

Introduction:-

Each sports activity specification requires an autosomal certain to be observed when selecting the individual the right to exercise this activity, where stems the importance of the logical relationship of the form function and affecting the dimensions of a body moving in the effectiveness and efficiency of movement resulting from it, formed the body and its size determine to a great extent sufficiently physical to the individual athlete, the more Madt the amount of muscle and percentage of body weight and fat intake as I said it was incorrect indication that the owner of this specification to a large degree of physical efficiency. (33: 169)

According to the scientific development, the study of patterns of physical important studies related to measurement in physical education and sports, which helped a lot in this area in general and some fields in particular, which include sports training, and by giving opportunities to coach sports in the selection of patterns of physical appropriate for the exercise of physical activity as this may lead to the player access to the levels Riadipaalip. (38: 236)

Cons **Mohammad Hassan Allawi (1998)**, quoting Roberts Roberts that physical style of the individual is one of the important physical requirements that can help to identify excellence in motor performance. (41: 372)

Cons **Ali Bey (1995 m)** that science Alkrulogia or biological time of science that deals with the study related to body functions of Foreign Affairs and timing right, man since the beginning of the creation programmer according to a schedule or courses short and long-any programmer according to the rhythm of a continuous cover of night and day and the rhythm of another is subject to the vagaries of the weather and chapters. (34: 39)

And says **Youssef Dahab, Mohamed Brekaa, Ahmed Ibrahim (1993)** that scientists have proved that human beings adapt to the effects of rhythm dynamic daily, weekly, monthly, yearly and multi-year terms of changing responses about (50) and physiological function of the organs of the human body has appeared biological cycles as a result of the evolution of life is associated with appearance rotation of the Earth on its axis and orbit around the sun

and the moon rotates around the Earth and the emergence of biological cycles daily at the level of twenty-four hours as a result of synchronization with the rhythm of the earth's rotation on its axis one cycle has created a dynamic of its own to the ability of the various achievements during the daylight hours. (58: 219)

And affirms both the player and **Abdel Monem Youssef Dahab (2004)** notes that the athletes themselves that one can easily perform the daily work and shows a high level of athlete in the morning while there are other sport can do so in the second half of the day. (30: 344)

Problem: -

There is no difference on the importance of rhythm and vital Study the physical and who, if possible exploitation of well we can through which access to the many achievements that may not be realized if ignored intended Bastglalhma that is used to pattern of physical guidance on the type of sport that will overtake the player and the importance of identifying the rhythm vital lies time to know the proper training of the player during the day.

And through the experience of the researcher in the field of swimming (swimming coach 10 years) found that the research problem is divided into several parts.

- The swimmers involved in the fields or branches of water sports, whether waterpool or pool water according to their own liking, either personal or to the wishes of their families or as a result of their love for the sport.
- That some players or swimmers may practice water sports for a long time and then fail to achieve anything noteworthy to the sport of water occurring among the other finds himself compatible or incompatible with the shape of his body.
- When there is no coach or guidance based on the process or the selection criterion is ideal for physical specifications required by each sport on the water alone and the perfect time to train during the day.
- Gross negligence in the training of players on a sports specialist and according to the rhythm of the vital to them and to take advantage of the maximum potential of the player and

the recruitment and optimal utilization to upgrade the capabilities of the players where he has been training players at inappropriate times of the rhythms of vital thereby creating a practice and training heavy with lower interest, but If players have been trained in accordance with the dynamic rhythms and the period of effective activity occurs most effectively.

And here lies the problem of the research to answer the following question:

Why do not these players are directed initially to the type of water sports suitable for them? Is there a certain vital rhythm of the water polo and swimming?

And to save time, effort and money that could be lost in vain in the sport is suitable for their physical or sport is training in accordance with the times is not appropriate for the exercise

Research objectives: -

The research aims to identify the

- 1 - Study the physical characteristic of water polo players of the Egyptians.
- 2 - Study the physical characteristic of the Egyptian swimmers.
- 3 - Rhythm dynamic characteristic of water polo players of the Egyptians.
- 4 - Rhythm swimmers dynamic characteristic of the Egyptians.
- 5 - Study the relationship between the physical and dynamic rhythm of the players, water polo and swimming Egyptians.
- 6 - The relationship between water polo players and swimmers in the Egyptian style variables physical and bio-rhythm.

Research questions:

- 1 - Is there a distinctive pattern of physical water polo players of the Egyptians?
- 2 - Is there a pattern of physical characteristic of swimmers Egyptians?

- 3 - Is there a distinctive rhythm of vital water polo players of the Egyptians?
- 4 - Is there a rhythm vital characteristic of swimmers Egyptians?
- 5 - Is there a statistically significant relationship between body style and rhythm is vital to both the water polo players and swimmers of Egyptians?
- 6 - Are there significant differences between the water polo players and swimmers Egyptians in the physical variables style and rhythm is vital to them?

