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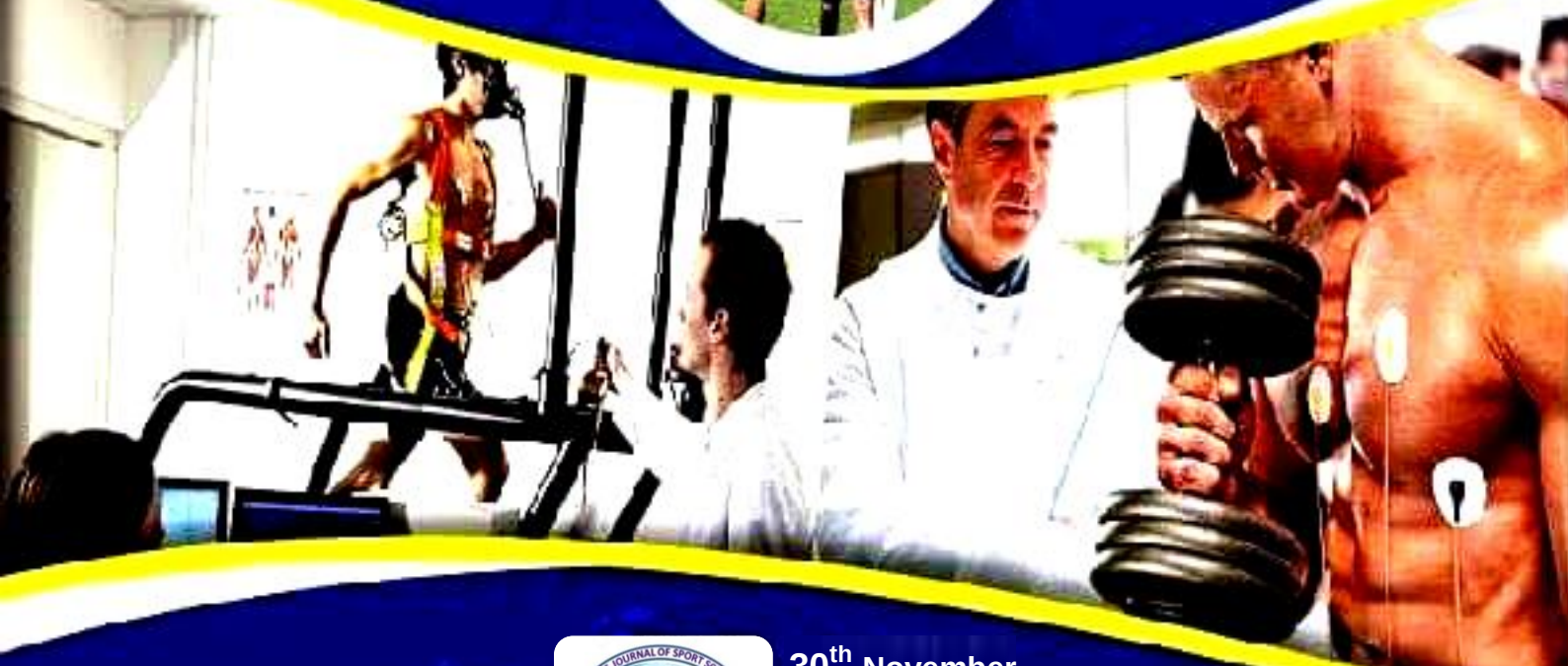

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The Development of the Olympic Games and its Continuation Despite the Challenges and Difficulties Faced Throughout History

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Abstract-The study aimed to identify the most important challenges and difficulties faced by the Olympic Games and what ways to reduce them and how to work on restoring the balance in managerial positions for the Olympic Foundation between the continents and the delivery of its representatives to the source of the decision and to identify the role of politics in the Olympic Games and the reasons for their impact on the progress of the Games and the study included to show the importance of the organizational structure of the Olympic Committee and the balance in the Games and the role of the media in the Olympics and highlight the problems and difficulties of political and private, including the role played by racial segregation and its effects on the results of the Games and the researcher studying the longitudinal march Games at its inception until the last Olympics, relying on sources the study reached a number of conclusions, including continuation Games and internationalization limited, despite the difficulties encountered and wanted to recycle and exit from its noble objectives, the international Olympic Committee was unable to apply all rose in the Olympic Charter, and it was the provinces and withdrawal and protest racial discrimination and steroids and separation a negative impact on the results of the Olympic Games and has recommended applying the rules and constitution of the Olympic Committee of All states and not be deprived of participation, particularly those that apply apartheid and the dimensions of the political attempts of the Games and not to be exploited for political propaganda and give scientific research centers and given the importance of the sports that are looking at the challenges and difficulties facing the international tournaments and the Olympic Games.

Keywords- *Olympic Games, difficulties, throughout history*

I. INTRODUCTION

A. Introduction and the importance of research

The Olympic Games were still a cultural phenomenon that transcended the geographical borders, blocking the natural barriers between the two countries to reveal the true nature of the peace-loving human being and seeking to create the spirit of aggression that dominates some of the weak souls who love the greatness and spread the spirit of honest competition for the better. Nabila and the Olympic Games is an international sporting event that includes various sports in which both sexes participate in different competitions and represent different countries.

As a result of this growth, the Olympic Games grew as a result of many challenges including separation, boycotts, withdrawal, doping, racism, terrorism and other challenges. And difficulties.

The follower of modern games since its inception in 1896 to the present day is well aware of the impact of politics and wars among countries on the march of the Olympic Games, which is still a world holiday for young people, and began serious struggle between nations and peoples in noble battles noble not use weapons and war to win, but equestrian and fitness and skill Humanitarian, peace, brotherhood and international understanding regardless of the beliefs, ideologies and political systems. Since the Games are not a religion, a political doctrine or a social or economic system, as some imagine, it is a life value and a human vision in which classes The bourgeoisie, the aristocracy and the lower class in the exercise of sports and physical activities. These games were created to achieve the work on the development of physical and moral qualities and raise the world youth in a spirit of understanding, friendship and love among themselves and contribute to building a better and more peaceful world. This Olympics is not permitted in the

Olympic Games to be sweated against any country or any person because of sex, religion, color or political doctrine.

Hence, the importance of the research is to refrain from any demonstrations or propaganda Political, religious, racial, provinces or withdrawals. Since the Olympic Games achieved many of the principles set by the Olympic Movement, despite the minor and minor political obstacles that contributed in one way or another to the destruction of these noble human concepts, especially the two great states, the former Soviet Union and the United States of America Their differences and political rivalries on the global youth sports movement and the denial of participation in this humanitarian Olympic event.

B. Search problem

The problem of research is political interference and attempts to obstruct the Games and the influence of advanced countries to take decisions, conflicts, withdrawals, boycotts and monopolization of tournaments on some cities, even though more than 120 years have passed since the start of the Olympic Games, Three courses since its inception in 1896, but this does not mean that there is no place for politics in the Olympic Games. The politics and the Olympic Games have been twinned since their inception. Some government systems used the venue of the Olympic Games as a means of publishing their policy and objectives. The lack of attention to developing countries, the preparation of its population, its assistance in participating in the Games and finding a way to allow these countries to host the Olympic Games so we have shown all the challenges and difficulties that stood in the face of the Olympic Games to stop it from its historic journey.

C. Research hypotheses

1) 1The Olympic Committee is able to end the conflicts among the participating countries and unite and equate teams when hosting the Olympics.
2) With the end of one of the two opposing camps, the provinces will end, the Olympic Games will continue and internationalize, and will allow the countries and athletes to participate for the purpose of their achievements.
3) Allow developing countries to send their representatives to participate in decision-making in the Committee .The International Olympic Committee helps to exploit them from colonial countries and renounce racial discrimination.
4) The exclusion of politics from sport gives way to countries to participate and the development of human relations and sports among them.

D. Research Objectives

1) Identify the challenges and difficulties faced by the Olympic Games through their historical journey and what ways to sharpen them.
2) To identify how to restore balance in the positions of the Olympic Foundation between different continents by delivering their representatives to the source of the decision in the International Olympic Committee in order to increase the participation of States and athletes in various events and achieve sports achievements.
3) Identifying the role of politics in the Olympic Games and the reasons for its impact on the march of the Games.

E. International Olympic Committee (I.O.C)

The International Olympic Committee (I.O.C) is an international non-governmental organization with a status as a federation with a legal status recognized by the Swiss Federal Council, the permanent center of the IOC in Lausanne. The Committee meets once a year and twice a year. The Olympic Committee, during its 120-year career, has failed to implement much of the Olympic Charter, which is supposed to be the guardian of the implementation of the lofty international goals of the Olympic Charter, which are above all human and human relations. In the modern world (2: 13).

In terms of human development of its moral qualities and education through sport, we find the rise of phenomena of violence, riots, intolerance, doping, drugs and drugs that have a negative impact on the health of athletes. In addition, the Committee has not been able since the first conference to liberalize the concept of hobby, so it is necessary to build a world of peace and spirit of understanding and friendship and renunciation Racial and Political Discrimination The International Olympic Committee (IOC) has taken a negative attitude towards many countries that were seeking to join the Olympic family under exemplary conditions that could serve the Olympic Movement and its interest in achieving ideologies that would inspire The International Olympic Committee (IOC) has lost a great deal of credibility as a result of its failure to take on its historical responsibility to solve the problems of a large number of countries that wish to join the Olympic field and isolate politics from this field. Therefore, we find the sharp divisions, It is evident in the sports provinces, especially in the Moscow cycles of 1980 and Los Angeles in 1984, all prove the inability of the Committee to address them and reduce their influence and proved that the statements of those responsible for the Olympic Movement independence of its institutions, what are the diplomatic statements do not agree with the These problems have affected the decisions of the International Olympic Committee (IOC) as a result of the split of the views of its members (9:28).

All this has affected the Olympic Games. The Olympic Games have not been able to cover the most complex international problems created by wars, especially the Second World War, such as China, Taiwan, But it has continued to give and internationalize between specific countries to match the reality of the countries participating from the five continents has been the Olympic Committee since its inception in 1894 permanent headquarters permanently, the headquarters of the Committee shall be in the city entrusted with the organization of the Olympic Games. It was decided on 10 April 1915 that the International Olympic Committee (I.O.C) would have a permanent headquarters in Lausanne, Switzerland. In 1922, the Von Rébio Bluesan Palace was the permanent seat of the International Olympic Committee (I.O.C), From 1896 to the present (15: 56-68).

No	The year	President of the International Olympic Committee	Country
1	1894-1896	Demetros Vicklas	Greece
2	1896-1925	Baron de Coubertin	France
3	1925-1941	Comte Henri de Paiyat Latour	Belgium
4	1946-1952	c. Seggrid or Strom	Sweden
5	1952-1972	Avery Berndog	America
6	1980-1980	Lord Kilanin	Ireland
7	1980-2001	Juan Antonio Samaranch	Spain
8	2001-2013	Comet Dr. Jacques Roger	Belgium
9	2013	Thomas Bach	Germany

F. Olympic Movement

The Berkubertan initiative was the main catalyst for the convening of an international sports conference in June 1894 in Paris, which resulted in the formation of the International Olympic Committee on June 23, 1894 under the auspices of the International Olympic Committee (IOC).

The Olympic Movement coordinates its elements in contemporary Olympic thought under the supervision of the supreme authority of the IOC. The Olympic Movement includes all organizations, athletes and people who work according to the principles of the Olympic Charter and the basic criteria for graduation under the name of the Olympic Movement. It is the recognition of the International Olympic Committee.

