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**The effectiveness of a suggested program To develop some
physical and skillfull variables and moral values for
beginners in learning karate sport**

**presented to get The degree of philosophy doctorate
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Preparation

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Abstract

Introduction Search

The athletic training is an educational process with meaningful scientific planning and is directed to prepare the players of different levels according to their abilities (beginners, buds, juniors and advanced). Which means that the training is not limited to high levels only, but also to beginners and juniors, who are most in need to athletic training as an educational process aiming at preparing a player physically, skillfully, psychologically and morally in order to reach the highest possible level.

It is to the success of the training process and its continuity, we should be concerned with the beginning phase of practice, especially beginners as they constitute the base of the pyramid and the first step in the preparation of the future player to reach the highest levels in various sports.

The karate is one of activity types that seek the development of the physical attributes and motor skills and the acquisition of personality traits and the development of psychological skills and give moral values to the overall development of practitioners. Despite the importance of karate as one of Sport , but it is still in need to further research and study in the field of Training, especially in the beginning stage of practice, Which depends on the level of physical performance and technical support in the long run.

In the view of both Kamal Abdel-Hamid and Mohamed Sobhi Hassanein (1997), "The physical attributes Assembly is the main component upon which is built the rest of the components necessary to gain access to what is known as sports forma. Besides, the physical attributes for the sports activity are considered the backbone and broad-based that don't accept just a discussion about their importance. As they have become taken for granted in the field of physical education and sports. "(55: 29)

The Mohammad Hassan Allawi says (1990) that "Own fitness is the physical attributes necessary for the type of physical activity and which vary from one activity to another according to the nature of

this activity. And it aims to develop these qualities to the fullest extent where they can access the individual to the highest levels of Specialized sports Activity. "(80:63)

There is no doubt that accessing to the highest levels in sport karate does not come without preparation skills at this stage which is designed to teach and install the development and refinement of motor skills whatever level of fitness the karate player reaches and whatever features of congenital and involuntarily he is characterized by, it will not achieve the desired results unless it is linked to the full thoroughness of psychomotor skills for the sport of karate.

In the view of Wagih Ahmed Shamandy (2002) The link between the sources of physical setup and preparation skills for the player karate is clear, therefore, the attributes of physical components and the technical performance and the degree of his mastery of highlights appears in the form of complex and interrelated, as related to the effectiveness of the improved skill of the player karate process consistency to master the art of performance with training methods physical abilities. (87: 7)

Also, Mohammad Hassan Allawi confirms (2006) the importance of moral values as they play a key role in the formation of sporting character and contribute significantly to the enhancement of individual abilities, Research and aptitudes have demonstrated evidence of multiple players who lack the personality defects and voluntary show the level of at least the level of their real ability, as the fare is less than the expected level in spite of good preparation in the physical and tactical skill. The individual who lacks the spirit of sport or loyalty to the team or the struggle for victory will not be able, regardless of his physical and artistic, to achieve of outstanding performance; because these values directly affect the level of personal as a whole.(68:167)

Research problem

Karate is of the sports that were addressed in several different scientific research to improve and develop all aspects of the preparation associated with the process of training (physical, skill, tactical, psychological), so as to achieve progress and to achieve the best possible results.

The researcher emphasized the importance of the beginning phase of practice in karate because of the importance of this stage in the continuing training and its subsequent success, where the initial selection of an karate junior, which is determined by his characteristics and his future as a player , he also stresses the importance of this stage due to the large numbers of beginners in karate where they make up a large proportion of up to 57% of practitioners (beginners, juniors, players, advanced players) in Beni-Suef during season 2008/2009. The importance of this period increases as a result of the number of skills to be learned at this stage, whether in kata or kumite, or the basics of karate and increasing the physical demands that meet this duty skill and the importance of physical setting year for the novice at this point.

The increasing number of novices at this stage and the burden for the beginning of the practice of karate makes us need the presence of trainers at the highest level of training as well as in education because of their dealings with the stage which they must understand and deal with, attract and develop commensurate with the requirements of karate sport.

