

ثانياً

الملخص باللغة الإنجليزية .



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**" The effect of skillful applied training according to
the systems of powers production on the level of
skillful application and physical efficacy for
handball players "**

Thesis

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philosophy of physical education

From

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Introduction and research problem :

The meaning of education and the training in handball game was improved from general meaning to a special and specific as regard the modern scientific results according to the popularity of handball and its rapid improvement it becomes very important for preparing the team according to the modern systems as regard the physical fitness preparation skillful preparation and planning according to power points and the working for its improvement and stability and weak points and the working for avoiding its causes and using in the stability of the general of the game to be in a higher level.

The scientific planning for training, it is an organized steps aimed to cause a positive for using the available supplies for the application of specific aims and keeping the efforts with rapid ways and less expenses. The physical training for the person was affected with several physiological morphological physical factors and the others related to educational and psychological factors for these factors after physical planning based on scientific principles it was the most important factor for the improvement of the standard. (113 : 14)

As it was supported by kamal El-deen Abd El-rahman Darwesh (1998) that the standard of application in handball was affected with a group from biological factors, which are included from physiological, morphological factors while the physiological factors it become in the top these factors it has the physical level followed by skillful and planning standard (17 : 15)

Handball it consider from the games lets from players a great effort and continents work during the player attendance in the playground by attacking or defense without stop, it is important for the player to be continuous in doing an effort without stop for improving his efficacy and for improving the standard of his practice and it reflect upon his skills and planning. (44 : 18)

It is well known that the fundamental movable skills in handball it consider as a fundamental and active corner in the art of the game for any team the natural practice in handball depend on the degree of efficacy of the player for practice of the fundamental skills if it was defense or fighting with the ball or without the ball and apply the ball during the planning of work, the fundamental skills for defacer in handball was depend on the air biological power in most of the practice which needs training and practicing and depend on selection on the basic physiological international tests (33 : 16)(18 : 15)(88 : 8) .

there is no doubt that the power in the human body, it consider the source of the movement, source of the muscular contraction and it consider as a source of the physical practice with the different types while the muscular contraction on the movement and following a planned alert

style depend on the different body systems with in the fighting and i reduction in another periods between players with in the physiologic elements for the player, to be a standard right for the physiological ca of the body .

Aim of the research

The research aim to the design of the skillful exercise trainin (defense - attack) according to the system for power production an identifies the following:

1. the effect of suggested skillful exercise (aerobic - anaerobic) on tl skillful applied level for the handball player (sample of the study)
2. the effect of the suggested skillful exercise training (aerobic anaerobic) on the efficacy of the physical level of the handba player (sample of the study) .

Hypothesis of the research

1. there were statistical significance difference between first ar second assessment for the two experimental groups by using tl skillful exercise training the aerobic and anaerobic in the level skillful practice for the second assessment of the study group.
2. There were statistical significance difference between first ar second assessment for both the experimental two group by usin the skillful exercise training aerobic and anaerobic in the level the body efficacy for the second assessment of the study group.
3. There were statistical differences for the two experimental group by using the skillful exercise training of the aerobic and anaerob in the level of the physical skillful training.

Methods of the research:

Firstly: research methodology the research was used tl experimental research by arranging the first and second measurement f the two experiment group to be applicable for the study.

Secondly: community and sample of the study: Sample of tl study, it consider as a player of handball, from the first level excellent in Assiut Governorate clubs for handball for its accessible, its natural f this study.

Thirdly: sample of the study: it consider as a study group for tl first excellent group B player in Assiut Government clubs for handba and its number (2) during the session of training 2005 – 2006 ar registered in the Egyptian union for handball and was selected l (accidental sample from Assiut Petrol team their number (20) players.

fourthly: instrument of data collection:

1. Analysis of the content.
2. Idea of specialist for assessment sheet.
3. Selected physical efficiency tests and skillful tests.
 - a) Selected skillful tests.
 - b) Physical efficacy tests.

Fifthly: tools and selected apparatus for the application of the aims of the research. The following tools and apparatus was used:

1. the used apparatus rest meter apparatus for the measurement of the height. Medical weight scale for measurement of the body weight by kilogram. Stop watch for deciding the time for some tests.
2. Instruments
 - Wall and shock.
 - Measurement of height.
 - Medical balls.
 - Handballs.
 - Legal playground for handball

sixthly: Arrangement of the training program according to the study analysis and what the researches do from the scientific differences and ideas of the specialists which aimed the numbers of weeks for the training program number of the training units in each week and time training unit and the researcher reached to the following:

- Plain of the training program 8 weeks.
- Number of the training program 32 unit per 4 training unit weekly.
- Time of the training unit 30 min
- Total time of the training program 960 min.

Results:

As regards the research result and within the study sample and the discussion of the results, the researcher reached to the following results:

1. Skillful exercise training with the aerobic power and its positive results with statistical significance as with the skillful practice level on the study group.
2. the skillful exercise training by the anaerobic power system and its effect with positive results with statistical significant difference on, as level of skillful level on the study group.
3. the skillful exercise training with the aerobic power system and its effects with positive and statistical significance at, as level on the physical efficacy level on the study group.
4. the training of the skillful application with anaerobic effect with positive statistical significant on, as level with physical efficacy test.

5. Skillful application training with anaerobic with positive effect and statistical significant differences with 60 second and test of defense movement 200 meter.
6. Skillful application training with anaerobic power system and it has positive effect with statistical significant difference at, on level of the physical efficacy level with anaerobic power system.

Recommendations:

As regard the sample of the study and the selected sample, aims of the study and study hypothesis and results which recommended the research with the following:

1. Using the skillful exercise training with the anaerobic power system on the level of the skillful practice for the handball players.
2. Using the skillful exercise training with the aerobic power system while the physical efficacy level of handball players was improved.
3. Arrangement, application of skillful training according to the power production for improving the skillful efficacy level of the physical efficacy for other games.
4. Design and prepare another skillful exercise according to energy system production for rising the skillful performance level and PWC for another games.
5. Use the skillful exercise training by aerobic energy system for rising the respiratory cardiovascular endurance.
6. Use the skillful exercise training by anaerobic energy system for rising level of the speed and speed endurance.
7. Use aerobic exercise because it's beginning for energy fitness.
8. Make another researches to know the effect of the skillful exercise training to threshold between aerobic and anaerobic.