The Olympic Movement aims to contribute to the building of a world of love and peace through the youth, Requiring And the activity of the movement is permanent and global, and reaches the peak of activity at the meeting of the world's athletes in an international sports festival under the name of the Olympic Games and the Olympic Charter is the entirety of the rules and laws and supplements to the laws approved by the International Olympic Committee that is the Charter is the Constitution of the movement Olympic and Olympic Games Organization.

The Olympic movement in the modern era witnessed the participation of many developed countries and developing countries in the Olympic Games. The developing countries were increasing in terms of participation from one cycle to another.

This increase and the constant impact in the Olympic Games canceled many of the rights of the European commandments on movement and games and the extraordinary increase in proportion Its representatives in the International Olympic Committee and the international sports federations. Therefore, the demand for fair positions and committees should not be all in developed countries, depriving the developing countries of them and the pride of developing countries and their pride in achieving political independence. Its role in the achievement of a household humanitarian goals, the noble Olympic movement on the one hand and natural alliance with those who oppose the dimensions of national symbols or aspects of the celebration of winning the Olympic Games and that will show those emotions such as raising national flags and songs .... etc on the other.

We find that the position of the Olympic Committee as the highest authority of the Olympic movement was an obstacle in the way of developing countries to achieve their mathematical development (15:40).

The organizational structure of the I.O.C

The International Olympic Committee (IOC) selects and elects its members from qualified personalities who are nationals of the country in which they have based their business. The State shall have a national Olympic Committee recognized by the International Olympic Committee. These members shall be required to speak at least one of the languages used In the sessions of the International Olympic Committee and the President of the International Olympic Committee may select members without regard to their nationalities or permanent residence may not be in one country more than an elected member of the International Olympic Committee, but the Olympic Committee A member of the Olympic Committee may, after serving for at least 10 years, become an honorary member. Honorary members may be elected members of the Olympic Committee, Continue their activities as representatives of the International Olympic Committee and remain unchanged except to cast their votes and are invited to attend the International Olympic Games, Olympic Conferences and IOC sessions, where each place is reserved and consulted when requested by the President of the International Olympic Committee You can give them the Olympic medal (15:47).

The International Olympic Committee (IOC) presidents were from Western Europe and America, and the committee continued to be organized according to the specifications of most of its members. The total membership of the Olympic Committee was 330 members representing 84 countries and distributed as follows: Asia, Africa, And (35) Europe and (2) Oceania and through the results of the elections of the international federations at the Montreal in 1976 found that the leadership and members of the International Federation of Olympic Sports were (361) members were distributed as follows (4: 35).

Total countries	Presidents	Secretaries Employees	Vice-Presidents	Members	Total	percentage
Capital States (24)	16	25	43	115	199	55.3
Socialist States (10)	3	8	20	60	91	25
Developing countries (100)	3	3	20	45	71	19.7
Total National Olympic Committees recognized by (I, O, C)	22	36	83	220	361	100

At the level of the IOC members, the elections of the 84th meeting of the Committee in Baden-Baden in 1981 indicate that the total number of members of the Committee is 83 members from 68 countries, which were distributed as follows: Asia 14, 16.8%, Africa 14, 16.8% % And America (19) with 22.8%, Europe 35 with 42.1% and Australia and New Zealand 2 with 2.4%. All this shows Europe's unbalanced superiority with the number of countries on each continent, which is evident from European domination imposed without legal legitimacy.

G. Balance in Games

The fact that colonialism, whether direct or indirect, and the unbalanced political situation that the developing countries have endured, has helped to create a psychological state for many developing countries, considering that the vast difference in the level of sport among the athletes of developed and developing countries has the political causes that the Olympic Committee has dedicated Therefore, we find that the competition component in general remained throughout the period between a certain number of developed countries and this is why many countries have continued to stick to the principles of Copertan, whether to participate in winning the status of the Constitution of the Olympic Games expressed (that is the most important thing in the The Olympic saliva is not winning but subscribing to the most important life is not winning but struggle with honor (18: 12).

So developing countries began to try to catch up with their sports standards after the Olympic Committee failed to take measures that would reduce the level difference as well as increase the number of representatives of developing countries and Olympic sports bodies.

Therefore, the programs of the Olympic Games have expanded significantly does not serve the developing countries and does not commensurate with their potential and is unfair, given the conditions of development made available to the developed countries and the conditions of suffering and oppression experienced by developing countries under the control of colonial powers so the potential for full preparation for the Olympic program which The period of liberation was not available to any developing country, let alone the continuous development of the Olympic Movement and the Olympic program in particular.

the year	1896	1904	1924	1936	1956	1964	1972	1980	1992	2004	2012
Number of events	43	68	138	142	145	165	196	203	235	300	308

Such development has not given any developing country a chance to form a team that covers all sports and Olympic events. This requires things impossible for any developing country. Despite the attempts of the representatives of these countries to cast their votes for the Olympic decision venue through the IOC meetings, the results were disappointing due to the will (17:15). The competition between the athletes of the developed countries and the developing countries does not exist, and it is normal for them to continue to compete and distribute medals among the developed countries.

The International Olympic Committee (IOC) has adopted a policy of evading the reality of international sports at a time when nearly a dozen Olympic conferences have been held since the 1896 Olympic Games, dedicated to studying the reality and future of the Olympic Games.

The Varna Conference was unable to avoid the heavy criticism of the conference, nor to control the expansion of the Olympic program, nor did international sports see the tripartite cooperation formulas adopted by the Baden-Baden International Olympic Committee, international sports associations and the National Olympic

Committees Association. To protest and demand their rights as it realized that the ideological factors gradually control international relations, and began to realize the impact in the continuation and failure of the Olympic Games and the sports movement because the withdrawal means the abolition of three episodes of The five Olympic Games are enough to say that developing countries had a 62 percent participation in the 1972 Munich tournament, but dropped to 22 percent at the 1976 Montreal session in Africa, some Asian countries and all Arab countries except Saudi Arabia, Kuwait and Lebanon (13: 229).

Therefore, the sports committees worked on the African-Asian rapprochement, addressing the racist entities and announcing the program of non-aligned countries through their conferences of physical education and sports to raise the sport in those countries through participation in the Olympic Games and World Championships.

H. Media in the Olympics

Olympic sports have been closely associated with media messages since ancient times. Before the invention of modern modern media, narrators and newscasters were publishing the heroes' achievements in the form of poems, drawings, carvings, and the Greek interest in recording those sporting achievements on leather, paper, stone, and all that was interesting about the ancient Olympics (6: 192).

Media is defined as a collection of technical, material, news, technical, literary and scientific means that lead to the collective communication of people directly or indirectly within the framework of educational science and guidance of society (12: 75), Or the group of literary and artistic materials leading to collective communication with people directly or indirectly through the instruments that convey or express them, such as the press, radio, television, news agencies, exhibitions and official and informal conferences.

And the role played by the media in defining the world in the civilization of their sports people, which in turn reflects the progress of these countries and their progress in various fields and in light of the scientific and technological progress, great and fast in the field of sports.

Therefore, the importance of sports media and the need to inform the people of the society of all the events and developments in this area, in light of the large increase of the members of this community and therefore the difficulty of direct contact with the sources of information, news and sports information is important for the performance of duties in addition to the flow of sports information and increasing sources and interrelated sports In other areas, whether economic, social or political, and the inability of the individual to pursue and follow this flow of information, which is difficult, less what is described by this era is the information age as a result of the progress made by satellites Rodeo tanker and the emergence of media network (Internet) and others (7:23).

Thus, television has the ability to immediately transfer events and shorten the element of time, achieving a higher degree of persuasion. It is often said that humans receive 90% of their information through Face book 8% by hearing, and 2% by other senses.

This importance can be felt and appreciated the need for its existence, it is difficult for the community to live Without the provision of any means of media in the modern era, if the newspapers stopped the issuance of radio and the disruption of television broadcasting devices and telephones and face book and others, it is difficult to estimate what will happen in the community, because it tries to put the human in the heart of the events in case of occurrence or after the occurrence of a second supported by analysis and reasoning and intellectual enrichment and this Applies to sports events in the world when the stadiums are captive, they are the presence of media media feature of all human beings on our planet, but the media lost these human characteristics of the political influences on them, noting that developed countries monopolize the media p And the television transmission in particular and controls the means of information sent from the reality of events or prevent the transmission of the difficulties faced by the Olympic Games is the distinction between the participating countries to transfer events and results, noting that in the case of winning sports from developing countries, the media do not express this subject as much The importance of accompanying the camera to him and to meet with him and all this was a pressure on developing countries and this is achieved for developed countries and the athlete to re-presentation of the results and glorification of sports and as in the courses naming the tournament as the winner of the winner of the developed countries.

All of this has an effect on the athletes of developing countries and their aspiration to stardom and fame in order to join the developed countries. Developed countries are granting citizenship for the transfer of players from developing countries as a poor policy to those countries and stripping them of their outstanding athletes with global achievements. And its view that developing countries do not deserve this achievement, so developing countries should strive to develop their media and expand the exchange of sports programs to ensure the advancement of sports in those countries, leaving positive effects on the development of the Olympic Movement And its progression to scientific progress and technological development.

II. Problems and difficulties in the Olympic Games

A. Political problems and difficulties

One of the problems and difficulties faced by the Games since its inception in 1896 many of them in 1904 the selection of the city of St. Louis instead of Chicago by the decision of President Roosevelt and therefore the political dimensions and exploitation of the presence of citizens in the shopping session and in 1916 was preparing for the sixth session and the celebration of the passage of (20 years of the Olympic Games, but World War I destroyed all these preparations, as well as the denial of Germany's participation in the Games for 16 years and was not allowed to participate in the Amsterdam session in 1928, as well as the opposition of the most countries for the establishment of the Games in Germany in 1936 as a result of Atla Nazi Party members of the Hitler rule in Germany and the adoption of the Games publicity and support and inflaming the enthusiasm of the people of German racism and to strengthen the its members and set up the session in an atmosphere of tension, politics and prejudice, as well as the threat of Hitler to cut officials heads for sport in Germany, as Germany did not win first place And not to shake hands with the black athletes and not to allow them to rise to the platform to honor them and thus lost the games in this session the real purpose of the spirit of friendship between the athletes involved to promote peace among the peoples in the world (5:44)

Did not let the two countries Alvaschean Germany and Japan to London course in 1948, because Japan has entered a war against China, came the Communist Party of the decision of the need to participate to the Soviets in the Olympics Helsinki in 1952 to prove their superiority after a lapse of 40 years and to confirm the role of politics as the victories achieved by athletes are And the socialist system on the one hand, and the superiority of the socialist culture over the capitalist culture on the other, and the participation of the Soviets in the Games, bearing the slogans of the communist state on their chests. The aim was to achieve two main goals (16:19).

First: to weaken America's global standing and compete with it for the first place as always winning it.

Second, the global and political status of the Soviet Union has increased among the nations of the world.

But these events were interpreted by the United States of America as the Soviet Union Earn many friendships with other countries and this is a threat to US security.

