

مرفق (١٥)

ملخص ومستخلص البحث باللغة الإنجليزية

Summery

Introduction & Problem of Research

World witness great development in different sports fields , exploitation of scientific research results become the base to reach the levels of sports top and the sports leaps that we see in Olympic tournaments and international forums are good index there fore it is become necessity to use scientific approach and apply it in Egyptian sports environment.

Judo sport in one of individual sports which acquired wide fame on local and Arabic level , when the Olympic Egyptian champion "Rashwan, M.A" could get silver medal in tournament of Olympic games which was in "Los Anglos " USA in 1984 . that is lead to the increasing of youth and youngsters to practice judo and this in turn is a load on those who caring this sport through interesting in broad base level of youth and youngsters by providing the best training and educational programs which set on scientific bases to promote technical performance level of judo .

Judo require from its practitioners to perform motor skills of certain specifications distinguish by precise technical technique need special motor requirements and abilities. Technical performance in judo based on scientific bases and principles and needs coordinative motor responses that acquired gradually to appear in the form of promote motor behavior distinct with coordination and harmony with economy in effort and time which necessity to performance .

Consequently , Judo sport needs coordinative abilities which play basic and important role when acquiring and elaborating motor skills that coordinative abilities emerge from requirements of skillful performance . they are not appear as individual abilities but always correlate with each others to serve in its content the structure of total movement harmoniously as well as coordinative abilities correlate with other of sports achievement conditions represented in skillful , physical , plan and psychological abilities . When coordination is mode among these abilities , it can be achieved high level of general motor coordination that needed for motor skills performance distinct with motor control and accuracy .

Coordinative abilities development contribute in improving high intellectual processes and attention is one of these processes which depends on stimulations and information that different senses of body receive . Consequently this compound and collaborative relation between

coordinative abilities and attention , it is note that both of them correlate with each other and affect and be affected by other thus , coordinative abilities development and what need quality of nervous system lead indirectly to develop and improve different aspects of attention . This shows the relationship between coordinative abilities and attention aspects .

During field experience of researcher in judo sport field and via observing many educational or training programs which are executed inside clubs , it is shown that these programs haven't exercises of developing coordinative abilities . Researcher was conduct interview with some trainers and by asking them about coordinative abilities and its importance , it was shown the weakness of their information about this field .

This made researcher to follow many championships that the Egyptian league organizes them for judo such as championship of regions – Republic for ages 10-12 years where it was shown that there are difficult face great number of youngsters in this age during competition , represented in youngster disability to control body movement during motor performance which result in disturbance of performed movement and then out in an unaffected and unstreamline way . As Well as it was shown that the movement directions on tatami to take appropriate positions to begin attack accrue in improper time which reflects on counter attack by competitor as a result to wrong directions and movement , in addition to coordinative defect represented in difficult to correlate among technical stages of skill kuzusho tusukori- kakai during motor performance . Researcher due these difficulties to the weakness of developing coordinative abilities in youngsters .

It was shown weakness of youngster attention during match principally when he receives instruction from his trainer or watching e-watch to realize time or when doing compound attack . Than it is a good chance for competitor to begin momentary attack at this moment . Researcher due this to the weakness of developing coordinative abilities which lead to the reduction of attention aspects in youngsters .

During reference survey of researcher for scientific researches in this research field , it was shown the rare of studies and researches which used in this field in spite of its theatrical and practical importance in developing technical performance level of different physical activities and it was one of red motives to conduct such research .

In this sense , researcher was handling this research as an attempt to discover range of developing coordinative abilities of age 10-12 years

through designing program of specific exercises and know its effect on some attention aspects and the technical performance level of judo sport youngsters .

Scientific and applied importance of research as the following :

- Research is one of scientific attempts which serve sports field principally judo sport .
- Research is one of methods to promote technical performance level of youngsters in age 10-12 years in judo .
- Research aims to draw attention of those who caring for judo to the importance of developing coordinative abilities specially in youngsters stages .
- Research is a step on scientific road to define main coordinative abilities of judo that appropriate to the nature of age 10-12 years.
- Research is one of scientific attempts to link coordinative abilities development to psychological aspect represented in attention aspects .
- Research agree with principle of total development of multi aspects in sports field so as designing specific exercises program for developing coordinative abilities and know its effect on some attention aspects and technical performance level of judo sport youngsters in age 10-12 years .

Aim of Research :

Research aims to identify : "Effect of specific exercises program for developing coordinative abilities on some attention aspects and technical performance level of judo sport youngsters " through the following subsidiary purposes :

- Identify differences **between** the mean of two measurements (pre – post) of experimental **group** in variables (coordinative abilities – some attention aspects – technical performance level).
- Identify differences **between** the mean of two measurements (pre – post) of control **group** in variables (coordinate abilities – some attention aspects – **technical** performance level).
- Identify differences **of two** measurements (pre – post) between two groups (experimental – control) in variables (coordinative abilities – some attention **aspect** – technical performance level).
- Study correlative **relationship** between coordinative abilities development and **both** of (some attention aspects – technical performance level).

Hypotheses of Research :

In the light of research aim the researcher set the following hypotheses :

- There are significant differences between the mean of two measurements (pre – post) of experimental group in variables (coordinative abilities – some attention aspects – technical performance level) for post – measurement .
- There are significant differences the mean of two measurements (pre – post) of control group in variables (coordinative abilities – some attention aspects – technical performance level) for post measurement .
- There are significant differences between measurement difference (pre – post) of two group (control – experimental) in variables (coordinative abilities – some attention aspects – technical performance level) for experimental group .
- There is a direct correlative relationship between coordinative abilities development and both of (some attention aspects – technical performance level) .