The Mohammad Hassan Allawi (2006) says that many of the coaches are focusing all their attention to the development of various physical abilities, skillful and tactical, and do not care enough attention to the development and the development of personality defects and voluntary which is contrary to the principle of inclusive and balanced personality growth, and result in individuals vulnerable character and will. (68: 167)

As the process of building value is not the responsibility of a social institution a specific or curriculum specific, but the responsibility of everyone who is involved in the process of education both within the family, school or club or any other institution, and through all media available to an individual in any area and at any level.

Given the importance of sport in the composition of society and the upbringing of future generations both in terms of physical or mental, psychological or social in order to achieve the objectives of the educational community, and faith in the educational researcher work through the process of sports training and achieving the

Millennium psychological, social, On the basis of sporting competition problems (aggression, violence, intolerance, abuse of stimulant drugs are banned internationally, socially oriented bad), and the need to provide an integrated model for training programs for beginners to practice karate, As well as the investment period at the beginning of practice to instill ethical values underpinning later construction of psychological and educational, social, and the arrival of the player to the highest levels of sports.

Therefore, the researcher suggests the design of a special training program beginners to practice karate researcher is trying to develop a scientific manner regulated level of physical and skill and education skills and instill moral values, which are needed for at the beginning of practice and the continued success of the training process later.

Research Objectives

1. Design a special training program for beginners in the karate sport.
2. Identify the impact of the proposed program on some physical and skillful variables and moral value to the novices in the sport of karate aged 9-11 years.

Research Hypotheses

1. There are significant differences between measurements before and after study in the research physical and skillful variables and moral values for the dimensional measurements of the control group.
2. There are significant differences between measurements before and after study in the research physical and skillful variables and moral values for the dimensional measurements of the experimental group.
3. There are significant differences between the measurements for the two dimensional control and experimental in the physical and skillful variables and moral values in favor of the experimental group.

Search procedures

Research Methodology

The researcher used the experimental method, using measurements before and after the two groups, one officer and the other pilot.

Sample

This study was conducted on a sample of karate beginners at club vanguard of Beni Suef of the armed forces, and the total sample size of 40 junior aged 9 -11 years old, were divided into 16 samples exploratory and 24 core sample, were divided into (12) control group (12) the total Experimental.

Search Tools

Hardware and Tools

Balance to measure weight, a tape measure to measure the length, a stop watch, pens, chalk, benchmarks, tools used in the implementation of the program units.

Survey Reference

The researcher surveyed a reference for scientific research related, similar and specialized in the field of training, especially training of karate, references and scientific research on the subject of moral values.

Forms

1. Form an opinion poll to determine the most important physical variables for karate beginners aged 9-11 years.
2. Form an opinion poll to determine the appropriate tests to measure physical variables.
3. Form an opinion poll of the determinants of the program.
4. Form an opinion poll to determine the moral values of phase.
5. Form an opinion poll to determine the moral values that can be included in the programs in the karate beginner.

Measurement Tools

Physical tests: (broad jump, bend the trunk while standing, shuttle running 9 × 4 m).

Skill tests: (Gidan Bray, Aji OKI, Sotho OKI, Ooi Zuki, Mai Jerry, "the first kata" Hean Chudan).

Scale of moral values photographer of children.

Jod anv Harris Test of intelligence.

Measurement of economic, social and cultural family level.

The proposed program

The researcher used the training program using the physical exercise of public and private purpose games and karate training to develop the force characterized by speed, flexibility, agility and skill of some variables and moral values of the beginners in the age group of 9-11 years.

Survey

Exploratory study was carried out on a sample which consisted of (16) of the beginner in the sport of karate of 9-110 years in the period from 01/07/2009 to 30/07/2009.

Results from the survey:

1. A group of physical exercise, games and purpose exercises karate training used in the proposed program has been selected.
2. Experience and training skills was gained as a result of this application on an examination of a sample similar exploratory.
3. The scientific processing of the tests (validity and reliability) were found.

