able to perform them accurately and intensely at the same time. So coordinate abilities developing through taking the specialized drills of this developing, may make the attention aspects of the swimmer are trained, so they can be improved. This had agitated researcher to attempt to find out the effectiveness of coordinate abilities developing upon attention aspects for swimmers.

From other side, research had observed that many training programs which applied presently in Egyptian clubs, are not adequately care in proportion to coordinate abilities for swimmers. This agitated research to attempt to find out objectively the benefit of developing these abilities upon record fulfillment level for the swimmer.

In consideration of that it is necessary to concentrate upon developing motor abilities - which include coordinate abilities - at 14, 15 years as a youngster age, because of the natural growth mutation of these abilities at this age, and also for the motor abilities importance, in regard to, 200 meters individual medley swimmers, because of, numerousness of the complicated skillful performance through that event, research problem was determined to find out the effect of the primal coordinate abilities upon attention aspects and record fulfillment level of 200 meters individual medley for youngster swimmers.

Research Objective :

Finding out the effect of developing some primal coordinate abilities upon attention aspects and record fulfillment for the 200 meters individual medley youngster swimmers under 15 years old.

Research Hypotheses :

1 - There are statistical significant differences between post and prior-measures of the control group, for the post measure as for attention aspects and 200 meters individual medley record fulfillment.

2 - There are statistical significant differences between post and prior-measures of the experimental group for the post measure as for attention aspects and 200 meters individual medley record fulfillment.

3 - There are statistical significant differences between post measures of the control and the experimental groups for the experimental group as for attention aspects and 200 meters individual medley record fulfillment .

Research Method :

Researcher used the experimental and descriptive methods .

Research sample :

Research sample included 25 swimmers was chosen purposely from some clubs swimmers of Giza swimming Zone , who had participated at finals championship of Giza, in 1995 year . Swimmers sample had been divided into two parts, one of them for the pilot studies included 15 swimmers and the other for the primal study , included 10 swimmers , this last one had been divided in turn to an experimental group and a control group, each one of them included 5 swimmers .

Data Collecting Tools :

Researcher used for data Collecting each of observation, survey, expert opinion applications ,tests, interviews , and skillful level rating scale .

Pilot studies :

Research executed four pilot studies , the first one was for the purposes of the helpers training for their tasks of research , determining the best arrangement of executing these tasks, and investigating the scientific efficiency of coordinate abilities tests . The second one was for purpose of abstracting the primal coordinate abilities of 200 meters individual medley youngster swimmers under 15 years old, and a testing battery for these abilities measurement , the third one was for the purpose of investigate the skillful level rating scale reliability . The fourth one was for the purpose of determining the final form of suggested drills group .

Results : -

Within the limits of the research sample and the actual collected data, researcher can abstract the following :

1 - The primal coordinate abilities developing through the training program of 200 meters individual medley youngster swimmers under 15 years old, improves the level of attention aspects .

2 - The primal coordinate abilities developing through the training program of the swimmers mentioned before, improves the level of record fulfillment .

Researcher also attained - through research procedures - some other results, the most important of them are the following :

3 - By means of factor analysis, six special primal coordinate abilities of 200 meters individual medley swimmers under 15 years old, had been abstracted, and they are :

- Pushing off time and distance kinesthetic sense of the two turning walls of 200 meters individual medley .
- Kinesthetic sense of swimming distance .
- Kinesthetic sense of swimming direction .
- Ability of the different body parts movements combination with swimming stroke of modification .
- Sensation of static balance position through starting of individual medley swimming .
- Dynamic balance around body horizontal axis through butterfly and breast stroke .

4 - Special coordinate abilities of 200 meters individual medley swimmers under 15 years old, can be measured by means of a testing battery which consists of the following tests :

- Sensation error of time modification of 3(4× 15 meters) pushing off 200 meters individual medley two turning walls.
- Sensation error of less than 25 meters swimming distance .
- Inclination degree of medley swimming from start and turn .
- 4 × 50 medley with changing arm stroke sequence .
- Across stand on a beam by the right foot .
- Swimming butterfly and breast stroke with keeping head out of water .

Recommendations

According to the study results which researcher attained, he recommends the following :

1 - The training program for youngster swimmers under 15 years old of 200 meters individual medley, must include drills for the purpose of primal coordinate abilities development because of its efficiency of developing attention aspects and 200 meters individual medley record fulfillment .

2 - Taking care of distribution the specialized training amount for coordinate abilities developing, through the training program of swimmers mentioned before, on the abstracted primal coordinate abilities, according to the results of this research, to improve the coordinate abilities inclusively as much as possible .

3 - Using the extracted battery as a part of training program evaluation of swimmers mentioned before .

Research Abstract

This research aimed at finding out the effect of the primal coordinate abilities of 200 meters individual medley youngster swimmers, upon both of the attention aspects and the record fulfillment level of those swimmers.

Research sample included 25 swimmers was chosen purposely, pilot studies included 15 swimmers, and the primal study included 10 swimmers, were divided equally into two groups, every one including 5 swimmers. The primal coordinate abilities and a testing battery for the purpose of measure these abilities were abstracted factorial. Drills for those abilities developing had been chosen and determined. Training program included those drills, for the experimental groups, but did not include these drills, for the control group. The most important results which research attained that the primal coordinate abilities developing makes the training program of swimmers mentioned before, more effective to improve both of the attention aspects and the record fulfillment of those swimmers. Six primal coordinate abilities had been determined, they are: Pushing off time and distance kinesthetic sense of the two turning walls of 200 meters individual medley - Kinesthetic sense of swimming distance - Kinesthetic sense of swimming direction - Ability of the different body parts movements combination with swimming stroke of modification - Sensation of static balance position through starting of individual medley swimming. The abstracted testing battery includes six tests, they are: Sensation error of time modification of 3(4× 15 meters) pushing off 200 meters individual medley two turning walls - Sensation error of less than 25 meters swimming distance - Inclination degree of medley swimming from start and turn - 4 × 50 medley with changing arm stroke sequence - Across stand on a beam by the right foot - Swimming butterfly and breast stroke with keeping head out of water.

**SUEZ CANAL UNIVERSITY
FACULTY OF PHYSICAL EDUCATION
PHYSICAL TRAINING DEPARTMENT
PORT-SAID**

**EFFECT OF DEVELOPING SOME ABILITIES
OF CO-ORDINATION UPON ATTENTION
ASPECTS AND RECORD ACHIEVEMENT
OF 200 METRES INDIVIDUAL
MEDLEY FOR YOUNGESTERS
SWIMMERS**

BY

ESSAM AHMED HELMY MOHAMED ABOU GAMIL
Assistant Lecturer for Physical Training Department
In Partial Fulfillment of the Requirements
of Ph.D. Degree in Physical
education

SUPERVISORS

Dr. MOHAMED EI SAID ROHAIEM
Prof. and Head of Physical Training
Department and Vice Principle
of Physical Education ,
Port - Said
Suez Canal University

Dr. MAHMOUD MAHMOUD SALEM
Ass. Prof. at Sport Psychology
Department and Substitute
Head of the Department
Port -Said
Suez Canal University

1998