

Summary of the research

Research subject

The effect of using water exercises on some changeable
Physical, physiology and the numerical level
To long jump races.

Introduction and research problem:

The long jump race considered one important the field races favoury and most spreading in practice it, and it also achieve the pleasure and attractive to witness , Despite of this by sight of the world , local and Egyptian levels to the track and field races explain the low range Egyptian numerical level for the long jump racer. If it compared with exposure about cases of this , and attempt the search sides which may be effect on low level numerical performant and which return to low effect methods ways style and means development, the elements of special physical fitness on the numerical level to long jump racers and also different ideas in most of this methods , style and means affect in numerical performant . where a lot of studies refer to important methods styles and means preparation physical complementary athlatic racers generally and long jump racers specially . The researcher determined the important results studies, which contain the methods , style and means development special physical fitness elements with long jump racers, also the researcher did resort analysis to some scientific resorts and a lot of scientific resorts with aim knowing on the best of methods , styles and means development. Special physical fitness elements to long jump racers . and clear to the researcher throw analysis the research and past studies. All past studies didn't exposed to know affect water exercises on variables (physical ,physiology and numerical level) particular to the long jump racers. This due to the researcher expose to water expercises and physiology and the numerical level particular the long jump racers.

****Research Importance:***

research important summary:

- 1- Explain water exercises importance to development special physical fitness elements long jump racers to help to reach excellent sporting levels.
- 2- Explain water exercises importance to improve special some changeable physiology long jump racers.
- 3- May be results of this research to using water exercises training effectively to development special physical fitness elements long jump racers during planning train to progress with the numerical level in the long jump racers.

Research objective:

The present research aims at recognizing the effect of using water exercises on some changeable to long jump racers and this through:

- 1- Putting suggested training program and know affecting on some changeable physical , physiology and the numerical level to long jump racers on two groups one of them outside water exercises and another by using the water exercises
- 2- Recognizing on the different physical , physiology and the numerical level between two group.

Research supposes:

- 1-There are statistically significant differences between the pretest &the posttest in changeable (physical, physiology & the numerical level) in the precision group toward the posttest.
- 2-There are statistically significant differences between the pretest &the posttest in changeable (physical, physiology & the numerical level) in the experimental group toward the posttest.
- 3- There are statistically significant differences between the posttest to the precision group &the posttest to the experimental group in changeable (physical, physiology & the numerical level) toward the posttest to the experimental group.

The research procedures:

The research approach:

The research has used the experimented decision by way the pretest posttest to groups experimental and precision.

The research society & sample:

The society of research included (twenty) player from youth center Assiut city players in the long jump under (twenty) years of age and also Assiut university team in the long jump under (twenty) years of age, divided for (ten) players, there are the main research sample & ten players to the consultation study.

Toolles of gathering the research data:-

1- The resorts and scientific research data

a) To know the best ways and tools to development the special physical fitness by the long jump racer .

b)) To know the best tests which measure the special physical fitness by the long jump racer.

2- A questionnaire and interviews :

a) These were used to know the opinions of experts concerning the most important tests which measure the physical variables.

b) To know the opinions of experts about the suggested programme (by using water exercises)

3- Tests and scientific measurements:-

these were used to measure variable (physical,physiology and the numerical level) to the sample study subject .

4-the subjective absorvation:

During the units training by aim to know single different and use the suatible training way to raise the general level to the sample in different variable study subject.

Techniques of statistical analysis :

The following techniques were adopted

1-Descriptive statistics 2- comparative statistics

- Arithmetic means

- correlation coefficient

- Standard deviation

-Analysis variance

- Standard error

- (T) Test

- Skewed

- The ratio of improvement

Conclusions:

Towards the result research show and towards the researd sample use and towards the results discuss the researcher reach to this conclusions:

1- the experimental group and using the water training programme.

* There are statistically significant differences between the pretests and the posttests explain the positive effect to the suggested programme on physical variable toward the posttests.

* There are statistically significant differences between the pretests and the posttests explain the positive effect to physiology variables as a result applying the suggested programme by using water training toward the posttests.

* There are statistically significant differences between the pretests and the posttests explain the positive effect to the suggested programme on the preformant numerical level in the long jump toward the posttests.

2- The precision group..... and using the traditional programme:-

* There are statistically significant differences between the pretests and the posttests explain the positive effect to the traditional programme on physical variable toward the posttests .

* There are statistically significant differences between the pretests and the posttests explain the positive effect to physiology variable as a result applying the traditional programme toward the posttests.

* There are statistically significant differences between the pretests and the posttests explain the positive effect to the traditional programme on the preformant numerical level in the long jump toward the posttests.

3-Results the difference between two group (experimental and precision).

* There are statistically significant differences between the pretests two group (experimental and precision) in all from variables (physical, physiology and the numerical level) toward the posttests to the experimental group due to success the suggested training programme (by using water training) on the traditional training programme.

* The suggested training programme achieved (by using water training) the expected aims(physical , physiology & skillfull) to players the research sample with ratio higher from the traditional training programme.

4- The General conclusion;

* The train on the special physical fitness elements effect positively on skillfully action performed perfectly and due to the numerical level progress

*During applying training programme enactment on scientific foundation true during time period enough create group from physical ,physiology variable by positive way result from it development and increase the ability on the performance and complimentary .

* Difference measurement help on follow effect the programme in different stage due to easy reformation it and change wrongs if it find .

*** Recommendation:**

depending on the data and information which enable the researcher from reach to it , with helping the conclusion and in the research limit frame the researcher commit to ;

- Important by make training programe by using water training enactment on scientific foundation true to development the special physical fitness elements with the long jump racers in different ages where it has clear positive effect on .
- Using the water exercises training to improve efficiency function to different body system .
- Using the water exercise to development the physical abilities (general and special) in different Individual and groups games (Athletic – Football - handball – basketball - volleyball).
- Using water training to learn and the perfect movement skills in short time period
- Using water training in rehapletation the player after the surgery process performing to him andtake the doctor opinion .
- Should be important make the scientific studies and researches on the water training where it has very important on a lot of results races in athletic field and in the other sports field
- Appling the suggested training programme (by using water training) on difference like to the research sample where the level and the age stage which positive effect efficient in development long jump skill and make the numerical progress in this race.

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