

The Introduction:

The Research Introduction:

The huge leap forward in scientific and technological development that took place before the end of the twentieth century, and during the early twenty-first century, has shown how scientific and technological progress and the concomitant changes or challenges, which led to excellence in performance in some aspects of life in general and in physical education and sport in particular, this distinction is the first factor influential and crucial role in the development and progress in these aspects.

Indicates pleased **Ahmed Mansour (2001)** that one of the most important characteristics of the times in which we now live is the revolution of information and interaction and amazing ability to link between the achievements of the various fields of science, where the beginning of this century witnessed a remarkable development in various areas of life and that all phenomena of scientific research, and employment recommendations of scientific research has become one of the most important requirements for new technology development that will enable States to control or superiority and sovereignty in any field of competition, since the physical education one of the areas affected by this development as an important element in the preparation of the individual integrated setup, it was shown that the practice of activities contribute to the development of physical preparation of the individual setting an integrated and efficient functioning of vital internal organs, and became the basis for integration is the ability to production to achieve the sovereignty or control in the fields of competition among states.

And that education is an essential process in life, all aspects of human activity and beyond the education process, and grow through learning behaviors that affect a person's life and in the development of human personality, and there is learning all kinds of human activity, almost.

In the view of both a full salary from **Osama, Ali Mohamed Zaki (1994)** that swimming is one of the types of water sports that use aqueous media as a means of moving the human body through which all movements of the arms, legs and torso to improve the efficiency of rights in various aspects of physical, skill, mental and social as well as mental health.

The **Adel Fawzi Gamal (1998)** indicated that the most enjoyable sports, swimming and exercising in the swimming pool and the beach and

practiced by children, youth and adults for fun, but in reality it is sport for all classes, groups and although they enjoy the practitioners but they benefit the body and physical benefits of mobility and the body is exposed to sunlight and fresh air, work on exchange of the muscle work of the working muscle contraction or relaxation, and give the sport of swimming and sliding practitioners consistency, elegance and good-looking, and does not need to go swimming or anything expensive tools or equipment so they all sport classes.

The **Abul-Ela, Ahmed Abdel-Fattah (1994)** noted that the swimming sports activities and the beloved which is distinct from other sports activities, many other advantages in addition to health benefits and social and psychological to it, swimming Learning humanitarian message and the duty of every individual to learn and teach swimming to other Valodin them to achieve mastery and learn to swim because the caliph Omar bin al-Khattab "Teach your children swimming, archery and horse riding."

Also confirms both the **Zaki, Tarek Nada, Iman Zaki (1994)** that the developed countries is concerned with literacy swimming, swimming Learning is an urgent need, it achieved important aspects of the individual, including physical, muscular, social, and here we have to put schools and educational institutions and clubs youth centers and their potential for teaching swimming Nce.

In the view of **Afaf Abdul Karim (1993)** that the sport of swimming within the general policy in Germany, where children are forced in the initial stages of education to learn to swim until the age of ten, allowing a large base of experts for selection of children with special powers and the subjection of the training programs developed and see the fruit of it in the World Championships and the Olympic Games.

Osama adds full salary (1998) that one of the swimming sport activities that can be exercised at different ages, and is not necessary to exercise the swimming competition, but a person can Ituaha according to his abilities and how intolerable and that it means to rest and relaxation, recreation and gain health.

And the agreement of both a full salary from **Osama (1998), Muhammad Ali Elkot (2000)** that the pool of educational aims to acquire the individual skills and different ways of swimming in the light of the principle of leisure, security and safety, as the first stage of the transfer of training to reach the upper levels.

The **Muhammad Ali Elkot (1999)** noted that the breaststroke is swimming only be effective role of the two men had been by the

equivalent of the arms of the impact of forward movement of the body so they are slower swimmers four.

The Research Problem and Its Important :

The period between birth age until the child reaches the important periods in the life of the child, they are the basis for the structure of the whole child to the highest level not just on the kinetic and physical, but also at the level of behavior and personality, and as such has ridiculed the state a lot of their resources in order to prepare generations can to catch the spirit of the times in the various activities and to play its role in the process of construction and development of Egyptian society lived them in order to increase production.

Indicates **Mohammed Abdul-Ghani (1993)** that the process of learning a new entry on human life and behavior, or a change or modification in this behavior, is also a process of learning motor skills of great importance in my course of physical education and the educational process designed to provide individual psychomotor skills and mastery so that they can use of a good and economic losses.

Both the **Mahmoud Hassan, the Bey, Mustafa Kazem (1998)** suggested the swimmer to use his mind to use to the side of his body to know how to perform the methods of swimming and why, that's what makes swimming enjoyable activity.

