

## SUMMARY

### DEVELOPING ASPIRATION SCALE AND PHYSICAL ABILITIES BATTERY FOR FENCING ATHLETES

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#### **Introduction and Problem of the research :**

Sport Competitions are considered an important aspect of sport activity and it requires the individual's mobilization of his maximum Physical and Psychological powers and abilities in order to achieve the best possible level of performance in the competition or game .

Sport Psychology has become a necessity in analysing Psychological problems and variables encountered by the fencer . Level of aspiration is considered one of those Psychological variables that have an important influence on athletes achievement in addition to many other physical and mental variables . Among the most important of these variables what is called Physical Abilities which have a direct influence on the motor side of fencer . It's inavailability makes the fencer's mastery of technical skills more difficult, and prevents the fencer's implementation of playing tactics .

“ Mohamed Ellawy “ ( 1994 ) indicates that performing motor skills is closely related to various aspects of Physical Fitness . “ Essam Eldin Moustafa “ ( 1987 ) add that completion should be taken into consideration when developing individual's Physical Abilities .

Fencing specialized experts see that a fencer, wheather a novice or an expert has to train seriously and carefully in order to aquire and develop components of Physical Fitness .

So, the purpose of this study was designing a scale for level of aspiration and a battery for measuring Physical Abilities of fencing players .

### **Aims of the research :**

- 1- Designing a scale for level of aspiration of fencing players .
- 2- Designing a test battery for Measuring Physical Abilities of fencing players.
- 3- Determining level of aspiration of members of research sample according to the suggested scale .
- 4- Determining level of Physical Abilities of members of research sample according to the suggested test battery .
- 5- Knowing the difference between the three kinds of Fencing in Level of Aspiration and the Physical Abilities .

### **Assumption of the research :**

- 1- There are different level of aspiration between the three kinds of Fencing .
- 2- There are different levels of Physical Abilities between the three kinds of Fencing .

### **Procedures of the method of the research :**

The researcher used the descriptive method, which is based on field survey appropriate for this study .

### **Sample of the researcher :**

The sample, which was selected purposively, consisted of ( 65 ) players from the national fencing team above ( 17 ) years old for Fleuret, Epee fencing and Sabre fencing . for males only .

### **Preparing the level of aspiration scale :**

After presenting hypothesized factors and the ( 107 ) questions to officials ( 12 ) questions were omitted and thus the scale consisted of ( 95 ) questions distributed to ( 10 ) scale factors . The scale was also applied on a pilot sample . Factor analysis was conducted on the scale so that in its final form it consisted of ( 60 ) questions, ( 22 ) negative questions and ( 38 ) active questions distributed on ( 8 ) factors characterized by a high degree of validity and reliability .

The following physical tests were selected after conducting a survey study of most physical tests and presenting them to specialized experts ( 19 ) physical skill tests were extracted and the ( 4 ) tests battery of physical skills was developed those are .

**1- Conformity :**

Rope Hopping Test .

**2- Balance :**

Standing on a cube by using the right foot

**3- Action Speed :**

( right hand-light ) by using the electronic set .

**4- Resbiratory-Endurance :**

Running on the place for ( 2 m. )

The basic application on the ( 65 ) sample members was conducted in the Olymbic center in Maady from 24 / 5 / 1997 to 31 / 5 / 1997, where the researcher applied the level of aspiration scale and the Physical Abilities Battery.

**6- Results of the research were as follows :**

- 1- The researcher found a scale of the level of ambition of fencing players .
- 2- A battery for measuring Physical Abilities of fencing players .
- 3- There are different levels of aspiration in members of the research sample .
- 4- There are different levels of Physical Abilities in members of the research sample in Physical Abilities Battery .

**Conclusions:**

- The scale of the level of aspiration of fencing players consists of ( 60 ) questions, ( 38 ) active questions and ( 22 ) negative ones distributed on ( 8 ) factors .
- The scale for level of aspiration of fencing players is characterized by a high degree of validity, reliability and objectivity .
- The scale for level of sport aspiration of fencing players refers to player's homogeneity and their high responsivity in application .
- The ( 4 ) tests Physical Abilities Battery of fencing players measures Conformity , Balance , Action Speed , Resbiratory-Endurance .
- The Physical Abilities Battery Aid characterized by a high degree of validity and reliability .

- The Physical Abilities Battery of fencing players has a strong ability in distinguishing between two groups of players with different levels of Physical Abilities .

### **Recommendations :**

Depending on the data and conclusions found by researcher and within the limits of the sample used, the researcher recommends the following :

- 1- Trying to generalize using the scale for level of sport aspiration designed in this study as an indicator to determine a player's level of aspiration and preparing him psychologically in a way appropriate for his participation in championships .
- 2- The necessity of conducting similar researches on other samples different in age and four in order to benefit from the scale for level of aspiration .
- 3- Competitive fencing requires complete and over all mobilization of individual's all powers and systems, so selection of fencers should begin from junior stages so that they could have competitive training in this age characterized with well power, determination, hard work and Physical Abilities, which constitute the basic trains needed by the fencer in order to reach the top in sport.
- 4- Employing the battery of Physical Abilities on other samples different in age and four in order to realize their levels of Physical Abilities .
- 5- Taking advantage of the battery of Physical Abilities when selecting junior players in order to guarantee choosing the best elements .
- 6- Coaches, especially in junior sector, should continue enlightening fencers about the extent of development of their abilities and possibilities and thus developing in them an awareness of their real Physical Abilities so that they could elevate their aspirations and aims .
- 7- Seeking guidance of the standard levels extracted in the battery of research in evaluating the scale for level of aspiration and the battery of Physical Abilities for individuals identical to sample members in age four and level of sport practice .

## **Abstract**

### **DEVELOPING ASPIRATION SCALE AND PHYSICAL ABILITIES BATTERY FOR FENCING ATHLETES**

**Researcher :** Ahmed Mohamed Salah Eldin Mohamed Megahed.

This study was conducted to design a Scale for Level of Aspiration and a Physical Abilities Battery for Fencing Players.

Researcher sample was selected using the purposive method and consisted of ( 65 ) players from the national fencing team, above ( 17 ) years for Fleuret , Epee fencing and Sabre fencing , for males only .

The ( 60 ) questions scale for level of aspiration was developed , and so was the Physical Abilities Battery, which consisted of ( 4 ) tests :

- 1- Conformity , Rope Hopping Test .
- 2- Balance Test , Standing on a cube by using the right foot .
- 3- Action Speed , ( right hand-light ) by using the electronic set .
- 4- Respiratory-Endurance , Running on the place for ( 2 m. ) .

Application took place from 24 / 5 to 31 / 5 / 1997 in the Olympic center in Maady . Results revealed the scale for level of aspiration and the Physical Abilities Battery for fencing players as well as varied levels of aspiration and physical abilities in sample members .

The researcher recommended that a trial should be made to generalize using the scale of level of aspiration as an indicator for determining a player's level of aspiration and preparing him Psychologically according to his level of championship participation. He also recommended the necessity of benefiting from the Physical Abilities Battery when selecting junior players so as to guarantee choosing the best elements and informing fencers about the extent of their Physical Abilities and possibilities .

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FOR FENCING ATHLETES**

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