

Introduction :

No doubt that the fast development that we live in now , in different fields of life is the main reason behind man conflict , in order to cope with this distracted development which become one of modern age features .

This is because of that science contains of new innovations every day , and the man who don't able to cope with this progress will not find place for himself in the twenty one century . this is what drgued the man and pushed him to over take all the new and modern developments through advanced networks of communication , in order to reach at all these new developments . So, each person should endeavorsto that in his particular field of interest .

If we shed the light on Physical Traning in particular , we will find that the person , who are responsible for Traning process also endeavors to reach at this development for the purpose of benefit , and subdue it for Traning process to get the players on the highest Physical Levels . This is Through pentration of Science and scientific progress , and to subdue this science at Service of Physical Traning .

Moreover , Physical Traning is considered as one of the basic sciences in all fields of Physical education , because of its methods . approaches and tools that characterize it rather than other sciences . At the same time , we find that this Physical Traning makes use of alarge . number of sciences such as ; Biology Physiology , psychology and vital mechanic.

Consequently , it is clear that Physical Traning is not a random work that enables any one to it . But it has special qualified persons who are really professional in its secrets , ways and concealment . So, we can say that the controlled Physical Traning is the cornerstone in practising sports , and it

is the ideal approach for making Physical champion who was selected through the right scientific approach (40 : 7).

Since the characteristics of the body are considered to be one of the important principles that push the player to a higher level of Physical activities and particularly in boxing activity , this is because of that body characteristics are the main principles behind the skilful performance process in active way . Also, all of Talhaa Hosaam El Deen , Wafaa Salsh El Deen , Mostafa Kamel And Saeed Abd El Rashed (1997) asserted that the existence of minimum limit of Physical barriers as main requirements for the skilful performance , is considered as the main aim for planning of any Training program . Hence, Physical preparation is the corner stone in achieving advanced skilful performances that are characterized by a higher level of competence and performance . (15 : 5)

Abd El Baset Gameel (1997) adds and says that a boxer must be characterized by special motor and function skills that enables him to practise boxing activity in a higher level of competence and performance .

Moreover , the developing of these abilities is not arbitrary work . But it comes through the right scientific planning of Training process , according to the requirements of activity , its properties , age stage that are trained , Training seasons and times and the precise limitation of the main aims of Training process (19 : 4) .

Accordingly . it is clear that the ascending with the level of boxing player , needs to the application of suitable scientific approach in order to achieve this level of progress and promotion . Since the fitness elements are one of the main principles in order to reach at the highest level of Physical activity in general , and Boxing activity in particular . Moreover , the fitness elements of the boxer , contributes in the progress and promotion with the level of body fitness , and

this helps him in implementing the planning duties that he obliged to do .

Research Problem and Significance

What the man has achieved in performing of different Physical activities , is considered a human miracle , and this is what you can see through Olympic games and international champion ships .

Consequently , the scientists and trainers decided to search in all things that affects and helps in developing the performance of the sport man in all different Physical activities in order to step forward and raise his performance (48 : 2) .

Also , this what led the developing countries in boxing sport to take care of promoting the technical and Physical level through the preparation of Training programs , that aims at developing the special Physical elements of boxing players , and working on the continuation of its development through regulation of the continuous processes of Training .

Accordingly , we find that specifying of the basic dimensions of any Physical activity , is related to the abilities of the body . So, this research deals with boxing sport as one of the individual Physical activities , and that specify the special Physical fitness elements for boxing players that can be characterized by rapidity and the sudden change of different positions of boxing , and that require from the boxer to be in high level of motor performance that is characterized by strength , rapidity and the ability to specify the boxer , according to the different situations of playing .

In addition to his bearing of all competition burdens during the game (47 : 274) .

The researcher Observed - through his attending in boxing field whether he is a player or one of the workers of

this field - that many trainers have not controlled training program , and they are weak in know ledge and scientific experience in All training that they give to players , depending on their experience , and consequently they and up with weak boxer in fitness abilities , as a result of trainers ignorance with the most important Physical fitness element required for boxer, and the methods of measuring and developing these elements.

Hence , the research put towards his eye the specific aims that he hopes to reach and achieve it , through the suggested program of particular Physical elements of boxing players .

This is what motivated the researcher to make Applied scientific study for the purpose of Physical preparation of boxers , and the ways that many achieve it , through the suggested applicable program in order achieve these special aim that reflect its affect on the players through the following applied and scientific indicators .

Firstly : applied indecator

This study as it is really applied indicator of the trainers who works in boxing field , may contribute to trainers in using it's results and procedures for making their training programs , and how to plan for it in scientific way , and consequently its affect will be relected on promotion of Physical and performance levels of boxers .