He says **Muhammad Ali Elkot (1998)** that teaching swimming to win the individual experiences a new dynamism as a new and unusual center of his normal life, which requires him to adjust itself to overcome the mechanical factors, physiological and psychological, as well as for the preparation of Vtalmha Youth is benefiting a lot to society, which will earn individual capabilities and skills qualify him for the production of Okbrochol without suffering different diseases that hinder growth and give its energy.

She says **Afaf Abdul Karim (1993)** that the performance is the measure of learning The teacher has to be clear in teaching, we must think carefully about when you take a business mobility in well-presented them, and gradual progress and that leads to the form required for the performance, and should be brought to his disciples, teacher the required results and allows them sufficient time to exercise until fixation of the performance achieved.

The **Abul-Ela, Ahmed Abdel-Fattah (1996)** that the problem faced by many and mastered swimming is how to transfer this experience to others where the process of learning swimming the same steps need to

be progressive and sound, as many of the cases that failed to learn to swim was due to some misconceptions in learning.

He thinks everyone on **Zaki, Tarek Nada, Iman Zaki (1994)** that the scientific foundations that must be considered when starting to learn swimming are:

- age and the possibility of the learner.
- physical and health situation.
- previous experience.
- the circumstances surrounding the situation of education.
- the degree of orientation and motivation of the learner.

Has taken a European countries, the link between education in general and teaching swimming in particular, and discussed the Business Council, the European Conference of Ministers of Education Europeans relationship between primary education and teaching swimming for the same stage and the justifications for such interest, and recommended the preparation of the child scientifically and mathematically by selected activities, including swimming, because because the breaststroke is the slowest of the four types of swimmers, so the problem is determined by examining how to take advantage of trends in innovation and development in the countries of Europe in the integration between the education of individuals swimming clubs and schools.

Where noted researcher random absolute in teaching swimming in schools swim clubs and coaches rely on their experience of self and cumulative over the years previous to them, do not follow the scientific method in developing programs to teach swimming in conformity with international and global standards, which if applied to young people in Egypt increased the process of mastering the swimmers various performance was in the form of gay at times achieve access to higher levels in the competition, regional and global, hence the researcher found an urgent need to examine the programs of local swimming and regional and global, and trying to develop an educational program proposal for breaststroke, as one of the swimmers four and how they can contribute to improve the learning process and also the speed of performance for this swim. and informs the researcher to swim education programs are:

- U.S. program for the education of the European swimming.
- Australian program to teach swimming.
- Program of the Red Cross.

- Program of the University of Iwo America.
- University Program White.
- Program $4 \times 12 = 48$ hours to teach swimming Setup (**Abul-Ela, Abdel-Fattah**).
- Egyptian program to teach swimming Setup (**Aly Tofek**).

Shows that there are many programs that might be useful progress in educating children how to swim, but in the long run does not guarantee more than learners in the sport of swimming, where such programs do not focus on the development and raising the performance level of attention as much as skill taught to swim.

Through the survey done by the researcher in the fields of scientific references and MA and PhD theses and international information network found that some European countries based on educational programs for children and placed on foundations and plans sound science through scientific institutions specialized educational, prompting the researcher to draw an educational program for the breaststroke for the novice swim in the age group of (9-10) years in the light of the analysis of some global and local programs already mentioned, in line with the conditions of Egyptian society.

The Research Purposes :

The research aims to:

- develop a program to teach breaststroke for beginners (9-10 years) using some of the programs of global and local.
- Identify the impact of the proposed program on the speed and level of learning and level digital breaststroke for beginners (9-10) years.

The Research Hypothesis :

Researcher aims to validate the following hypothesis:

- There are statistically significant differences in the speed and level of learning and level digital breaststroke between both the experimental group and control group for the pilot group as a result of the impact of the proposed education program.

The Research Terminology:

▪ Swimming Teaching Program:

Is the set of skills that are selected in an orderly manner and limited, which helps the learner to deal with the aqueous media with the

availability of a sense of security, safety and peace of mind that contribute to learn to swim set.

▪ **Learning:**

Both the **Essam Helmy, Ali Bey, just Alnmori (1998)** that learning is a new entry on man and his behavior or to modify this behavior is caused primarily by the organism actively lead to a certain response appears in the form of change or modification in behavior.

▪ **Beginner:**

Indicates **Zia al-Din Muhammad (1990)** that the novice is an individual who exercised the type of activities without the previous experience of such activity.