In 1956 the course of Melbourne brought the Russian invasion of Hungary to the withdrawal of many countries and the protest of other countries and the tripartite aggression on Egypt and these political signs and dimensions have a direct impact on the march of the Olympic Games, and the course of Mexico in 1968 events and demonstrations and riots that killed and injured a group of students The session was used to achieve political Marib and at the Munich session in 1972, the massacre of four Palestinian suicide bombers who stormed the Israeli mission headquarters in exchange for the release of Palestinian prisoners in Israeli prisons took place. This was reflected negatively on the level of sports achievements as well as the withdrawal of Iraq by a government decision as a result of nationalization immortal and in Montreal in 1976 faced internal and external challenges came to the cancellation or postponement of the session because of the financial crisis and despite the challenges faced by the Olympic Games and problems and accompanied by political and economic events And the boycott and protest of countries was not the size that accompanied the Moscow session in 1980, boycotted by a whole world representative of the Western world and almost negatively affect the march of the Games did not abandon this session of intolerance and the outbreak of the Cold War between the leaders of the camps east and west Do (Kilanan) visited the US President met with him and found him on his opposition singers Games in Moscow Vsrah (Kilanan) that the Games will be held even if I was alone competing in them (8: 220).

The next session, the Los Angeles session in 1984, was interrupted by boycotting the Soviet Union and some socialist countries in response to the US boycott, partly because anti-Soviet campaigns posed a threat to their mission, and American groups would incite Soviet and Eastern bloc players to flee to America and seek political asylum (3:27).

Despite the fact that the Olympic Games were boycotted by the Olympic Games and the withdrawal and protest was filled with positions, excitement and honest sports competitions. Internationalization continued unabated (fear that the state would be honored to organize the Games or to win gold medals is a political victory rather than a sports one) City of Atlanta In 1996 The city of Sydney in 2000 included unlimited political interventions by politicians in all countries (18: 3).

Therefore, the continuation of the Games successfully and progress since its inception despite the challenges and difficulties, the problems faced by it was able to stand with its hard to find all those who wanted to stop and exit from the noble goals that called for in order to bring the people of the world in love and peace and the best proof of this is the success and persistence for a period of 120) A year full of achievements and athletic victories achieved in the arena of the struggle of athletes to compete with the noble spirit of sports and high and highlight their abilities and achievements on the stage of sports and not the use of weapons or violence, but with the capabilities of skill and physical using the latest methods of planning and Training and preparation.

B. Racial discrimination

The Olympic Games since its inception and its success in expanding the participation of countries and athletes and the number of events, but did not stand in the face of many measures in defence of noble Olympic ideas, which still live the first years of its emergence and did not abandon the Olympic Games of racial excellence in the third session in St. Louis in 1904 tried supervisors Games should be held for black athletes and other white athletes. However, the club's founder, Bernard Kuperten, has strongly rejected these proposals and has succeeded in removing this racist idea from the Olympic Games. The games are held without discrimination. In 1908, racial discrimination in which South Africa deprived white citizens of its citizens from participating in the course and subsequent sessions and confined themselves to its white athletes citizens, and then under the eyes of the nations of the world as a whole and the Olympic Committee in particular (1: 7).

At the Antwerp tournament in 1912, American white athletes (Howard), who was a candidate for the 100m final in a room because he was a black athlete at the time of the rally, was not on the track and was released only after the race ended (10: 93). In 1936, the star of the tournament was named winner of four gold medals and deserved the honor, but that of the Nazi leader. He refused to climb to the podium to shake his hands because Negro Negro and Hitler left the scene and left without watching the Olympic Games.

In 1968, some American Negro champions took advantage of the opportunity to focus the spotlight on the Mexican cycle and showed the world their condemnation of apartheid in response to the black movement that was seeking to grant Negroes human rights. They wore black gloves and stockings to symbolize the movement's support. The Arab League has decided to exclude Rhodesia from the tournament and its membership. Preventing her from participating in her racist policy with the black people of her people. This was a meeting in a manner consistent with the principles of the Olympic Games (14:15).

At the Montreal session in 1976, 33 Arab and African countries withdrew in protest against the non-expulsion of New Zealand in South Africa, which took racism as its policy. Some black African heroes cried out because the price paid by the Arabs and the Africans was very high because of their humanistic stance against racism, According to its color, and this is what is imposed by the principles from which the Olympic Games were launched. (14: 70)

III. CONCLUSIONS AND RECOMMENDATIONS

A. Conclusions

1) The continuation of the Olympic Games since its inception in the modern era in 1896, despite the challenges and difficulties faced and wanted to stop and exit from the noble goals that called for them.
2) The failure of the International Olympic Committee to implement many of the provisions of the Olympic Charter, which is supposed to be the guardian of the implementation of the lofty international goals.
3) Unbalanced European excellence in the members of the Olympic committees, despite the superiority in the number of countries recognized by their Olympic committees, developing countries and participation of sports teams modest does not fit with the Olympic programs, which increase from cycle to cycle.
4) The participation of all classes in the Games, whether the upper, bourgeois, aristocracy and lower classes gives a clear picture of the world of sports rapprochement in the Olympic festival.
5) The existence of secession In some countries such as the Koreas, the two Koreas, China and Taiwan, they have created a kind of conflict in terms of participation in the Games, media raising or hosting the Olympic Games.
6) 6-The outbreak of the Cold War between the Eastern and Western military almost eliminated the march of the Games as a result of the boycott and its negative impact on the outcome of the Olympic Games.
7) 7-Some countries considered that winning the Games was of political significance, especially the Soviet society and the socialist system, on the one hand, and the superiority of socialist culture over capitalist culture on the other.
8) 8-The monopoly of the developed countries for the media in general and television in particular and the control of the means of media sent from the reality of events to prevent their transmission and the existence of discrimination in broadcasting and conduct sports meetings and show achievements of the winning athletes.
9) 9-The existence of racial discrimination and sympathy with the IOC has contravened the principles and charter of the IOC in engaging and dealing especially with black athletes without exclusion to countries that apply racial segregation.
10) 10-The Olympic Games witnessed political conflicts between countries or the setting of venues for the Games, as well as the cessation of the Olympic Games in 1916 because of World War I in 1940 - 1944 because of World War II.
11) 11-Inflation began in the Olympic Games because the goal was propaganda for the Nazi

regime and inflation of the problems of courses, which leads to the cities raced on the organization, which calls for excessive in the facilities and organization, which hinder the small cities and deprived of regulation, which is the right of all cities to progress to host.

12) 12-The use of some government systems venue of the Olympics as a means to publish its policy and objectives and system and the intervention of the heads of some countries to change the places chosen by the International Olympic Committee and this is a violation of international conventions.

13) 13-The provinces, protests, withdrawal, drugs, steroids, racial discrimination and professional leaks have had a negative impact on the Olympic Games and highlighted the challenges and difficulties faced by the Games.

B. Recommendations

1) The countries that do not apply the rules and constitution of the Olympic Committee such as South Africa and the like, which apply racial segregation or any distinction based on sex, color or political beliefs, shall not be deprived of participation in the Games.

2) The removal of all political attempts to exploit sport to reach their political ends and the exploitation of sports results in political propaganda.

3) Confirmation after allowing the order of countries on the basis of medals or points obtained as it is unreasonable to compare the participating countries with the number of athletes with other countries and the number of participation rates in the programs of the Games.

4) The media should advocate for sport for all without discrimination, and the media should not be the exclusive preserve of any country without the transfer of the proceedings of the Olympic Games and its results and meetings with the winning athletes.

5) The participating countries should follow the flags of their international federations to limit the discrimination between peoples. The Olympic Committee shall be subject to political interference and the maximum of any country that violates sports in general and the Olympic Committee in particular.

6) The Olympic Committee has made it possible for the Arab countries to host the Olympics to play a large role in the developed countries. The Olympic Games have been over 120 years old and the Arab dream has not been achieved.

7) The Olympic Committee should expand by the members of the Olympic Committee and be exclusive to Western Europe and America and be an opportunity for Arab members to contribute to the International Olympic Committee to claim rights for participation and expand the number of teams and athletes.

8) Giving scientific research centers to give importance to the sports that are considering the challenges and difficulties facing the Olympic Games and international tournaments.

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Effect of Special Exercises Using an Electrical Device to Develop the Basic and Special Defences Epee For Students of the Third Stage in the Faculty of Physical Education and Sports Sciences at the University of Diyala

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Abstract- The researchers found the lack of care of some of the trainers using modern devices and the use of modern methods in education and the use of traditional aids. There is also a weakness in the development of the performance of the basic defence skills of the gun to the students to follow the means traditional methods of learning, so they felt the research problem and finding solutions Appropriate to them.

The research aims to Design of a proposed device for the basic defence and the fencing in the gun, and Preparation of special exercises for the skills of the basic and special defences , which are implemented in the proposed device, and Learning about the effect of exercise in the proposed device in the development of the basic defences and the gun for the students of the third stage in the Faculty of Physical Education and Sports Sciences at the University of Diyala..

Keywords- *Special exercises using an electric device, Epee.*

I. INTRODUCTION AND THE IMPORTANCE OF RESEARCH:

The tremendous scientific revolution witnessed by the modern technology, characterized by the era in which we live and is characterized by rapid change and pluralism in accordance with what is read on the different sciences and knowledge. And the sport of fencing of individual games, which depends on the success of any team to perform the individual player through the achievement of more touches and earn points and maintain his position from the rival and this is achieved only through the development of offensive skills and defence of the player. Assistive devices are a means to help advance the educational and training process and to perform the duties that the coach and the player aim to achieve. The purpose of using the tools and auxiliary devices is to serve the motor skills through the economy with effort and time and to enable the player to access the mechanism of movement without thinking about the technical performance of the movement, but think of creativity and development as well as focusing on variables, and that the devices and tools help increase the self-ability of the learner, Which makes him not satisfied with less than the maximum effort, then the performance can be improved through the use of tools because the process of training and education shared by all the senses are the best means to allow the greater number of beneficiaries to practice, and the process of recommendation Information to students during the course of learning has recently become dependent on the use of various aids instead of the traditional method of putting assignments through the verbal explanation and the practical model by the teacher, as it helps to raise the level of skill and motor performance, and helps the teacher to teach the skill in the duration Time is relatively less than not used and is an effective and good means of thrill. Therefore, the current study is concerned with the impact of the educational curriculum using a proposed device in the development of the basic defences of the Shish for third stage students at the Faculty of Physical Education and Sports Science at the University of Diyala.

A. Research problem:

The use of aids in education supports and helps to overcome the obstacles facing the teacher and student and closer to the process of communicating ideas and material to the student more, and through the follow-up researchers to many tournaments, the research in this

area is an urgent need and a field is interesting and in this context is the current study to examine the impact The use of a proposed device (designer) in the implementation of exercises prepared by the researchers using the device, which will help students to overcome some of the difficulties they face by using the proposed device to learn the basic defences .

The researchers found the lack of care of some of the trainers using modern equipment and the use of modern methods in education and the use of traditional aids. There is also a weakness in the development of the performance of the basic defence skills of the gun to the students to follow the means traditional ways of learning, so they felt the search for this problem and finding solutions Appropriate to them.

B. research objectives :

Design of a proposed device for the basic defence and the fencing in the gun.

Preparation of special exercises for the skills of the basic and special defences , which are implemented in the proposed device.

Learning about the effect of exercise in the proposed device in the development of the basic defences and the gun for the students of the third stage in the Faculty of Physical Education and Sports Sciences at the University of Diyala.

C. Hypotheses :

There is an effect of the electrical device is working on the development of basic defences with the gun.

There are statistically significant differences in the tribal and remote measurements in the performance of the basic defences between the experimental and control groups and in favor of the post.

There are statistical differences between the experimental and control groups in the remote tests and for the benefit of the experimental group.

D. areas of research:

1- the human sphere : Students of the third stage in the Faculty of Physical Education and Sports Sciences at the University of Diyala for the academic year 2016-2017.

II. RESEARCH METHODOLOGY AND PROCEDURES OF THE FIELD:

A. Research Methodology:

The researchers used the experimental approach, with the design of the two equal groups (experimental design with a preconfigured tribal test) to suit and achieve the research objectives.

