

Effect of Palliative Style Rhythmic Exercises on Some Physical Abilities

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Abstract

Plaque Leave exercises is one of the training means strength that can be used in a wide field to develop muscle reactions and that inevitably leads to the production of various sports movements that can be used in the field, especially in the field of sports training that has to do with the development of the special strength of various sports, including the effectiveness of long jump, Where the body weight itself is a resistance that the internal muscles overcome, especially when performing the jumping movements, which contain many secondary rotational movements that occur in different parts of the body (arms, legs, and trunk), whether these jumps on the ground with body weight or at different barriers of heights or On terraces or on boxes, and the importance of research lies in the fact that percussion-style rhythmic exercises work to develop strength for the lower limbs of people with disabilities and give fluidity and ideal performance in general. As for the research problem, some coaches have not resorted to such modern and advanced methods of training reflected negatively on the physical capabilities of a challenge Disability, as well as controlling the approach steps and the correct use of the upgrade board, which leads to Increase the horizontal distance to achieve the achievement.

Key words: *palliative style rhythmic, physical abilities, effectiveness, jump*

Introduction

The scientific progress that the world is witnessing at the present time is one of the main areas. The scientific progress that the world is witnessing at the present time is one of the main reasons for the progress of human¹ life progress through programmed and studied scientific planning that contributes to achieving human goals, as this progress covered all areas of life, including the sports field, and practical studies and research related to the training process have helped The trainer develops his knowledge of the variables that can affect the success of the training process and thus achieve the best sporting achievements² in games that include skills that need the participation of the largest amount of muscle groups and need a high degree of strength.

Every type of sporting activity needs its own physical requirements (physical abilities), and the trainer must have full knowledge of them when defining the methods of sports training, because each of these abilities has a special method of training, which leads

to its development to enable the athlete³. It is the ability to master the art of motor performance (skill), as (the implementation of the art of motor performance carefully) is a good guide to physical construction.⁴ In addition, it is considered (one of the important factors that underpins performance success in order to reach the highest levels of sports, and that the development and promotion of these special characteristics is closely related to the process of developing motor skills).

Plaque Leave exercises is one of the training means strength that can be used in a wide field to develop muscle reactions and that inevitably leads to the production of various sports movements that can be used in the field, especially in the field of sports training that has to do with the development of the special strength of various sports, including the effectiveness of long jump, Where the body weight itself is a resistance that the internal muscles overcome, especially when performing the jumping movements, which contain many secondary rotational movements that occur in different parts of the body (arms, legs, and trunk)⁵, whether these jumps on

the ground with body weight or at different barriers of heights or On terraces or on boxes.

The sport of people with disabilities is one of the special and important sports at the present time as it gives a big role in qualifying the properties to achieve the best high sporting achievements and raising the name of their countries in international forums, so we may see many countries that have paid great attention and serious attempts to give equal opportunities to individuals who do not enjoy There is a wide field for movement in exercising and entering competitions with their peers in order to enrich their lives and work to make them happy ⁶. Through the foregoing, the importance of research lies in subjecting the sample to vertical and horizontal strength training in order to verify its suitability and ability to provide young players with physical capabilities that contribute to developing the values of the strength and time curve, which leads to the upgrading of the skill level, which benefits them and provides national teams for applicants

Methodology

The researchers used the experimental approach in a one-group method to suit the nature of the problem in order to obtain accurate information and results. The experimental approach is one of the most sufficient means to reach reliable knowledge.

Community sample:

The choice of the research sample is closely related to the goals set by the researcher for his research, as it is difficult for the researcher in many cases when studying a phenomenon with the assistance of all members of society, so it is impossible or impossible to choose, note or measure all of these individuals under controlled conditions, so the researchers resort to choosing a representative sample of the original community .

The research community included the players of the Dhi Qar Committee, aged 18-22 years, and they were (3) players, and they were chosen in an intentional way, and they represent (100%) of the society.

Homogeneity of the sample:

For the purpose of verifying the homogeneity of the sample , the researchers took some measures to control the variables, even though the selected sample is from a close age group

Therefore, statistical methods were used by the mean, the standard deviation and the coefficient of variation for morphological measurements to know the reality of the difference or not, and Table 1 illustrates this.