• **Quickly learn to Swimming:**

is that period of time it takes the learner to learn the breaststroke and achieve the level of learning through advanced degree earned by the player after the completion of the performance test by the arbitrators.

Procedures of The Research:

The Research Curriculum:

Researcher used the experimental method to two experimental and one other officer because of its suitability to the nature of this research.

The Research Sample:

Research sample was selected in the manner of intentional random young swimmers registered with the Police Sports Club, Nasr City, and represent a Sunni from (9-10 years) for a number (40) Young was ruled out (10) Young Alistmrarwalmoazbp for failure to be present during implementation of the program was also withdrawing the number of (10) Young exploratory sample, and then divided the rest of the research sample Alosacipuaddhm (20) arising to a number (10) Young of experimental group, the number (10) Young of the group control.

Reasons for selecting the sample:

- appropriate age group for Youth education program subject.
- discharge of the sample training program subject, since the researcher works teacher pool pigeons Police Sports Club, Nasr City, assisted by some aides.

Terms of sample selection:

- must be members of the sample of youth enrolled in the Police Sports Club, Nasr City.

- all members of the selected sample of emerging practitioners to teach swimming.
- be excluded learners who have previous experience in swimming.
- be organized in the emerging application of the educational program.
- The age of the emerging between (9-10 years) old.
- to be a medical to make sure that it is free from diseases that could affect the results of measuring the variables of research and the ability to exercise and activity to continue in the tutorial.

Areas of research:

- **In the human :**

Sample included basic research on the number (20) Young, and the sample on the number of exploratory (20) Young, they were all in the age of (9-10 years).

- **In the human :**

Conducted baseline studies and exploratory swimming pool Police Sports Club, Nasr City.

- **the time interval:**

Exploratory study was conducted in the period from 1 / 7 / 2009 to 20 / 7 / 2009, the baseline study in the period from 1/8/2009 until 22/9/2009.

Uniformity and equality of the sample:

The researcher conducted both the homogeneity and equality of the sample of experimental group and control group in variables (age - weight - length).

Data collection tools:

To collect data and information on the subject of study researcher used the available data and information through access to international information network (Internet), research and studies related to the subject matter as well as books and scientific references on the subject of research and similar to him, the researcher designed a form to determine the educational program through several personal interviews with experts , and I have taken into account in the selection of Alkhbayralawaml the following:

- have a Ph.D. in the academic field.
- to be those with field experience in the field.

Special tools measurements:

- device to measure Alrstamitr Rastameter cm Height poison.
- the balance of medical standards for measuring the weight Weight Balkjm.
- Stopwatch.
- registration cards at the junior colleges and school swimming.
- Registration for the cards and the absence of junior school swimming.
- Form to assess the performance of junior breaststroke.
- Names of Gentlemen of the arbitrators to assess the performance of junior breaststroke.
- intelligence test preparation photographer Ahmed Zaki Saleh.

Were selected intelligence test to measure Capabilities mental initial preparation of "Ahmed Zaki Saleh" (1988), a test of the kind of verbal or additive, not subject to any factor of language or skill in the language, the collective, a collective because it can be applied to a number of individuals at one time by checker one.

The idea of testing on the classification between the five forms that make up each question of the test questions and number (60) question depends on understanding the relationship between a variety of forms, the selection of different shape of the units of the Group, with the aim of this test to assess the mental capacity of public individuals in ages from the age of the eighth to the seventeenth and beyond.

- conditions for conducting the test:

1 - read the instructions and explain the purpose of the test until making sure of a luxury nature of the questions students for the test.

2 - give ten minutes to answer questions.

3 - preferably in the morning.

- Patch test:

1 - correct test according to the private key tags and computes the right degree of error is not counted or discarded.

2 - Combine the correct answer and determine chronological age of the student.

3 - Search for raw class won by a student in the appropriate column the old time and place around the circle.

4 - Read the corresponding level (or IQ interview.)

5 - and had thus been identified for the smarter student Zmladtha, where there is to the right of the chart standards were figures showing the levels are to the left of the table and figures showing the IQ interview.

Tools and equipment used in the educational process:

- Plates buoyancy.
- hardware sinking.
- Float floats.
- wooden hoops.

Pre-Trial:

Before initiating procedures for basic research, the researcher with some pre-trial proceedings to determine how the research and summarized these actions by selecting assistants and train them to perform their duties to help the researcher and were chosen from the police sports club coaches in Nasr City, the researcher informed the objectives of the research assistants and the details of its parts, providing them with adequate information to answer for any inquiries addressed to them by members of the research sample during the application, to identify how to record data in a registration form data.