Implementing the program.

Measurement tribal: tribal measurements have been made in the period from 30 / 7 to 06/08/2009 at Beni Suef Vanguard Club of the armed forces, which is used to equal the experimental group and control group.

Program Implementation: The implementation of the training program for training the experimental group and in accordance with the proposed program and the control group, according to the method traditionally used in the sport of karate in the time period from 7 / 8 to 30/10/2009.

Dimensional measurement: the researcher conducted measurements for the two groups in the research physical and skillful variables and moral values in the period from 1 / 11 to 9/11/2009.

Statistical treatments

statistical treatments of data using the computer Was performed for: The arithmetic mean, standard deviation, median, coefficient of torsion, T Test, the correlation coefficient (R), equations of relative change (percentage of improvement).

Conclusions and recommendations

Conclusions

1. There are significant differences between pre and post test for some physical and skillful variables and moral values in the control group, indicating the development of these variables is force characterized by the speed, flexibility, agility Gidan Bray, Aji Ok, Sotho Ok, Ooi Zuki, Mai Jerry and moral values, and realized the following rates of improvement: the percentage of improvement in force characterized by the speed 12.46%, flexibility, 27.85%, agility 21.48% Gidan Bray skill 46.47%, Aji Oki 34.73%, Sotho Oki 43.55%, Ooi Zuki 30.24%, Mai Jerry 49.71 %, and the percentage of improvement of moral values in the control group 20.69%.

2. There are significant differences between pre and post test for some of the physical and skillful variables and moral values in the experimental group, indicating the development of these variables is "force characterized by the speed, flexibility, agility"and "Gidan Bray, Aji Ok, Sotho Ok, Ooi Zuki, Mai Jerry and moral values and realized the following rates of improvement: the percentage of improvement in force characterized by the speed 21.77%, flexibility, 68.71%, agility 31.29% Gidan Bray skill 71.67%, Aji Oki 75.19%, Sotho Oki 83.38%, Ooi Zuki 87.65%, Mai Jerry 64.73 % and the percentage of improvement of moral values in the experimental group 54.39%.

3. There are significant differences between measurements post test for control and experimental groups for the benefit of telemetric the experimental group in the physical measurements and skill and moral values are on the previous arrangement which indicates that the proposed program has led to the development of some physical and skillful variables and moral values are better than the traditional program.

4. There are differences in the rates of improvement between the control and experimental groups in some physical and skillful

variables and moral values are on the previous arrangement, "9.31%, 40.86%, 9.81%" and "25.20%, 40.46%, 39.83%, 57.41%, 15.02%" and 33.70% "All of these differences for the experimental group.

5. There is a difference between the two groups in telemetric to perform kata the first "Hean Chudan", where the average degree of the performance of Kata for the first of the control group 3.75 degrees, and average grades the performance of KATA's first experimental group 5.65 degrees, which indicates that the proposed program is the best in the education and training "Kata "Sentences in motor sport karate.

Recommendations

1. The coach should pay attention to aspects of education represented in the development stages of the moral values of the different ages and morals related to sport, especially in the beginner stage in sports activities.

2. The Egyptian Federation of Karate should pay attention to educational qualification along with training and technical refinement of trainers.

3. The need for academic interest in moral education as part of the work of the coach and no less important than the psychological preparation for the players, especially in the beginner stage.

4. Emphasis on conducting similar research in other sports and at different levels of sporting practice (beginners, juniors, players and champions).

5. The use of trainers for purpose games to develop physical, skillful and tactical performance as well as to instill moral values in karate.

6. Scientific method of work, especially in dealing with the physical variables as dependent variables for the age group as well as the type of sport specialization.

7. Need to focus on the element of flexibility and agility of key performance variables in karate as well as force characterized by the speed as prerequisites for the beginning of sports practice and speed of motor learning.