B. Sample Search:

He research community was deliberately determined by the students of the Faculty of Physical Education and Sports Sciences - Diyala University, where the community consists of (113) students distributed among 5 people (A, B, C, D, E). (15) students were selected from Division (A) to be the control group, reaching (26.55%) of the total number of the original society.

C. Homogeneity of the sample:

In order for the two groups to be homogenous. The differences within the two groups do not affect the statistical parameters that will be carried out later, so the researchers conducted homogeneity of the two groups in the growth variables in order to control the extraneous factors and that the torsion coefficient was limited to (+1) -1, indicating the normal distribution of the two groups.

TABLE I. SHOWS THE HOMOGENEITY OF EXPERIMENTAL AND CONTROL GROUPS IN GROWTH VARIABLES

Variables	Mean	Mediator	Deviation	Torsion coefficient
Length	173.51	172.5	6.25	0.48
weight	76.15	75	4.60	0.75
Age	21.5	21	1.55	0.97

D. .means the collection of information:

The researchers used a variety of means of assistance, including:

- Arab and foreign sources.
- personal interviews.
- Tests and measurement.
- Questionnaire form.
- Proposed local manufacturing device.
- Weapons of duel (Shish) number (15).
- Head protection number (15).
- Chinese Electronic Balance.
- Metal measuring tape for height measurement device height and students.
- Electronic stopwatch.
- Camera Video Type Sony Number (2) Chinese-made.
- Computer type DELL number (1).

E. Components of the plant:

1) Definition of the device:

It is an electromechanical device designed to help the trainer and the teacher in teaching and training the defence and works in two ways the first hand through the control buttons on the operation of the machine and the second automatic through the electronic programmer program and contains four blocks

moving random movements so that the player cannot expect to exit any obstacle Of the levers, which carry each lever on the blade of a legal duel weapon type of weapons (blinds).

It is used as an assistant in education or training, the basic defence skills of the game of fencing as it can quickly relay the exit of levers and the time of continuity through the mechanism used in the manufacture of the electronic card, which distinguishes the device by his speed of the sudden to the trainee, which increases the speed of reaction of the player is one of the qualities required and important For fencing players as well as the evolution of neuromuscular compatibility by linking The work of the eye and the arm at one time and also the duplicates issued by the evolution of the power of the control and also control the height and make it suitable for players lengths and used a doll covered with a white cloth and a duel and put the introduction of the device as a psychological factor so that the player does not feel that deals with the machine,1.

Figure 1. shows the full shape of the device

2) Defence skills assessment test:

The tests were proposed to the experts. The test of the defence types and the sixth defensive situation were filmed and the video was filmed to perform the test performed by two of the students of the fencing material, so that the test can be applied to the correct motor paths and to be evaluated by the experts and 10 grades for each type of I have four basic and special defences :

Test calendar types of basic and special defence :

- Straight defence (horizontal) - sixth / fourth and vice versa.
- Straight defence (horizontal) - seventh / eighth and vice versa.
- Semi-circular defence - sixth / eighth and vice versa.
- Semi-circular defence - fourth / seventh and vice versa.
- Country defence (italic) - sixth / seventh and vice versa.
- Country defence (italic) - fourth / eighth and vice versa.
- Circular Defence - Sixth / Sixth.
-

The goal of the test: measuring the performance of types of defences:

- Performance Specification: The armed arm is extended by the person conducting the test with three attempts and according to the sequence of the test starting from the horizontal defence .
- Recording: The best performance of the three attempts is selected on each type of four defences and the score of the score (10).

F. Exploratory Experiment:

The pilot experiment was conducted at 9 am on Thursday 10/2/2016, where two players from the Baquba club in Diyala province were tested.

G. Scientific bases for the measure:

1) Equal groups:

After the measurements and homogeneity tests were carried out, the researchers used statistical equivalence method, one of the methods of adjusting variables in experimental research, to ensure that the two groups are equal.

After the data were recorded and processed statistically, it was found that the calculated value (t) is less than the tabular value, indicating that the difference is random between the two groups, indicating that the two groups are equal, as shown in Table (2).

H. Tribal tests:

The researchers conducted the tribal tests on the research sample on 18/2/2016 at the Fencing Hall at the Faculty of Physical Education - Diyala University. The performance of the experimental and control groups was evaluated by the coordinators for the purpose of the evaluation. for the purpose of evaluating the performance objectively. Before the start of the tests, it was clarified how the test was performed by one of the instructors in the course of the fencing course, and how to calculate the score of 10, the number of attempts and each type of defence , and it was applied with the person who tested and all the test paragraphs in detail.

TABLE I. SHOWS THE PARITY OF THE EXPERIMENTAL AND CONTROL GROUPS IN DEFENCE TYPES

Significance	T		The experimental group		Control group		Skills
	taled	*sig*	*standard deviation*	*mean*	*standard deviation*	*mean*	
Not significant	0.084	0.757	1.12	5.93	0.81	6.2	The Sixth Defence
Not significant		0.203	0.78	6.02	0.84	6.08	The Fourth Defence
Not significant		0.413	1.2	5.4	0.9	5.56	Seventh Defence
Not significant		0.750	0.82	5.11	0.71	5.32	The Eighth Defence
Not significant		0.672	0.82	4.9	0.81	5.1	Horizontal defence
Not significant		0.766	0.58	5.03	0.95	5.25	The vertical half-circle defence
Not significant		0.457	0.43	4.85	0.73	4.95	Country diagonal defence
Not significant		0.634	0.88	5.21	0.55	5.38	Ring defence

Table (2.048) Value (0.05) and degree of freedom (28)

I. Implement the program using exercises with the proposed device:

The exercise method was applied by the teacher by the teacher of the material and applied by the control and experimental groups during the lesson period. The members of the experimental group performed the exercises using the proposed device which was developed for the development of the basic and special defences and the rate of one lecture per week for a period of (8) (90) minutes in the main part of the training module is dedicated to performance exercises on the proposed device for the experimental group only and many repetitions and correct the error and provide feedback, because the main purpose is to develop the basic defences and special, and The traineeships for the educational curriculum were implemented from 22/2/2016 until 24/4/2016.

J. Remote tests:

After the completion of the program, the researchers carried out remote tests on the research sample on 1/5/2016 in the hall of dueling Faculty of Physical Education - University of Diyala, where the evaluation of the performance of the experimental and control groups by the same gentlemen, for the purpose of evaluation directly. The researchers also filmed the tests and presented them to the experts for the purpose of evaluating the performance objectively. The researchers also tried to provide the same conditions as the tribal tests.

K. Statistical means:

The researchers used the statistical program spss to process search results.

III. SHOWING THE RESULTS ANALYZED AND DISCUSSED:

A. Presentation of the results of the tribal and remote tests of the experimental group of the basic and special defence types and their analysis.

TABLE II. SHOWS THE VALUES OF THE COMPUTATIONAL ENVIRONMENT, STANDARD DEVIATIONS AND STANDARD ERROR WITH THE BASIC AND SPECIAL TYPES OF DEFENCES OF THE EXPERIMENTAL GROUP

Tests	**Measuring unit**		**Tribal test**		**Post-test**
		standard deviation	*mean*	*standard deviation*	*mean*
The Sixth Defence	**Grade**	**1.12**	**5.93**	**0.87**	**7.99**
The Fourth Defence	**Grade**	**0.78**	**6.02**	**0.83**	**8**
Seventh Defence	**Grade**	**1.2**	**5.4**	**0.99**	**7.31**
The Eighth Defence	**Grade**	**0.82**	**5.11**	**1.08**	**7.26**
Horizontal defence	**Grade**	**0.82**	**4.9**	**1.11**	**7.57**
Half-circle defence	**Grade**	**0.58**	**5.03**	**0.83**	**7.66**
Country diagonal defence	**Grade**	**0.43**	**4.85**	**0.86**	**7.13**
Ring defence	**Grade**	**0.88**	**5.21**	**0.72**	**6.89**

B. Presentation of the results of the tribal and remote tests of the experimental group of the basic and special defence types and their analysi

TABLE III. IT SHOWS THE VALUES AND DEVIATIONS OF THE COMPUTATIONAL VARIABLES AND THE CALCULATED VALUES BETWEEN THE TRIBAL AND REMOTE MEASUREMENTS OF THE BASIC AND SPECIAL TYPES OF DEFENCES OF THE EXPERIMENTAL GROUP

The experimental group	Mean f	standard deviation f	H	Evolution rate	T sig	T taled	Significance
The Sixth Defence	0.8	1.22	0.32	11.42	2.54	2.048	incorporeal
The Fourth Defence	0.97	1.57	0.41	13.75	2.39		incorporeal
Seventh Defence	0.85	1.37	0.35	13.26	2.40		incorporeal
The Eighth Defence	0.79	1.31	0.34	12.92	2.34		incorporeal
Horizontal defence	1.43	1.58	0.41	21.89	3.50		incorporeal
The vertical half-circle defence	1.61	1.73	0.45	23.46	3.60		incorporeal
Country diagonal defence	1.12	1.42	0.37	18.45	3.05		incorporeal
Ring defence	0.86	1.39	0.36	13.78	2.40		incorporeal

Table values (1.14) below the level of significance (0.05) and degree of freedom (14)

C. View the results of the tribal and remote tests of the control group of the defence types of the research sample and analyze them:

TABLE IV. VALUES OF THE COMPUTATIONAL MEDIUM, STANDARD DEVIATIONS AND STANDARD ERROR OF DEFENCE TYPES OF THE CONTROL GROUP

The experimental group	measuring unit	Tribal test		Post-test	
		mean	*standard deviation*	*mean*	*standard deviation*
The Sixth Defence	**grade**	**6.2**	**0.81**	**7**	**1.47**
The Fourth Defence	**grade**	**6.08**	**0.84**	**7.05**	**1.4**
Seventh Defence	**grade**	**5.56**	**0.9**	**6.41**	**1.06**
The Eighth Defence	**grade**	**5.32**	**0.71**	**6.11**	**1.57**
Horizontal defence	**grade**	**5.1**	**0.81**	**6.53**	**1.21**
The vertical half-circle defence	**grade**	**5.25**	**0.95**	**6.86**	**1.03**
Country diagonal defence	**grade**	**4.95**	**0.73**	**6.07**	**1.33**
Ring defence	**grade**	**5.38**	**0.55**	**6.24**	**0.81**

TABLE V. THE VALUES OF THE COMPUTATIONAL DIFFERENCES AND THEIR DEVIATIONS AND THE CALCULATED VALUES BETWEEN THE TRIBAL AND REMOTE INDICES OF THE DEFENCE TYPES OF THE CONTROL GROUP

The experimental group	Mean f	standard deviation f	H	Evolution rate	T sig	T taled	Significance
The Sixth Defence	2.06	0.95	0.25	25.78	8.40	1.14	Incorporeal
The Fourth Defence	1.98	0.94	0.24	24.75	8.16		Incorporeal
Seventh Defence	1.91	1.21	0.31	26.12	6.11		Incorporeal
The Eighth Defence	2.15	1.11	0.29	29.61	7.50		Incorporeal
Horizontal defence	2.67	0.89	0.23	35.27	11.62		Incorporeal
The vertical half-circle defence	2.63	1.02	0.26	34.33	9.98		Incorporeal
Country diagonal defence	2.28	1.24	0.32	31.97	7.12		Incorporeal
Ring defence	1.68	1.15	0.30	24.38	5.66		Incorporeal

TABLE VALUES (2,048) BELOW THE LEVEL OF SIGNIFICANCE (0.05) AND DEGREE OF FREEDOM (14)

D. Display the results of the remote tests of the control and experimental groups of the defence types of the research sample and analyze them:

TABLE VI. THE VALUES OF THE COMPUTATIONAL ARITHMETIC AND THE STANDARD DEVIATIONS OF THE REMOTE TESTS AND THE CALCULATED VALUE OF THE DEFENCE TYPES OF THE CONTROL AND EXPERIMENTAL GROUPS

Significance	T		The experimental group		Control group		Skills
	taled	sig	standard deviation	mean	standard deviation	Mean	
incorporeal	2.084	2.25	0.87	7.99	1.47	7	The Sixth Defence
incorporeal		2.26	0.83	8	1.4	7.05	The Fourth Defence
incorporeal		2.40	0.99	7.31	1.06	6.41	Seventh Defence
incorporeal		2.34	1.08	7.26	1.57	6.11	The Eighth Defence
incorporeal		2.45	1.11	7.57	1.21	6.53	Horizontal defence
incorporeal		2.34	0.83	7.66	1.03	6.86	The vertical half-circle defence
incorporeal		2.59	0.86	7.13	1.33	6.07	Country diagonal defence
incorporeal		2.32	0.72	6.89	0.81	6.24	Ring defence

Table (2,048) Value (0.05) and degree of freedom (28)

E. Discussion of results:

Table (4) and (6) shows significant difference for both control and experimental groups and for the post-test. However, compared with the rate of development and the two groups, the ratio is higher for the experimental group than for the control group. And Table (7) shows significant differences for the benefit of the experimental group.