Approaches & procedures of Research :

Method of Research :

Research used experimental method that it appropriate to the aim and hypotheses of research using experimental design of two groups one experimental and another one is control and by two measurements (pre – post) for each group .

Community and sample of Research :

Research community represents judo sports youngsters in Dakahlia of age 10-12 years who registered in Egyptian league for judo , Ikedo and sumo even sports season 2006 / 2007 . Main sample of research is selected in purposive way from youngsters in sports Mansoura stadium they are 50 youngsters divided randomly into two group , one experimental of 25 youngsters which apply on them the suggested program (under investigation) and the another one is control of 25 youngsters which apply on them the traditional program .

Tools & ways of collecting Data :

Research for collecting data and information related to variables under investigation :

- Reference survey .
- Observation .

- Forms and interview .
- Tests and measurements .
- Assistants .

Pilot studies :

Researcher conducted u pilot studies from 15/6/2006 to 8/7/2006 on pilot sample from original community of research and from outside maim sample of research in purpose of ascertaing from validity of tools and equipment and ascertain from the ability to apply suggested specific exercises experiment (under investigation) inside suggested program units , in addition to account scientific coefficients (verity – consistency) of tests used under investigation .

Procedures of Executing Experiment :

Pre – measurements :

Pre – measurements were conducted for youngsters of two groups experimental – control in all variables used under investigation during 9/7/2006 to 11/7/2006 .

Application of Experiment :

It was applied suggested specific exercises program for developing coordinative abilities on youngsters of experimental group as well as it was applied followed program on youngsters of control group during 13/7/2006 to 3/10/2006 .

Post – measurements :

It was conducted post – measurements for two groups youngsters experimental – control in all variables used under investigation , and in the same conditions and arrangements of pre – measurements during 6/10/2006 to 8/10/2006 .

Statistical treatments :

It the light of aim and hypotheses of it was used the statistical program SPSS to get the following statistical treatments :

- Mean .
- Median .
- Standard deviation .
- Skewness .
- T Test .
- Percentage of progress .
- Correlation coefficient .

Conclusions :

It the light of research results and aim and hypotheses of research , the researcher concluded to the following conclusions :

- Main coordinative abilities in judo sport field that appropriate nature of age 10-12 years are (ability to motor correlation – ability to accommodate with variable positions – ability to motor balance – ability to motor response quickly – ability to flexibility – ability to distict of muscle sensibility .
- Maim attention aspects in judo sport field that appropriate to nature of age 10-12 years are (attention concentration – attention distribution attention transfer).
- Followed program (traditional) showed positive effect in variables (coordinative abilities – attention aspects – technical performance level) of control group youngsters .
- Suggested program (experimental) showed positive effect in variables (coordinative abilities – attention aspects – technical performance level) of experimental group youngsters.
- Differences of percentage of progress between two groups (experimental control) in variables (coordinative abilities – attention aspects – technical performance level) showed that experimental group which used suggested program (experimental) exceeded on control group which used followed program (traditional) .
- There is significant **correlation** between some coordinative abilities and attention aspects **under investigation** .
- There is significant **correlation** between some coordinative abilities and variables of **technical performance level** under investigation .

Recommendations :

It the light of **research** results and conclusions of research the researcher recommends **the following** :

- Utilize from **suggested** specific exercises program for developing coordinative abilities **on** level of talented sector in judo sport .
- Necessity to **interest** in developing coordinative abilities inside training programs **of** youngsters stages in judo sport that have positive effect on **raising** technical performance level .
- Use tests designed **under** investigation for variables (coordinative abilities – attention **aspects** – technical performance level) inside training program **of** youngsters stages in judo sport to stand on achievement level .
- Interest in **designing** tests battery with stand and levels of coordinative abilities **of** judo sport youngsters .
- Conduct more **simile** studies to the nature of current research on skills of floor game (**katami waza**) in judo sport.

Abstract

The Effectiveness of specific Exercises program for Developing the coordinative Abilities on some Aspects of Attention and level of technical performance for judo sport youngsters

Coordinative abilities are of main factors necessity to promote technical performance level of players that emerge from specific analysis of specialized physical activity as well as they are one of control and accuracy means in different motor performances the research aims to identify affect of specific exercises program for developing coordinative abilities on some attention aspects and technical performance level of judo sport youngsters . researcher used experimental method which appropriate to the aim and hypotheses of research using experimental design of two groups one experimental and the another one is control each one consists of 25 youngsters represent age 10-12 years . Researcher used tools and means could achieve aim of research . The main results indicate to experimental group which used suggested program (experiential) exceeded on control group which used followed program (Traditional) in all variables under investigation. Researcher recommends by utilizing from suggested specific exercises program for developing coordinative abilities under investigation on level of talented sector in judo sport and necessity to interest in developing coordinative abilities under investigation on level of talented sector in judo sport and necessity to interest in developing coordinative abilities inside training programs of youngsters stage in judo sport that have positive effect on raising technical performance level .



Mansoura University
Faculty of Physical Education
Curriculum & Methods of teaching
Physical Education

**The Effectiveness of specific Exercises program for
Developing the coordinative Abilities on some Aspects of
Attention and level of technical performance
for Judo sport youngsters**

By

Khaled Farid Ezzat Zeyada

Assistant lecturer in curriculum & methods of teaching physical
Education Dept.

Thesis presented Among the Requiriments of obtaining
PH.D Degree in physical Education

Supervision

Ali Al Saied Rehan

Professor and Department
Chief of sports training
Faculty of physical Education
Mansoura university

Mohammed Mersal Hamad

professor in Department
Curriculum & methods of
Teaching physical Education
Faculty of physical Education
Mansoura university

1427 A.D – 1428 E