Secondly : Scientific indecator

This study may contributes in knowing and specifying the aims , in addition to forming and translating it into standards that can be used for giving the Judgement on the program and under standing to what extent it becomes advanced . So, this study gives an indicator for the positive and negative points of the suggested program , and hence the development process will be continuous through straightness and making judgements that are considered as a base for the

good planning of programs and offering the suitable Suggestions

Consequently , the researcher chose the title of his research to be as follows :

training program on special physical Fitness elements, for boxing players in light of the expected aims .

Purposes of this study :

This study aims at :

- 1- Specifying the physical fitness elements , for boxing players and its propotional significance according to the nature of the activity , and also the test groups that measure these elements and design a training program for developing it .
- 2- Knowing the effect of the suggested training program on special physical training for boxing players .
- 3- Knowing the effect of the suggested training program in achieving the expected aims of special physical fitness elements for boxing players .

Research queries:

- 1- What the special physical elements in boxing According to its importance?
- 2- Is the suggested training program effect positively on the special physical elements of Boxing players?
- 3- Is the suggested training program effect on achieving the expected aims?

Methodology :

The researcher has used the test method by making test designation of two groups (experiential - control), and premeasuring , consecutive measuring and post measuring of

the two groups . because of its suitably with the nature of this study .

Research Sample :

The research sample of this study were chosen intentionally from the boxing players of zamalek team , who are under 19 years of age and are registered in the Egyptian for boxing in 2001 / 2002 .

Moreover , the total number of players become (24) boxing players , and they are divided into test group that includes (12) Boxing players , and control group that includes (12) Boxing players .

Data collection :

The researcher has used the following tools in collecting his data :

- 1- digital stop watch .
- 2- medical scale for measuring the weight to the nearest one (1) kilogram .
- 3- Rata meter device for measuring the length .
- 4- Dynamometer device for measuring the strength of feet and back muscles .
- 5- Dynamometer device for measuring the holding muscles of hand .
- 6- Iron bar and group of Iran wheels .
- 7- medical ball weighs (3) kilo grams .
- 8- Nelson ruler for measuring reaction speed .
- 9- Card of marks of pre and post physical features .

Procedures

In order to achieve the expected aims of this research, the research, the researcher specified the procedures according to following :

- 1- Specifying the most important elements of boxing players, and tests that can divide it .
- 2- Preparing and designing of the suggested training program.
- 3- pre measuring stage that was from the date of 22/10/2001 until 25/10/2001 .
- 4- the Application stage of the suggested training program (from 27-10-2001 until 17-1-2002) , and that includes (12) weeks , namely (84) days .

the total number of training units reached to be (59) units these units was divided excepting the days of Monday , Friday , mediation to the day of lesser Bairam (Eid El Fater El Mobark) .

- 5- Making the procedure of consecutive measuring on test group from 22/12/2001 until 25/12/2001 .
- 6- Making a procedure of post measuring from 19-1-2001 until 22/1/2002 .

Statistical processing

the researcher classified the data and processed it statistically , according to the following :

- 1- using of computer through statistical packages program (spss), in addition to the following processing :
- 1- the counting of medium accounting , standard deviation and twisting Factor in all physical changes .

- 2- the testing of (T - test) to account Differences Significant between Pre and Post Measuring in all Physical Changes .
- 3- The difference and Lyses .
- 4- Testing Of The Smallest Psychic difference (tuecky) .

Results

in Light of statistical analysis results Of this research , the researcher ends up With the Following results :

- 1- Specifying the Special physical elements of boxing players and arranging it according to its proportional importance as follows - Strength - Speed - Endurance - Flexibility - Agility .
- 2- The suggested training program and its principles of its implementation has led to developing in the levels of physical change results of the physical elements , represented in the statistical difference that has psychic significance in level of 0.05 between the results of Pre and post measuring of this elements.
- 3- using of physical tests has led to the accuracy and objectivity in specifying the levels of general and particular preparation of the research variables .
- 4- The suggested program achieved the expected aims that are special for the physical elements of boxing players in this research .

Recommendations :

in light of the results of this research, the researcher recommends the following :

- 1- Taking into consideration the suggested training program in developing the level of particular physical preparation of similar variables in boxing sport .
- 2- the necessity of specifying the principles previously that will apply and implement the program of the special physical preparation, and also the restrictions .
- 3- The necessity of using measurements and tests as an approach for objective designing of the levels of special physical preparation during the implementing of preparation programs .
- 4- taking into consideration the psychic case of the players during the program implementation and also their health and insetting the factor of desiring rising up in making exercises to avoid boring problem .
- 5- The necessity of taking care with the developing of strength Factor and in particular the strength that characterized by rapidity, be cause of its vital effect on boxing sport, especially after inserting the ways of arbitration in computer . moreover this factor affects positively on the other physical elements such as the motor speed and muscle bearing .





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Training Program on Special Physical Fitness
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