The researchers attribute that the differences that emerged in the results of the remote tests of the control group to the effectiveness of exercises prepared by the teacher of the material and applied by the experimental group. The differences that emerged in the test results of the experimental group attributed by the researchers to the effectiveness of the use of the device in the exercises prepared by the researchers, which have been applied to the device designed through the exercise of educational skills and applied to the students and the advantage of the device features the following:

The speed of the sudden random movements and the unexpected of the device is reversed by training through the teacher, where he wants to teach the students on the defence is the student observer of the teacher's entire arm and then the student to take the appropriate defence (if there is more time to determine the appropriate response) It is surprising that the weapon will only come out on a certain defensive position, which makes it difficult to identify the trigger, thus increasing the speed of the player's reaction and developing it. This is confirmed by (Hara,1990,233) "the reaction is done at the right moment according to duty and quickly. In motor behaviors Intermediate ... or the whole motor behaviors " Confirms (Firas Talib and others,2011,33) The speed of reaction is the period between the giving of the stimulus and the natural response required and the success of the player in the duel to the performance depends to a certain degree on the speed of his reaction as well as his ability to move to the goal, Because sometimes the performance is sound and fast but not accurate in the correction process.

The distance between the weapon and the other, whether the upper lines to the lower or the vertical lines of the device drag the student to be a weapon in a straight direction threatens the area of legal goal and near the fly of the target to enable him to respond quickly.

(Abdel Kareem Fidel and Abdel Hade Hammed, 2008,67) that "the movements of response and counter-response, which constitute the cornerstone and fundamental in the sport of fencing, especially in the sword and sword ... which gives the player the ability to follow the fencing sentence that must be available to players who find How to perform the response correctly and in a timely fashion "

works on the development of muscular compatibility by linking eye focus to take the appropriate defence and the application of the type of defence armed hand. "The good compatibility comes through a homogeneous relationship based on the right and accurate timing between a certain part of the body such as arm and eye compatibility to reach The legal goal of the contestant as soon as possible and the touch of " This was confirmed by (Fatima Abdul Malih,2009,44).

(Fatima Abdul Malih ,2009,48)also confirms the repetitions performed by the device and its continuation according to the required time through the required educational exercises so that the teacher can not work at the same time compared to the work of the machine as the machine, and thus develops the tolerance of force. Fencing and this trait is required in an advanced and continuous manner and comes from long training ".

Where the device contributes to the development of the level of technical performance of the types of defence and contributed to the exercise in raising the level of skill performance of students, which led to the development of the dynamic compatibility between technical performance and accuracy of the performance of defences . (The precision of the motor performance and the accuracy of the performance of the defences are closely related and complement each other since the accuracy of the performance of the defences is a good indicator of the accuracy of the successful motor performance, the accuracy of the defence performance is an expression of motor traffic control) (Kurt Maynell,1987,105).

IV. CONCLUSIONS AND RECOMMENDATIONS:

1) The existence of a clear effect of the device in the development of the basic and special defences in the research sample.
2) The presence of a clear effect of exercises according to the device designed to develop the basic defences and special.
3) Developed educational exercises according to the designer body experimental group more than the control group in the types of defences .

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The Effect of the Lack of Training in some Health-Related Fitness Variables in Volleyball Cubs "17 - 18" Years

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Abstract-The aim of this study was to determine the effect of the absence of training on some health-related fitness variables (body mass index (BMI, w / h, elasticity) in volleyball cubes 17-18 years. (20) players were selected deliberately from the players of the second national volleyball. The pre-test measurements were made before the training was interrupted. After the training was interrupted for 8 weeks, the following measurements were made for the same variables and the same conditions for the pre-test.

The results of the study showed that there were statistically significant differences between the results of the tribal and remote tests and tribal favor in health-related fitness variables (BMI, w / h, elasticity). To discontinue the training, such as swimming and running, in order to maintain the health aspect associated with body composition, conduct a study on the impact of the lack of training in other physical and technical variables.

Keywords- *drop-out training, fitness related to health, cubes volleyball.*

I. INTRODUCTION

A. Introduction and problem of research

There has been a huge boom at present, and man is the mainstay of this scientific and technological progress, and in light of the conflict between countries in order to achieve more progress has become planning for the development of training in various stages is a key goal and important for the advancement and advancement of human, and this can only come from Through proper construction and proper planning of training programs, in addition to perseverance and continued effort.

Melhem (1999) points out that sports training involves physiological adaptations in the body organs that are appropriate to the nature of performance. These physiological adaptations can occur within a period of between 6-10 weeks of appropriate physical training in terms of type and quantity. Adaptation varies from person to person, and is limited. Therefore, the large number of training can lead to little development and, in some cases, may impede the physiological adjustment process. Thus, the volume of training is considered to be an incentive for improving physical performance. May increase, and thus can cause problems and troubles for this player and these problems fatigue and fatigue and symptoms of excessive training or low physical performance (Melhem, 1999, p. 24)

It is important to know what happens to the athletes after stopping the physical training process, either because of injury or because of undergoing surgery, or because of the end of the sports season and others, this is called detraction.

Fleck (1994) points out that detracting leads to a change in physiological and physical adaptations and a lack of physical and athletic achievement, resulting in a decline in the level of athletic performance in various events.

This conclusion is consistent with Mujika ettl (2000) that the discontinuation of training, whether complete or partial, leads to the loss of anatomical, physiological and achievement adaptations associated with athletic performance. The greater the period of discontinuation of training, the greater the quality and quantity of physiological and physical adaptations lost (Kaddoumi Abdel Nasser, 2003, pp. 31-57)

Which inspired us to do this study and try to identify the impact of the lack of training in some health-related fitness variables in a very important training class is the volleyball "17-18" years.

Where the problem of our research was crystallized in the following question:

Are there any statistically significant differences in training in some health-related fitness variables in the 17-17 year old?

B. Hypotheses:

There are statistically significant differences in the discontinuation of training in some fitness variables related to health in the volleyball class "17-18" years.

C. Research Objectives:

The main objective of this research is to identify the impact of the lack of training in some health-related fitness variables in the volleyball class "17-18" years.

D. Areas of research:

- The human field: The number of individuals through which the completion of this study, has included (20) player, and the survey included (06) players.
- Spatial domain: represents the spatial framework in which this study was completed. The field study was conducted at the level of the clubs of the players in question.
- Time domain: represents the time frame in which the study was completed, where the research lasted between 10/07/2017 to the end 10/09/2017.

II. RESEARCH METHODOLOGY AND FIELD PROCEDURES:

A. Scientific Methodology:

Due to the nature of our subject, in order to diagnose the phenomenon and uncover its aspects, it is necessary to use the descriptive approach to suit the nature of the study.

B. Research Community:

In our research, we decided that the society should be the same as the two volleyball players active in Algeria's second national division, the "Central Region" of 120 players.

C. Sample of the research and how to choose it:

The sample is part of the study community from which field data are collected and are considered part of the whole, meaning that a group of community members are taken to be representative of the research community (Rasheed Zerwati, 2007, p. 334).

We are keen to reach more accurate and objective results and match the reality of the selection of players sample in a deliberate way of the players of the second national volleyball department where it reached (20) players.

Where the summer vacation period was used as a break from training.

D. Tools used in research:

1) Medical balance for measurement of length (Seca Scale).
2) Tape measure.
3) Flexibility testing.

E. Measurement in the Study:

Body Mass Index (BMI): It is one of the easiest ways to predict obesity through it, and its equivalent is as follows:

BMI = weight (kg) / square length (m).

W (w / h): The middle circumference is defined as the smallest circumference of the abdomen, approximately one inch above the umbilical cord opening and under the rib cage. The pelvis is the waist area and is known as the highest circumference around the buttocks and below the aorta, dividing the center circumference around the pelvis.

1) Test the torso of the stand "IC Fitness Test".

- Purpose: Measure the elasticity of the spine and elasticity of the muscles behind the thigh.
- Tools used in the application of the test: a ruler included in length "50 cm" - seat (chair).
- The description of the test: a 50 cm long ruler divided into units of each unit equal to "01 cm". The ruler is fixed at the edge of the seat so that the half of the scale (ruler) is at the top of the edge of the seat and the other half below the edge and the zero point (0) The seat, with the units below the seat (+) and the units above the seat (-).
- The method of performance of the test: The player (athlete) bend the trunk forward to the range of strength and slowly until the fingers of the hand in one level in front of the scale (the ruler) and stability, while not to bend the knees and guide the player down,

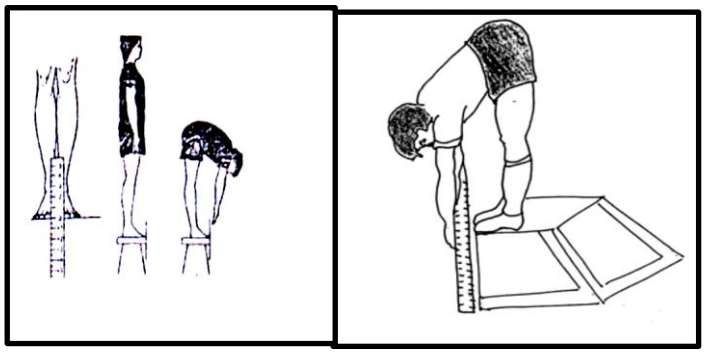

Figure 2. Test the torso of the stand.

Figure 3.

TABLE VII. SHOWS THE RESULTS OF THE PSYCHOMETRIC CHARACTERISTICS OF THE ELASTICITY TEST.

Test	Number of sample	Stability coefficient	Self-honesty
Flexibility	06	0.70	0.84

- Statistical means:

We used the SPSS23 statistical package to derive the following equations:

- Arithmetic mean.
- Standard deviation.
- Pearson correlation coefficient.
- Test « t ».
- Self-honesty.

III. PRESENTATION, ANALYSIS AND DISCUSSION OF THE RESULTS:

A. Presentation and analysis of results

In order to examine the imposition of research, the arithmetical averages, the standard deviations and the T test of the tribal and post-test measurements were used in the study variables. The results of Table (2) show this.

