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Effect of Tae-Bo Training on The Health Related Fitness For Junior Boxers During Transition Phase

*A research submitted in partial fulfillment of the
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prepared by

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American council of sport training appointed that Tae-Bo exercises became used in wide variety where it was able to replace instead of walking and fixed machines in the gymnasiums because it easily used and practice through video tapes and it provide with high dose of different training exercises and also different various movements and lead to improve muscle flexibility and reaction speed and also improves balance and compatibility neuromuscular significantly in wide scale (48 : 99).

American council for sport training ACE and Billy Blanks (1999) and Ross (2000) agreed that the practice Tae-Bo exercises regularly lead to raising the level of fitness by improving the elements of strength , flexibility, agility , balance and harmony and reaction speed ; In addition to raising the efficiency of practitioners and physiological feeling more self-confidence and willing possession.

Through searching in many studies the researcher found that there is a lack of interest with boxers during transitional state(time) and also through his work in the training time and he observed neglection with this state from trainers in the training season as it one of the stage for the next season and improper training during this stage lead to poor physical health and poor physical fitness and malfunction and cannot achieve the main goal of this sport which is to access a high level, where is the youth training is broad-based, which is based upon the training of the upper levels program should be developed anaerobic programme for this transitional phase to improve fitness and health dimension exercises conventional, which may affect the players get bored and use Tae-Bo exercises because of the timeliness and prepare him for the next season and decrease the overload on the player in the first season sport.

Aim of Research

- 1/3 design the training programme by using taekondo exercise and know the effect of this programme on the physical fitness items related to health
- 1/3/1 impact of the program on a regular respiratory endurance of an emerging boxing
- 1.3.2 impact of the program on the flexibility of the emerging boxing
- 1/3/3 impact of the program on the muscular endurance of an emerging boxing
- 1/3/4 impact of the program on the muscular strength of the emerging boxing
- 1/3/5 impact of the program on the (installation) body structure for an emerging boxing
- 1/3/6 recognition rates of improvement in the variables under discussion at both the experimental and control groups.

Research probabilities

- 1- There is statically variations (differences) between two measurements (pre-test, post-test) for experimental groups in the physical fitness items related to health for post-test.
- 2- There are statically variations (differences) between two measurements (pre-test, post-test for control group) for physical fitness items related to health.
- 3- There are statically variations between two measurements (post-test) for control and experimental group in the physical fitness items related to health and for experimental group
- 4- There is difference between percentage of improving between the two measurements (pre-test, post-test) for two groups (control and experimental groups) for the experimental group in the research variables.

Description of intervention

The researcher used the experimental method which is experimental design for the two groups, one experimental and the other control. One is applied to the program of Tae-Bo exercises for pre and post measurement system, and the other is applied to the program of the Union's Egyptian Boxing.

Research sample

NO of sample: 10 players in the El-Wadeen project of Western Boxing Union's Egyptian Boxing.

Study instruments

1- Assessment sheet for experts opinions

researcher make sheet for experts opinions after scanning (scientific books , magazines , internet) to determine physical fitness items related to health and the most important measurements and determine the time of programme and numbers of training units and specific time for every unit and the way of training which is available and applicable and at the end take experts opininos .

* Tests, measurements

* Respiratory and circulatory test

* Power test

* Muscle power test

* Flexibility test

* BMI and skin fold test

- * Stop watch
- * Camera digital Samsung
- * Scientific references books
- * hammer stereoscope
- * Scale for measuring weight and height
- * Pulse power machine
- * Flexibility measurements box

Suggestion programme for Tae-Bo exercise

Steps of programme

1- Pre-test

Researcher makes balance in between two groups (control, experimental) from 12/3/2013 to 15/ 3/ 2013 and it considered pretest.

- Application of tae bo training programme

Application of suggested programme from 16/3 /2013 to 15/5/2013 with four sessions weekly.

2- Post-test

From 17/5 /2013 to 19/5/2013.

Analysis of data

Analysis of data according to the aims and goal of research and previous studies and used the following:

- 1- Mean deviation.
 - 2- Standard deviation (s).
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3- SK.

4- Correlation coefficient.

5- Percentage %.

Concoulision

Through aim and significance of the research and type and number of sample and analysis of data results in:

1- Training programme has positive effect on the physical fitness related to the following

1- Marathon

2- Muscular power

3- Power tolerance

4- Flexibility

5- Body composition

*training programme lead to keep on physical formula for player ended in the last season

* There are statistical variations for pre and posttest for experimental groub in the physical fitness related to health.

* percentage of improvement in post-test is more than pre-test in the experimental group rather than control group and its in the control group between (16,59% ,56,08%) and for control group (10,75% : 33,36%)

percentage of improvement in the control and experimental groubs

Control group	Items	Experimental group	Items
33,36 %	Muscular power	56,08%	Muscular power
18,42%	Flexability	41,66%	Flexability
16,34%	Power tolerance	18.96%	Power tolerance
10,75%	BML	30,58%	BML
17,97%	Circulatory respiratory capapilities	16,59%	Respiratopy circulatory capapilities

Recommendations

Through aims and significance of the research and sample and description of intervention, Researcher recommends the following: -

- 1- Good planning for the transition period in the training programs.
- 2- Use Tae-Bo exercise during transitional stage for being anaerobic exercises to improve physical fitness items.
- 3- Refinement of the working groups and the private sphere sports trainers on how to use and legalization of training programs using exercises Tae-Bo.
- 4- Use Tae-Bo exercise in different ages and make comparative study between it and other exercises.
- 5- Aerobic attention with activities in the transitional period, especially after the end of the training season.