Research Methodology: -

The researcher used the descriptive method of relevance to the nature of the search measures

Sample: -

The researcher conducting the research at the players (swimming, water polo)

Has been chosen intentionally from swimmers and football players water phase of the public Ahly and the number (10 swimmers 0.11 footballer water) and registered in the lists of Egyptian team for swimming and water polo, because Al-Ahly is the champion of the shield-General of the swimming and water polo and has the largest number of swimmers the team.

Methods of collecting data: -

1 - **Scale Heath and Carter (Heath & Carter)** of the physical patterns.

The researcher using the method of Heath and Carter Anthropometry to determine the patterns of objects for swimmers The researcher used the following tools:

- Registration form specific data of physical measurements. (Annex 1).
- Cm Reastameter measuring device to measure length to the nearest 1 cm. Annex (12).
- Balance of measure for medical weight to the nearest 0.1 kg. Annex No. (10).
- A tape measure (Mazhurp) to measure the ocean. Annex No.

(13).

- A slider Albergl Skinfold to measure the thickness of skin folds. Annex No. (11).
- Measuring device for measuring symptoms Balvometer symptoms. (Annex 13).
- Form a calendar for the body style Alanthrubomtri Heath - Carter Heath & Carter (annex 3).
- Card-distribution patterns of the body. (Annex 2).

2 - determine the pattern of rhythm is vital:

The researcher identified the vital rhythm pattern using two methods, namely:

- Form Oostberg Ostbirg to determine the pattern of rhythm is vital facility (4)
- Utilizing the computer using the Facade and the program and the program FirstBiorhythm biowint511 to determine the dynamic rhythm and its attachment (5)

Search procedures: -

Within the limits of work to try to achieve the goal of the research and extraction of studies in the field of Alsabp patterns of objects in the field of bio-rhythm enables the researcher to identify the steps to perform the search as follows:

First: How Heath - Carter (Heath and Carter) Anthropometry

The researcher measured the physical style of the swimmers in a core sample of the research and Heath Carter Heath & Carter Anthropometry.

Second: A measure of bio-rhythm

- The researcher Btaattbaiq form Austberg Ostbirg to determine the bio-rhythm
- Utilizing the computer using the Facade and the program and the program FirstBiorhythm biowint511 to determine the dynamic rhythm and its

Statistical method used: -

- 1 - the arithmetic average.
- 2 - the standard deviation.
- 3 - the mediator.
- 4 - coefficient of torsion.
- 5 - Splaying factor.
- 6 - Spearman correlation coefficient.
- 7 - significant differences in a way Mann and Whitney.

Conclusions:

In the light of the sample and search results possible for the researcher concluded:

1 - There are distinctive physical style of water polo players, a balanced muscular style, where it came from his presence in the proportion of soft research (54.54%) and the arithmetic average of the component muscle is (5.45) component of a greater degree of obesity, thinness.

2 - There is a pattern characteristic of physical players, a swimming style intramuscular fat, where it came from his presence in the proportion of the sample 40%, and the arithmetic average of the component muscle is (5.7) component of a greater degree of obesity and thinness.

3 - marked by swimmers (sample) for football players water in all styles (fat - muscle - slim), where he was the arithmetic average of each of them I have a swimmers (3.15 - 5.7 - 2.85) on the governor and these averages more than football players water (sample) .

4 - There is a vital characteristic of the rhythm players, water polo is the (non-regular pattern), where the ratio was 72.72% for the presence they have.

5 - There is a vital characteristic of the rhythm of swimmers is (tends to offer the morning), where his presence was the proportion of 90% to them.

6 - no statistically significant relationship between body style and rhythm of the vital water polo players and swimmers (sample)

7 - There is a vital rhythm distinguish swimmers from the water polo players, swimmers, where he distinguished research sample style (tends to offer the morning), while marked by players water polo style (irregular)

Recommendations:

According to that, according to the results of this research the researcher recommends the following:

1 - apply the results of this study is on beginners swimming and water polo because of its importance to upgrade the level of sport, water polo, swimming in Egypt.

2 - to raise awareness among coaches about the importance of studying patterns of objects because of their great importance in the selection process and measurement and evaluation. As well as to their importance in aspects of skeleton and hygiene.

3 - Conducting a similar study at the players diving and kayaking. And sail and players obsolete water.

4 - need to focus on training workers on how to measure the body style so they can be conducted easily and without errors.

5 - need to work on the physical measurements of the constantly evolving knowledge typical of the player through each stage of Sunni passes during the period of training, especially for young players.

6 - the coach must determine the pattern of rhythm is vital for players to know the optimal time for training and competitions