TABLE VIII. ARITHMETICAL AVERAGES, STANDARD DEVIATIONS AND TEST (T) FOR TRIBAL AND REMOTE MEASUREMENTS FOR THE DISCONTINUATION OF TRAINING ON THE VARIABLES OF STUDY IN VOLLEYBALL CUBS.

N	Variables	Pre-test		Post-test		T	Level of significance	Significance
		x	s	X	S			
1	BMI (Kg / m 2)	23.87	2.68	25.33	2.57	3.98	0.000	statistical significance
2	The ratio of medium to pelvic w / h	8.55	3.16	9.56	3.14	7.60	0.000	statistical significance
3	Flexibility	14.30	1.72	12.95	1.67	4.24	0.000	statistical significance

T Tabular = (1.72), with degrees of freedom (19)

Table (2) shows that there are statistical differences between the tribal and the remote measurements according to BMI variables, the mean percentage of the pelvis, the elasticity at the level of □ = 0.05 for the favor of tribal measurement in volleyball cubes:

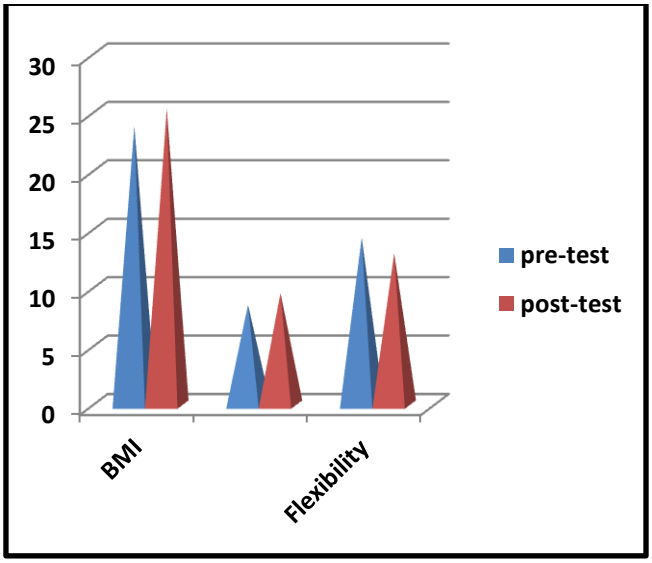

Figure 4. The arithmetical averages of the tribal and remote measurements for the discontinuation of training on the variables of the study.

B. Discussion of results:

It is clear from the presentation of the results and the form that the discontinuation of the training had a significant effect on the variables (body mass index (BMI, w/h, elasticity) in the volleyball cubs. Table (02) and Figure (02) show that There were statistically significant differences at the level of (a=0.05) between the measurements and for the benefit of tribal measurement in the variables under study for the volleyball cubs after dropping out of training for two months, where we notice the BMI from 23.78 kg / m2 to 25.33 kg (8.55%) to (9.56%), as well as the low level of elasticity from (14.30 cm) to (12.95 cm), and this is in the eyes of the beholder Thine agrees with the results of Armellini et al. (1997), Thompson et al. (1996) and Christopherson (Ckristopherson, 1999). The results of these studies showed an increase in weight and fat intake during rest after discontinuation Training for a certain period of time.)Armellini, F, Zamboni M, 2000,. p. 6-10) (Christoptherson, J, Volkan S, Don K, 1998) (Thompson, J & Manore, M, 1996, p. 30-34).

IV. CONCLUSIONS AND RECOMMENDATIONS

A. Conclusions:

In light of the objectives of the study and the presentation and discussion of the results, the researchers conclude the following:

1) The drop in training affects the body mass index of volleyball cubs.

2) The lack of training affects the increase of the centre-to-pelvis ratio of volleyball cubs.

3) The drop in training affects the low level of flexibility of volleyball cubs.

B. Recommendations:

In light of the objectives of the study and the presentation and discussion of the results, the researchers recommend the following:

1) The need for moderate physical exercise during training or transition periods, such as swimming and running, in order to maintain the health aspect associated with body composition and fitness level.

2) Conducting a study on the impact of the absence of training in other physical and technical variables.

3) Comparative studies should be conducted between practitioners and non-practitioners to determine the impact of their training.

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The Effect of Suggested Games Using the Ladder of the Child in some of the Kinetic Abilities and the Mutual Social Relations of the Orphans Aged 10-12 Years

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Abstract- The aim of the research is to prepare cooperative and purposeful dynamic games using the family ladder. Thus to identify the impact of those games in some of the kinetic abilities and social relations between the orphans.

The researcher used the experimental method. The research sample was selected from the orphans of (20) orphans and they were divided into experimental and control groups in random way, after measuring the mutual social relations and some kinetic abilities of the two groups. The motor games were performed for two months with three recreational units per week, 45 minutes per unit and 30 minutes for motor games. After the completion of these games were conducted tests of dimension, and the treatment of the results statistically, has been concluded

The games using the child ladder developed some kinetic abilities and the mutual social relations among orphans aged 10-12 years.

Therefore, it recommends the use of these games because they have an active role in the motor abilities and closer social relations between the orphans.

Keywords- *ladder, the kinetic abilities, 10-12 years*

I. INTRODUCTION AND IMPORTANCE OF RESEARCH

A. research importance:

The aim of the research is to prepare cooperative and purposeful dynamic games using the family ladder. Thus to identify the impact of those games in some of the kinetic abilities and social relations between the orphans.

The researcher used the experimental method and the experimental design with tight control (the two experimental and control groups equivalent with the tribal and remote test). The sample was selected from the orphan house (20 years old orphans in Kadhimiya) and they were divided into experimental and control groups, Mutual social relations and some kinetic abilities of the two groups. The motor games were performed for two months with three recreational units per week, 45 minutes per unit and 30 minutes for motor games. After the completion of those.

Therefore, the researcher recommends the use of these games because of their active role in the motor abilities and the closer social relations among the orphans

B. Research problem:

The researcher pursued the civil society organizations that sponsor orphans and their visits to orphanages, and found the weakness of the mutual social relations between the orphans, as well as the lack of sports activity and their kinetics, so the researcher sought to address this problem by investing recreational activity in the number of games dynamic purpose using the ladder Strengthen mutual social relations and develop their motor skills

C. research goals:

1) Preparing cooperative and purposeful competitive games using the ladder of my generation.
2) Identify the impact of these games in some of the kinetic abilities and social relations among orphans aged 10-12 years

D. Research Hypothesis:

Collaborative kinetic games aimed at the use of the ladder of the child have a positive impact in the social relations and some of the kinetic abilities in the research sample.

E. Research fields:

1) Human field: A sample from the orphanage (Imam Aljawadin) at the age of (10 - 12) years and the number of (20) orphans.

2) Time domain: From 15/1/2017 to 23/3/2017.

3) The spatial area: The inner hall in the house of the imams Aljawadin in Kadhimiya

II. RESEARCH METHODOLOGY AND FIELD PROCEDURES:

A. Research Methodology :

Use the experimental approach and the design of the experimental groups and the equal pressure control system in the tribal and remote tests

B. Community and sample search:

The sample of the research group was determined by the orphanage of the imams Al-Jawadin, where the house contained 70 orphan children. The 20 males were chosen as orphans. (28.57%) and were divided into (10) orphans of the experimental group and (10) orphans of the control group and through the draw (figures for marital and individual)

C. Equipment, tools and means of gathering information:

Stopwatch - The ladder of my generation - Gathering the number of 8 - Stadium - Different colors colors and sizes - Basket collection balls - Balloons - Hoops - Chalk -Cords - Measuring social relations - Tests - Sources and references - International Information Network.

D. Standards used in research:

1) Scale of social relations. As described in Annex (8:100)

2) Agility test: (5:129)

- Test tools: Stopwatch, eight cone parallel lines 10 m long and the distance between them 5 m.
- Performance description: The laboratory stands behind the starting line at the first stop. When the start signal is heard, it runs at full speed on straight lines and then in figure eight in English and then in a straight line to the end line.
- Registration: The laboratory records the time it takes in the run from the starting signal line until it passes the finish line

3) Motor compatibility test: (2:118)

- Tools: Stopwatch + chalk + tape measure.
- Performance description: Draw eight circles on the ground, each with a diameter of 60 centimeters. Circles of circles (1-8). The laboratory stands within the circle (1). When the starting signal is heard, the feet are brought together into circle (2), then to circle (3) and so on to circle (8). The performance shall be performed as quickly as possible starting with circle (1) and ending with circle (8) and in order.
- Registration: Records the time it takes to move through the eight circles.

4) Fixed Balance: (3:60)

- Tools: Stopwatch, Volleyball
- Performance Specifications: The laboratory raises its arms aside and then put the ball on the palm of the hand calculated the time in which the laboratory can keep the ball in this situation without falling or moving from the place is on one foot and repeat performance with the left man.
- Conditions: Start with the right foot and then the left foot.
- Registration: Record the laboratory time that manages to keep the ball in the palm of the hand without falling or moving

E. Exploration Experience:

The researcher conducted the experiment with the help of the auxiliary team (•) on Sunday at 3:00 pm on January 15, 2017 on a sample of the research community and outside the main sample and the age of (13) years of (4) orphans, the aim of the pilot experiment He:

1) Know the time it takes to complete the form. The time to complete the form is (20) minutes as the arithmetic mean.

2) Knowing the place and time of the implementation of motor games, and the appropriate composition.

3) Identification of tools, devices, and the method of implementation of tests of motor abilities

F. Main experience:

1) Tribal Tests:

The researcher conducted the tribal tests for the research sample on 20/1/2017. The conditions of the test were taken into account in terms of time, place and implementation of the tests, as well as the tools used and how to perform the tests.

2) Application of motor games:

The researcher worked on the design of meaningful and competitive recreational motor sports using the term ladder implemented in the form of recreational units on the experimental research sample. These games contain cooperative and collective action and competition. It also has an impact on the motor abilities of the children. The games included walking, jogging, jumping, jumping, jumping, balancing, balance and

speed. Each game repeated three times and each unitt (4-5 minutes), divided into (10) warm minutes and (5) minutes closing and (30) minutes animation games using the ladder, the units were implemented

Recreational activities from 22-1-2017 until 22-3-2017.

The control sample used recreational units that included small games without cooperation, but included competition and without the peace of the child. In 30 minutes, the preparation section was 10 minutes and the closing section was 5 minutes.

Was carried out within two months and by three units of recreation in a week time for a unit (45) minutes

3) Post-tests:

Remote tests were carried out on the experimental and control group on 23/3/2017 and with the help of the team. Similar conditions were created for the test conditions of the tribal and all aspects.

G. Statistical means:

The results were processed statistically by the spas system and using the following laws:

Mean -standard deviation -mean -percentage - independent sample tests - tests of interrelated samples.

III. VIEW AND ANALYZE THE RESULTS AND DISCUSS THEM

TABLE I. SHOWING A DESCRIPTION OF THE MEASURE OF SOCIAL RELATIONS BETWEEN THE EXPERIMENTAL AND CONTROL RESEARCH SAMPLES.