Steps of program design:

Basis for formulating the program:

- relevance of the program for phase Sunni Arabs.
- the use of some local and international programs that have been developed in that area.
- the availability of a working security and safety.
- comprehensive and balanced development of parts of the body so as not to focus on the part without the other.
- continuity and regularity so as not to lose the impact of previous exercises.
- to be the order of contents in the unit help to achieve the best possible production to achieve its objectives.
- The information of the individual to progress in the first level of the first of the most important factor in increasing motivation.
- flexibility of the program to incorporate some elements dear to self away from the boredom and monotony.

Program design:

The researcher has access to international information network (Internet), research and studies related to the subject matter as well as books and scientific references on the subject of research and similar to him, the researcher designed a form to select the program of education through the analysis of local and international programs such as:

- U.S. program for the education of the European swimming.
- Australian program to teach swimming.
- Program of the Red Cross.
- Program of the University of Iwo America.
- University Program White.
- Program $4 \times 12 = 48$ hours to teach swimming Setup (**Abul-Ela, Abdel-Fattah**).
- Egyptian program to teach swimming Setup (**Aly Tofek**).

The researcher reached to identify the educational objectives for each program and rely more on both the U.S. program for the education of the European swimming, Australia's program to teach swimming, with the rest of the other programs, and then put the program educational researcher and subject to the gentlemen of experts.

The Exploratory Study:

And number (10) Young exploratory sample of youth enrolled Police Sports Club, Nasr City, in the period from 1/7/ 2009 to 20/7/2009, with the researcher after completion of the identification program used his experience on a sample similar to the research community and outside the original sample, from in order to identify:

- the appropriateness of the program to the capacity of youth and the extent of their understanding and absorbed him.
- selection of hardware, tools and premises used for the implementation of the program.
- Training of hands to help with the researcher by giving them the idea of the importance, objectives and implementation phases of research and instructions for monitoring data measurements.
- the discovery of the difficulties that may appear in the experiment and work to overcome them.
- limit the duration of the measurement process.

- Access to the best arrangement for measurement and recording results.

The Main Study:

The proposed program has been implemented on a sample of basic research during the period from 1/8/2009 to 22/9/2009 and the number (20) Young has been divided into a number (10) Young of experimental group, (10), junior officer of the group, according to the education program subject .

The Statistics Manipulative:

Used statistical treatment commensurate with the nature of the research to try to make assumptions and objectives are:

- The Percent
- Arithmetic mean
- Median
- Obliquity criteria
- Flexure Coefficient
- The Mann – Whitney test

Data collection and discharge:

The researcher discharge data for each laboratory were verified and then discharged into a special form to make sure no errors out.

The Conclusions And The Recommendations:

The Conclusions:

- good in strikes legs, arms and breaststroke complete, as a result affected by the proposed education program reached by the researcher through the analysis of many programs local Egyptian, Arab and international This indicates the suitability of a sample program of research and successful implementation of the program.
- good in variable time swimming (25 m) as a result affected by the proposed education program reached by the researcher through the analysis of many programs local Egyptian, Arab and international This indicates the suitability of a sample program of research and successful implementation of the program.
- Develop an educational program for the breaststroke through the analysis of local programs and the Egyptian and global relevance for the application in the Egyptian environment.

- The program fits the research sample in the education of breaststroke and achieved efficiency in the learning process.
- the impact of the program was a clear comparison with the traditional school program, swimming Police Sports Club, Nasr City, to learn the breaststroke.

The Recommendations:

- To carry out similar studies, the implementation of a tutorial on the age of different age to compare their findings the findings of the researcher.
- The researcher recommends the need for attention to developing programs that improve the level of basic motor skills of young people swimming in the level of Sunni different stages in the light of global programs extraction positive aspects and strengths and avoid the negative aspects and weaknesses.
- The need for attention to promotion of the sport of swimming, swimming pools and youth centers in villages, where one of the most important recreational activities in addition to the acquisition of public health practitioners show physical and functional efficiency and avoid diseases.
- The researcher recommends clubs and youth centers that have swimming pools using some of the recreational programs when you start to teach swimming because of their positive impact on the learning process.
- careful selection of qualified swimming teachers and coaches on the method of teaching swimming, in accordance with advanced scientific programs.
- Diversity in the use of teaching aids for swimming and that contribute effectively in the speed of learning and improving performance.
- the need to use water is not deep, up 60 cm tall at the beginning of the swimming education for children from the age of six until the age of eleven.
- taking into account the safety and security factors and to carefully manage the beginning of the descent of the child for water so there is no child's experience in dealing with the failure of the water.