And proved that the value of the difference coefficient is less than 30 %, and the sources state that whenever the coefficient of variation is less than 30 % , this means that the sample is homogeneous.

Table 1. The homogeneity of the research sample is shown in age, height and weight using the coefficient of variation, which shows values less than 30 %.

T	Measurements Morphology	measruing unit	Arithmetic mean	standard deviation	Coefficient of variation
1	Chronological age	Month	193	5.69	2.94
2	Training age	Month	33.12	5.06	15.27
3	Bloc	Kg	64	6.34	9.90
4	Length	Cm	171	8.25	4.82
5	Arm length	Cm	81.21	3.25	4.01
6	The length of the trunk	Cm	662.15	1.42	1.99
7	The length of the two men	Cm	103.41	3.89	3.76

Exploratory experience

For the purpose of identifying the accuracy of work and its validity and avoiding obstacles that may arise during the procedures of the field experiment, the researchers conducted an exploratory experiment on 3/14/2019 at ten in the morning “in the local administration stadium and on players (outside the sample), as the benefit of the exploratory experience in avoiding Deficiencies with determining the correct location of the cameras, strength platform, experiment time and duration [(1)].

The kinetic performance of the overwhelming transmission skill was depicted. The objective of the reconnaissance experiment was:

1- Creating and directing team of assistant Qa « for the objectives of the research.

2-Create the necessary devices and tools.

3-Learn the time required for the test.

The scientific foundations of the test :

1- Validity of the test:

The researchers presented the tests to the experts and specialists in the field of training through personal interviews and their agreement on the validity of the tests as in Table (2).

Table 2 . Shows the percentage of validity of the search tests

T	The name of the test	Number of experts	Number of opinions agreed	Percentage
1	Wide jump test of stability	7	6	85.7
2	Bounce test forward maximum distance in 20s	7	7	100
3	Two-legged strength test	7	6	85.7

Stability test :

Use the researchers to calculate the reliability coefficient (method of testing and re - testing) and the interval of time between the first test and the second (7) days and that the method of re - testing of the most road simplicity is also characterized precisely the separation of cohesion because the error associated with the measurement and fortunately always be more

pronounced when there is a period of Between exams from day to day. ” ([2]) The two researchers extracted the stability coefficient by the correlation coefficient (Pearson) between the results of the first test and the results of the second test and extracted the correlation significance. The two researchers concluded that tests have a high significance because the calculated value of (T) is greater than the tabular value

Table (3) Stability coefficient is shown for research tests

T	the test	Coefficient of stability
1	Wide jump test of stability	0.86
2	Bounce test forward maximum distance in 20s	0.89
3	Two-legged strength test	0.87

Correlation coefficient is significant at the level of significance (0,05) that the tabular value of (T) is (0,81)

Objectivity

The objectivity of the test is originally due to the clarity of the instructions for applying the test, as the objectivity of the test is high if tests are used that have specific conditions and since the tests used have specific and clear conditions they are characterized by high objectivity, as the results do not accept interpretation. High objectivity when the test conditions are specified, as they are not affected by the arbitrators' self-assessment.

Field research procedures:

Tests tribal of the research sample:

The researchers conducted the tests and the tribal measurement before starting the implementation of the training curriculum on Sunday, 17/13/2019 at nine in the morning (in the local administration stadium in Dhi Qar). All members of the research sample of (3) players attended, and the measurements (lengths) were identified. Mass and age) Then the two researchers and the assistant team performed research tests and extracted the results.

Suggested exercises

In order to obtain exercises with good effectiveness, it was necessary to see the modern sources and references in the science of mathematical training that would be sufficient to enrich the researchers with information that helps him to develop rhythmic exercises in the pluralistic style, so the researchers prepared the exercises for the individuals of the research sample (the experimental group) based on preparing it on the scientific foundations For training and to some scientific sources and references as well as the opinions of some specialists in the field of

sports training science, biomechanics, and volleyball.