Scale of social relations		Mean	Standard dev	The mean medium	Mean	standard dev	T-test	Sig	Significance of differences
Control group	before	43.1	2.9	51	4.9	4.2	3.6	0.005	moral
	after	48	2.1						
The experimental group	Before	43.7	1.4		28.8	7.8	11.6	0.000	moral
	After	72.5	7.1						

At the level of significance ≤(0.05)

TABLE I. SHOWING THE DIFFERENCES BETWEEN THE PRE - AND POST - TEST IN THE EXPERIMENTAL RESEARCH SAMPLE IN THE MOTOR ABILITIES

Sequence	the exams	Mean		standard dev	mean	standard dev	t-test	sig	Significance of differences
1	Balance	Before	46.8	1.3	23.9	4.01	18.8	0.000	moral
		After	70.7	3.6					
2	Compatibility	Before	4.12	0.28	1.04	0.31	10.3	0.000	moral
		After	3.07	0.06					
3	Fitness	Before	22.3	1.3	9.5	1.43	20.9	0.000	moral
		after	2.8	0.63					

At the level of significance ≤(0.05)

TABLE II. SHOWING THE DIFFERENCES BETWEEN THE PRE - AND POST – TEST IN THE CONTROLLED CONTROL SAMPLE IN MOTOR ABILITIES

Sequence	the exams	mean		standard dev	mean	standard dev	t-test	sig	Significance of differences
1	Balance	befor e	45.7	3.09	9.8	3.4	8.8	0.000	moral
		afte r	55.5	1.9					
2	Compatibility	befor e	4.22	0.39	0.64	0.32	6.3	0.000	moral
		afte r	3.57	0.28					
3	Fitness	befor e	21.5	1.7	4.4	2.27	6.12	0.000	moral
		after	17.1	0.99					

At the level of significance ≤(0.05)

TABLE III. SHOWING THE DIFFERENCES BETWEEN THE EXPERIMENTAL AND CONTROL GROUPS IN THE POST-TEST

the exams	mean		standard dev	t-test	sig	Significance of differences
Balance	*Experimental*	*70.7*	*3.6*	*8.8*	*0.000*	*moral*
	Officer	55.5	1.9			
Compatibility	Experimental	3.07	0.06	6.3	0.000	moral
	Officer	3.57	0.28			
Fitness	Experimental	12.8	0.63	6.12	0.000	Moral
	Officer	17.7	0.99			

At the level of significance ≤(0.05)

The experimental and control sample has evolved in the variables of motor abilities, which are represented in the tests (fitness, compatibility, balance). The researcher attributed this to that the motor games and the included exercises of jump, hop, jump, and ran caused positive changes in the level of motor abilities, and this is what the groups achieved. As the exercises of motor games for the experimental group and the small group control in general "is a set of situations and physical movements that aim to form the body and build and develop various mobility abilities to reach the individual to the highest possible level of skill, motor and functional performance in various areas of life certified On the educational and scientific foundations of the art of the movement "(4:16), as it enables the individual who exercises it to possess an important amount of physical abilities, physical and skill to meet the requirements of sports performance.

The experimental group that used the angiogram was superior to the control group in motor fitness. As long as the kinetic experience is rich, the ability of the individual is great in determining the precise motor pathways within the central nervous system.(7:98) Which is reflected positively on the ability to harmonize and streamline performance and the implementation of new motor duties in the best way (1:32).

The researcher believes that motor games using the ladder of the work to promote the compatibility of muscular nervous, which leads to the improvement of the components of some of the various motor elements such as agility.(6:65).

The kinetic nature of the exercises played by the researcher, which includes jumping exercises and halves as well as the rest of the other paragraphs, which increased the cognitive ability of the sense of movement and the development of balance device in the sample experimental research and this is shown by maintaining the balance despite the shifts of the center of gravity left and right Up and down. (9:64).

IV. CONCLUSIONS AND RECOMMENDATIONS

A. Conclusions

- The kinetic games using the ladder of the family documented the social relations of the experimental group.
- The motor games using the ladder of the child developed the motor abilities of the experimental group.
- Small games without the use of the ladder of the child developed the motor abilities of the control group.

B. Recommendations:

- The need to pay attention to mental health and social relations among the orphans.
- Work to activate the role of the psychological guide in the orphanages and conduct psychological tests periodically for the orphans to identify their abnormal behavior for the purpose of treatment.
- Attention to the physical and physical aspect of the orphans and the allocation of recreational units in the orphanages through the investment of the sports side in improving mental health and modify the behavior of others

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Appendix (1) Social Relations Scale

	Phrases	Always apply to me	Apply to me often	Apply to me sometimes	Rarely applicable to me	Do not apply to me
1	There is someone I can resort to in the event of psychological problems					
2	There are some relatives who can rely on them - after God					
3	I feel that I have close social relations with colleagues					
4	There are colleagues who depend on them to help them					
5	I feel that I am part of the society in which I live and share its values and customs					
6	I feel personally responsible for meeting the needs of some of my colleagues					
7	I have an intimate relationship with a sense of psychological security and happiness					
8	My colleagues respect my daily skills					
9	There are kin who I can talk to about important decisions					
10	I have a friend who is my trusted brother and I seek advice and help when I have problems					
11	There are people who appreciate my talents and hobbies					
12	I feel that I have a strong bond with at least one person in the orphanage					
13	There are those who feel comfortable with him to tell him about my problems					
14	I tend to participate in any community service activity					
15	Sometimes I feel jealous of colleagues					
16	I feel people enjoy talking to me					
17	I have the ability to excite the joy and happiness of those around me from the orphans (friends)					

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Design of Suggested Device to Develop the Explosive Force and the Motion Path for the Arm in Stages of Throwing and Achieving Throwing the Disc of Age Group (14-16) Years

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Abstract- Design of suggested device to develop the explosive force and the motion path for the arm in stages of throwing and achieving throwing the disc of age group(14-16) years.

The research included four sections

The first section, the research introduction, Biomechanics and sport training is considered one of the sciences that discusses studying motion and among the resolutions is using the motion analysis to access the achievement, as for the research problem via the experts and specialists' opinions in this respect. The training used, don't take into consideration the explosive force and the motion path for the arm in stages of throwing and achieving throwing the disc of age group(14-16) years, thus the researcher designed advice to develop the explosive force and the motion path for the arm and their effect on the achievement of disc throwing.

The research objective is 1- design a suggested device and preparing special training units to develop the explosive force and the motion path for the arm in the stage of throwing2- identifying the effect of the training units via using the device to develop the explosive force and the motion path for the arm in stages of throwing and achieving throwing the disc of age group(14-16) years, as for the research hypotheses: there are differences of statistical significance between the pre and post- tests in the research variables for the research sample in favor of the post-test.

As for the second section: the researcher has acquainted with the theoretical and previous studies currently under consideration.

The third section: the researcher has chosen a sample of age group(14-16) years old in the specialized schools whose number(4) players and its percentage(100%) of the original community, then the researcher performed the field requirements and procedures of the research, the forth section included displaying , analyzing and discussing of the results via which the researcher has reached the following conclusions:-

1- The work method of training using the suggested device resulted in developing the study variables.

The researcher recommends the following:-

The necessity of using the suggested device and the training units accomplished using it besides performing similar studies, as the start of the research included(designing the device, explosive force and motion path for the arm , activity of throwing the disc).

Keywords- *Design of suggested device, throwing the disc, age group(14-16)*

I. INTRODUCTON OF THE RESEARCH AND ITS IMPORTANCE

Biomechanics and training sport is considered one of the sciences that handling studying the motion and considered developing the motion performance for the man in general and the sport performance in especial, represented by studying reasons of occurrence the motion and its state, where it presented best motion solutions using the motion analysis to reach better

achievement also aimed to connection of the motion path of various body parts participated in movement(position of driving force) leads to muscular contraction and harmonic great pushing force and the motion path to get the force output for the operative muscular group, namely the especial power for performance., and throwing disc activity is considered one of the interesting games of athletics gained great interest in the research field by the researchers and the analysts perseverant to reach the ideal samples for the performance, here the importance of the research lies in designing suggested device to develop the explosive force and the motion path of the arm at the throwing stage and achieving throwing disc activity of age group(14-16) years old.

A. The research problem

The researcher being one of champion of the Iraqi schools and universities contests, and via the experts and specialist in this field that the training units used do not take into consideration the explosive and the motion path of the arm at throwing stage applied force which is the last stage for throwing and the mechanical conditions accompanied them, but it can add to the training a mechanical indications contribute to develop the explosive force and the motion path for the arm in stages of throwing and achieving throwing the disc of age group(14-16) years by designing device to develop the explosive force and the movement path for the arm at throwing stage and achievement of throwing disc activity to be assistant training mean and method from which the Iraqi trainers benefited from it for this activity, here the problem of the research lies.

B. The two research objectives

1) Design suggested device and prepare especial training to develop the explosive force and the movement path for the arm at the throwing stage
2) Identify effect of training using the device to develop the explosive force and (variables) of the movement path for the arm at throwing stage achieving throwing the disc of age group(14-16) years.

C. The research hypotheses

There are differences of statistical significance between pre and post- tests in the research variables in favour of the post sample in the research sample.

D. The research domains

3) The human domain: a group of athletes from the specialized school in the Mnistry of Youth
4) Time domain :for the period from(29/10/2013) to 24/3/2014)
5) The special domain: Baghdad- Alshababiyah city stadium- Ministry of Youth and Sport .

II. THE RESEARCH APPROACH AND ITS FIELD PROCEDURES

A. The research approach

The researcher has chosen the training approach to realize the research objectives.

B. The research sample

The research chose the sample deliberately from throwing disc players of age group(14-16) years old of sponsoring sport talents in the ministry of Youth and sport whose number (4) players, their percentage(100%) of the original community, also the researcher performed harmony among the sample individuals using torsion coefficient in (height-weight and age) variables and it has become clear that the sample individuals are of natural and harmonic distribution , where the torsion coefficient values were confined me

C. Means and tools used

- *Means of gathering data*
  - Arabic and foreign resources
  - Related researches and studies
  - www
  - Registration form
  - Tests and measurements used
  - Personal interviews
- *The research tools*
  - Timer type (SEWAN) (2)
  - Box of height(1M.) and width(50 cm) (2)
  - Medical ball of weight(1kg)
  - Measuring tape of length (50m.) (1)
  - Whistle (1)
  - Discs of weights(1kg,1.50 kg, 1.750 kg) (3)
  - Sony camera of speed(60-1000 photo per second) (2)
  - Tri bearer for the camera (2)
  - (Kenova) motion analyzing program.
  - Added weights of discs(50,75,100,125,150 and 200 g)
- *Devices used-*
  - designed training device
  - (1)-Laptop type(hp)(1)
  - Manual computer (1)

D. Procedures of the research

The survey experiment

The researcher performed many survey experiments for the importance of these experiments to obtain accurate results which are considered initial experimental study on a small sample before performing his research ,the aim to choose the research methods and its tools (1:34).

This experiment performed on Tuesday 3/12/2013 on the sample individuals, also another experiment

performed on Wednesday corresponding 25/12/2013 on the research sample to prepare the device in its final state.

E. Tests used in the research

The researcher set the tests after surveying the experts and specialists' opinions via personal interviews to choose the most important (physical abilities and the movement path)

1) Pre-tests

The researcher performed pre-tests with (assist work team) to evaluate the level for the research sample where the pretests were performed for their importance to evaluate the player status before performing the training units at 3:00 pm starting from Thursday(2/1/2014) till (4/1/2014) as follows:-

1) Thursday (2/1/2014)- test of explosive force for the trunk, and after full rest for (30) minutes.
2) Thursday(2/1/2014) throwing medical ball test for the throwing arm, of weight(1 kg)
3) Saturday(4/1/2014) achievement test of throwing disc weight(1.50 kg)
4) Saturday(4/1/2014) each athlete was filming during the three attempts.

2) The suggested device

The thought of designing the device and its measurements was reached after the researcher seeking help from international samples for world and Iraqi champions having achievements in disc throwing, the researcher analyzed the films and extracted steps of disc throwing during the throwing stage using(Kenovia) program related with analyzing movements, via this work could reach to set suitable measurements for the device and designing it in away enable the players to perform throwing stage in a good manner as illustrated in figure below.

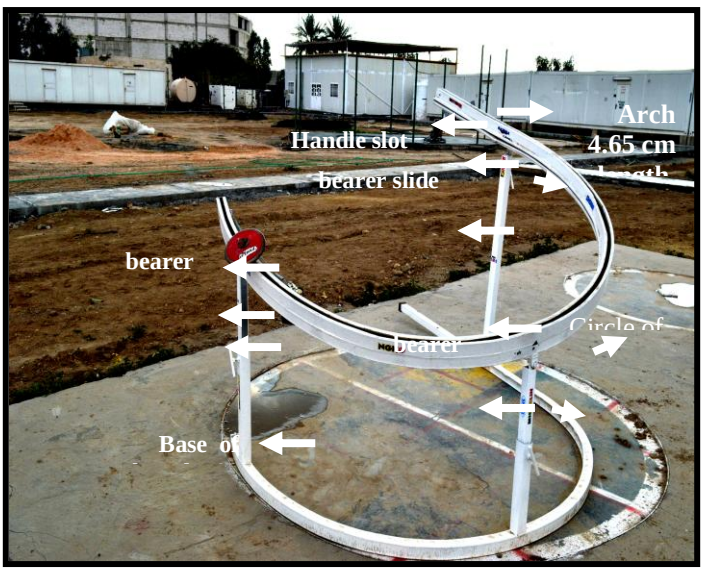

Figure 5. shape of the device and its measurements

3) The experimental program

- *The researcher performed the training of the device as follows:*
- *The period of applying the program lasted for (10) weeks (2) training units in a week for the period from (11/1/2014) till(19/3/2014) on (Saturday and Wednesday) and the number of units (20) training units.*
- *The training included developing the explosive force and the movement path by the device and all the training units were performed the player's throwing arm.*
- *Intensity used in performance (85%-100%) according to training of development the explosive force and the movement force. As for number of repetitions and number of the training groups and period of rest among the repetitions and the groups according to requirements of the required intensity.*
- *The researcher worked on gradation and fluctuation of the training load(for performance- explosive force), period of execution the training unit as illustrated in figure below:-*
- *As for the used weights when training the explosive force the researcher measured after the appearance weights for each player and extract the actual weight for each part of the body after that setting the training according to the following law:*
- *Body mass= mass x relative weight.*
- *Body mass for each part of the body represented the minimum limits for resistance when using for example intensity(0.05) more or less to be added to arm mass and performing training with the existence of this added weight according to the artistic performance, for example: if the specific weight of the arm(6%) and the body weight(80kg), thus the actual weight of the arm is(80x6%=4,80 Kg), the actual weight of the hand and when adding(3%) for training to the hand(or the thrower's arm=(3%x4.80=0.144 g.) added to the thrower's arm but if we add(5%)=0.240 g. when specifying the added weight used during the training unit according to the objective wanted to be achieved, when training the explosive force by the device, and in light with this, the researcher worked to specify the added max. weights when training the explosive force of the arm by the arm.*

- *As for training of movement path, the performance repetitions of the disc (1 kg) , (1.50 kg) and (1.750kg) weights fixed on the device platform used from throwing position on the device depended as performance difficulty at training.*
- *The researcher depended gradation in weights and specified the rest and repetitions, it is important to increase the training load gradually during the training plan and should observe the change in size firstly, then the intensity and the rest period(2:238)*
- *Post tests: the researcher performed post-tests for the period (22/3/2014) till (24/3/2014) on track and field stadium in Al-shababia city in Ministry of Youth to know the level to the level the individual of single sample has reached after termination of presenting the training unit, where procedures of pre-tests are followed themselves with attendance of the assistant team.*

III. STATISTICAL MEANS: THE RESEARCHER USED (SPSS) TO OBTAIN RESULTS OF ITS DATA.

A. Displaying, analytical and discussion of the results

B. Displaying results of explosive force and changes of movement path tests for the research group then analyzing and discussing them.

Presentation results of explosive force and changes of movement path tests and achieving throwing disc and achieving throwing disc for the two groups of the research.

According to observation of explosive force for the trunk tests analysis(towards right and left) and the explosive force(for the arm towards the right and left) and variables the movement path(starting angle-starting speed- speed of the throwing arm) and achieving(throwing disc), we find significance differences between the pre and post-tests in the research variables, except the explosive force test for the trunk(towards left) and the explosive force for the arm(towards the left).

TABLE I. PRESENTATION RESULTS OF EXPLOSIVE FORCE AND CHANGES OF MOVEMENT PATH TESTS AND ACHIEVING THROWING DISC FOR THE PRE AND POST-TESTS AND CALCULATED AND TABULAR(T) VALUE FOR THE RESEARCH COMMUNITY.TABLE TYPE STYLES

Variables	Measuring unit	Pre-test		Post test		Value of calculated (T)	Value of (T)	Significance level
		Mean	*S.D±*	*Mean*	*S.D±*			
Explosive force for the trunk- right side	The second parts	40.25	3.195	33.251	1.654	5.011	3.18	Significance
Explosive force for the trunk- left side	The second parts	42.20	1.232	41.632	1.606	2.010		Not significance
Explosive force for the arm right side	M/cm	16.37	1.446	17.900	2.678	3.610		Significance
Explosive force for the arm left side	M/cm	12.06	1.643	12.663	0.916	2.166		Not significance
Variables of movement path Starting angle	degree	34.550	6.321	38.622	7.74	3.588		Significance
Starting speed	m/sec	21.971	1.236	25.400	3.276	4.421		Significance
Throwing arm speed	second	409.502	31.212	527.300	26.364	4.516		Significance
Achievement of disc throwing	m/cm	39.214	5.241	41.891	4.123	4.711		significance

Tabular (T) value under significant level(0.05) and freedom degree(4-1=3)

TABLE II. PRESENTATION THE AMOUNT OF TWO PRE AND POST TESTS MEANS AND THE DIFFERENCE BETWEEN THEM, PERCENTAGE OF DEVELOPMENT TESTS OF EXPLOSIVE FORCE AND VARIABLES OF MOVEMENT PATH AND ACHIEVEMENT OF THROWING DISC FOR THE TWO RESEARCH GROUPS

Variables	Measuring unit	mean		Difference of mean	Development percentage%
		Pre-test	*Post-test*		
Explosive force for the trunk- right side	The second parts	40.250	33.251	-6.999	17.389%
Explosive force for the trunk- left side	The second parts	42.201	41.623	-0.578	1.370%
Explosive force for the arm right side	M/cm	16.375	17.900	1.525	9.313%
Explosive force for the arm left side	M/cm	12.061	12.663	-0.6.2	4.991%
Variables of movement path Starting angle	degree	34.550	38.622	4.074	11.786%
Starting speed	m/sec	21.971	25.400	3.429	15.607%
Throwing arm speed	second	409.502	527.300	117.798	28.766 %
Achievement of disc throwing	m/cm	39.214	41.891	2.677	6.827%

The researcher ascribed the cause of these significance difference for the explosive force of the trunk(towards the right)and for the arm towards the right) related to applying the training unit included special training on the suggested device, besides, the weights used as compared with the arm weight assisted the operating muscular group force, also working on device of throwing disc(applying force) and pulling performance and pushing force of the resistances towards right helped to develop these variables, and the intensity used according to training the explosive force requirement using the suitable resistances with the sample and the thrower's arm helped to mobilize the muscular fibers contributed in muscular operation, also improve the neuromuscular consistency inside the muscle and the muscular group and their adaptability to work during the training period on the device helped to speed the trunk and arm performance and their strength,(Shpirolm) pointed out that the increase in training intensity is appropriated with the athlete abilities could show high degree of adaptability(3:82).

The researcher added that number of repetitions and periods of rests among them and the training groups also rest periods have gradation and fluctuation between the motion performance and the explosive force on the device has contributed to develop the explosive force for the two variables, and this appeared in means differences and development percentage for them ., the objective of training has aspects, high aspect via using relative long rest period to realize the training objective via stimulating and lowering the training load, as for the lower aspect, the rest period is small intervene to realize the training objective with stimulating and maintain the training load.(4: 210), and this performed by the researcher during execution the training period on the device.

As for non-existence of significance differences of the trunk and the arm(left), the researcher ascribed that the sample individuals are throwing towards the (right), besides non-training and focusing on the explosive force and speed of throwing towards the (left) for balance, showed non-significance differences, (Dintiman) stated that pushing ability to drive static mass forwards with speed required care to develop greatly the explosive force, the thrower who is in lack of the explosive force be unable to move with max. speed(5:35) and if we pursue differences of means

and development percentage, we could find small clear percentage for improvement. The researcher find that this as a result of transfer the effect of training for motion performance on the device, as for the variables of the movement path and achieving of throwing disc, we find clear significance differences, and if we pursue means differences for development, we find positive tangible level in favor of post tests, and the researcher ascribed these differences to the suggested device and its mechanical operation during performance on the device, for each individual of the sample appropriated with higher one and movement of the thrower's arm effected positively in variables of starting speed and starting speed also speed of the thrower's arm and its direction, the result of training effect set by the researcher on experimental the sample individuals implied via using number of repetitions and the performance intensity also rest periods and the mechanical conditions related with the arm performance during throwing represented by max or semi-max force and the device designing according to the ideal samples for the disc thrower during the throwing stage specified the correct movement path for the sample individuals.

The researcher onions that the pelvis and trunk movements play essential role in whole motion performance for disc throwing where their effect is clear during the final position of disc throwing and this is accompanied with swinging the arm and the throwing arm in the same direction accompanied also with simple rotation that resulted in positive effect in the thrower's arm speed and the final starting speed of the disc. And this(considered an example of relation between the muscular strength and speed could always be viewed as reversal state, whenever resistance increased, the force increased but the speed decreased and this relation according to the mechanical relation(force X speed= power) which existed during the muscular operation in general with the significance differences among the individuals and the results of this difference(6:163-168), pointed that increasing the throwing arm speed increased with increasing of linear momentum of the arm, as body mass is constant, the tool momentum also increased with speed increase.(7:20).

IV. Conclusions and Recommendations

A. Conclusions

According to what has mentioned of results, analyzing and discussing the research results, the researcher has reached the following conclusions:-

1) Working on the suggested device has developed the explosive force of the arm(towards the right) and small development percentage(towards the left) in throwing stage of throwing disc activity.
2) The method of training on the suggested device has resulted in developing the explosive force(for the right arm) and less percentage(towards left) at the throwing stage activity of disc throwing.
3) The added weights related with the arm weight during pulling on the suggested device has positive effect on the explosive force for the (throwing arm) and the trunk towards the right.
4) The training method on the suggested device to develop motion path variables(starting angle- starting speed- the throwing arm speed) at the throwing stage for throwing disc activity.
5) As a result of working on suggested device of explosive force and motion path helped him to develop throwing disc achievement(14-16) years old.

B. Recommendations

In light with t he recommendations which the researcher has reached as follows:-

1) The necessity to use the suggested device for various age groups to develop the explosive force in throwing stage for disc throwing activity.
2) The necessity to use the suggested device for various age groups with high percentages of weights for the throwing arm to develop motion path variables in throwing disc activity.
3) The necessity to include the prepared training unit by the trainers to special training units on the suggested device for the activity of throwing disc in throwing stage.

4) Perform another researches and studies related with some physical abilities and motion mechanical path variables for both genders for throwing disc activity.

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