As the application of exercises began on Tuesday, 3/19/2019, until Tuesday, and on 14/5/2019, for a period of eight weeks, with three training units per week (Sunday, Tuesday, Thursday). The curriculum focused on developing and improving capabilities related to the lower limbs, and a sample underwent The research is supervised by the researchers and the assistant team.

Dimensional tests for the research sample:

The post-test of the research sample was conducted on Friday 17/5/2019 (in the court of the local administration in Dhi Qar) after completing the period of application of the curriculum, which took (8) weeks, and the researchers were keen to provide the conditions of the pre-test and its procedures followed for the research tests.

Statistical means :

The researchers used the statistical methods that helped in treating the results and testing the research hypotheses through the use of the statistical bag (IBM SPSS Statistics 24) , Namely:

- Arithmetic mean .
- standard deviation .
- Coefficient of variation.
- Pearson correlation coefficient.
- Test T)) For correlated samples.
- Percentage.

Table 4. Shows the values of the arithmetic mean, the standard deviations, and the value T Calculated for pre and post test samples

Physical abilities	measuring unit	Overwhelming beating Before me - female officer		Overwhelming beating After me - female officer		T Calculated	Sig	The result
		s	P	s	P			
The explosive power of the two men	Meter	2.13	10.30	297	1.19	4.11	0.000	Moral
Distinguished strength at the speed of the two men	meter	11.04	1.77	13.87	4.25	3.55	0.001	Moral
Endure strength	Repetition	38.14	2.35	52.45	10.59	8.23	0.000	Moral
Achievement	M	5.63	4.46	6.08	6.89	1.25	0.000	Moral

***Significant at the level (0.05)**

Table (4) shows the mean, standard deviations and value (t) Calculated between the results of the tests of tribal and dimensionality, with the results shown in the table showed that the value of the level of significance in all values reached between (0. 001) to (0 , 00 0). It is less than the value of the significance level (0 , 05), which indicates the presence of statistically significant differences between the pre and post tests of the sample.

Discuss the Results

The strength indicators for the two men have a fundamental role in achieving the achievement in the effectiveness of the long jump, as the results of these tests showed that there is a clear progress from the results of the post-test of the experimental group, which indicated that the exercises for the use of rhythmic exercises in the pluralistic style, which the researcher used in his training method to develop strength The explosive power and the speed characteristic of the group and the bearing strength of the members of this group were influential in

developing an achievement level.

The rhythmic exercises that were used in the curriculum of the experimental group emphasized that the use of different jumping exercises and weightlifting exercises has an impact on the strength and speed of the two legs during performance and this requires a greater effort to move them and that this effort means an increase in the individual’s ability to maintain⁸ the speed as much as possible for the distinctive performance that requires From the individual to exert more force to move the body when performing and this means increasing exertion of strength to overcome this resistance and this increase means the development of the muscle and explosive strength of the jump .

Some researchers point out that the emphasis on the development of power and the adoption of exercises related pathways motor performance for the long jump and covered vocabulary training curriculum proposal adopted by the researcher that in training rhythmic manner Albulaaomiri⁹ as has facilitated the implementation of the balanced

payment and control steps movements of the body during the performance at each stage, which helped To coordinate the movements according to the path of the body's movement at every moment of stabilization and pushing for each stage and doing so to develop the necessary push for the joints of the two working men and achieve the movements in the smooth and ¹⁰ correct exchange of both the driving man or the leader as this process helped generate an explosive propulsion movement of the two men during The performance and this worked to develop all stages of performance to achieve a better distance when jumping from the control group . And the consistency within the muscles and between them helps to increase the speed of movement (ability), because when the coordinated muscles work, their efforts are united to overcome the external resistance and more quickly .

Conclusions

That the exercises rhythmic style Albulaaometruc have had a significant impact in the development of the physical abilities of the experimental group the fact that these exercises are working on the development of capacity. No notable development was observed in the physical capabilities of the control group due to the adoption of traditional approaches that did not take into account modern methods of sports training Rhythmic exercises in the palladium style, left by this ripple of pregnancy, led to the appearance of this amount of progress in achievement.

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Conflict of Interest: None to declare.

Ethical Clearance: All experimental protocols

were approved under the University Thi-Qar and all experiments were carried out in accordance with approved guidelines.

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