



THE SIOSS JOURNAL OF SPORT SCIENCE



1st January

2017

vol. 1, issue 1
www.sjss.com

ISSN 2519-6634



CONTENTS

PAGE

1. Table of contents.....	1
2. The Impact of Intellectual Effort (for Cases of Arbitration) on the Electrical Waves of the Brain and its Relationship with the Nervous System to the Self International Football Referees.....	2
3. The Effect of Passing the Test of International Football Referees Effort on the Concentration of Acetylcholine and Effectiveness of the Enzyme Hydrogen Wallace Level (PH) in the Blood.....	9
4. The Impact of Using Educational Software Proposed to Improve Some Basic Motor Skills Performance for Students in the Primary Grades of Primary School.....	16
5. The rate of change in the level of physical abilities as a result of stop training for athletes.20.....	23
6. Analytical Method and its Impact on learning Some Individual and Bilateral Skills in Artistic Gymnastic for Students of the Second Grade in the Faculty of Physical Education and Sports Science- University of Baghdad.....	30



The Impact of Intellectual Effort (for Cases of Arbitration) on the Electrical Waves of the Brain and its Relationship with the Nervous System to the Self International Football Referees

Prof. Dr. Saad Munam Al-sheekhly¹

¹College of Political Science, Baghdad University - Iraq

(¹saadalsheekhly@yahoo.com)

Abstract- The central nervous system is the control center to arrange and organize sensory information - the dynamic for the completion of the movement, the information received from the periphery of the body are dealt with in the brain, which in turn is a center of the central processing of all physical activity and mental health is the most influential condition performance, so it was important to identify the brainwaves as a result of the impact of intellectual effort (cognitive) on them, and the implications on the autonomic nervous system (sympathetic and Albarracmbthaway) that is because of this machine of great importance and link closely the work of a lot of other physical devices (cardiovascular, respiratory, endocrine ... etc.) that contribute directly in improved performance, since the brain waves means that the electrical work (electrical activity), described the work of the mind and measured the electrical planning, which gives a map of the state of the mind of any electrical waves which gives understand the relationship between behavior and electrical activity, the fact that the motor units are activated by different neurological pathways and this includes outgoing signals from the cerebral cortex and the effects of excitement and desist from different sources reflectiveness, and that this effort to the motor unit, which is a compilation of the waveform consists of all the individual efforts of underlying muscle fibers associated with that motor unit..

The research problem lies in the fact that the current test (cognitive laws of the game) for the referees, which was designed by the International Federation of Football is associated with a time to answer them on according to five choices, including that knowledge mean amount of information gained through the training and receiving through the senses, which vary from sentenced to time depending on individual differences be varied with the analytical capacity in the conclusion in order to take a sound decision for changing attitudes in play to solve problems and achieve goals, so it has been dealt with the impact of intellectual effort in some brain responses and the accompanying changes in self nervous system activity because of its impact on the level of performance of the referees and develop appropriate solutions.

The goal of research is to identify the electrical brainwaves values (alpha-beta) at rest in a sample search individuals and after the effort Alqkra, as well as to identify the cognitive testing at the research sample, and determine the impact of intellectual effort values (knowledge) on the changes that occur in the frequency values the electrical capacity of the brain waves (alpha - beta) to the research sample, to know the relationship between cognitive test and the values of electrical brainwaves values (amplitude and frequency of the wave of alpha-beta) and the values of self-nervous system (the sympathetic Albarracmbthaway) in tests Posterior.

And it assumed the researcher that there are significant differences between the electrical brainwaves values (amplitude and frequency of the wave of alpha) by the intellectual effort (cognitive) and beyond for the benefit of the results of the dimensional values, and there are significant differences between the electrical brainwaves values (amplitude and frequency beta) wave before effort intellectual (cognitive) and beyond for the benefit of the results of the dimensional values, as well as Lahoud moral Alatbat relationship between cognitive test and the values of electrical brainwaves values (amplitude and frequency of the wave of alpha-beta) and the values of self-nervous system (the sympathetic Albarracmbthaway) in tests Posterior.

Research on the human sphere included (3) international referees (yard) football accredited to the International Federation of soccer football season (2015/2016), and determine the temporal sphere of 01/07/2015 until 02/01/2016 and field spatial Physiology Laboratory nerve in the nervous hospital in Baghdad governorate.

The researcher reached the following conclusions:

- 1) Intellectual effort after the emergence of the alpha wave at a high frequency and a decline in capacity values indicating comfort in brainwaves with high voltage in the alpha and beta wave.
- 2) Intellectual effort after the emergence of the frequency of the wave of beta accompanied by a rise in capacity which indicates a high burden and efforts VDC, accompanied by high values, which then generates a state of extreme caution when using these efforts.
- 3) High correlation between brain wave frequency beta section Albarracmbthaway relationship was found because of the increased activity of involuntary functions responsible for energy production and metabolism.
- 4) Found a high correlation between the sympathetic section and section Albarracmbthaway relationship to the fact that the research sample are those with the highest levels who have a higher rate of adjustment and are characterized by a slower heart beat and low blood pressure and breathing rate members.
- 5) Found a high correlation between the section and the sympathetic side cognitive relationship to the fact that the research sample are those with the highest levels who have a higher adjustment members.

The most important recommendations were:

- 1) The need to use measuring electrical brain waves in the preparation and legalization of the training curriculum and the selection of appropriate exercise for the referees during a training module.
- 2) Not to repeat the exercise stress intellectual (cognitive) consecutively during a performance module vocabulary because it generates a state of stress on the brain.

Keywords- Brain, Nervous System ,Football, Intellectual Effort, Arbitration

I. INTRODUCTION

The athletic progress the world Link was the result of the great efforts that have been made with the help of specialists in the field of sports science, and it was for scientific research impact in the secretion of this progress and a higher level of rulers by building and legalization of scientific methods for the preparation of the referees, the fact that the decision of the referee has a large and effective competitors during the impact the game, so you need him to expect dynamic and fast sound which is accompanied by the speed of the movement as a result of response High did, to get to the vision of correct angle, through the selection of the right place all this lead us to proper and correct decision, as well as having a thorough knowledge of the laws of the game you check the basic principles of the game, if not achieved it will issue a decision is incorrect, which significantly affects the negative impact on the level and the level of the competing teams, the fact that the knowledge of the rulers reflected in absorbing vocabulary laws of the game and in particular the ability to distinguish errors in terms of the technical and administrative penalties in the use of colored cards and identified for the purpose of fixed application and united in the laws of the game, which enables it to take accurate decisions rise to a distinct level, so it has become harmonious and integrated setup to upgrade and advancement of the level of the rulers and the processions of the development process of the game is utmost necessary, and which must be in line with all the peculiarities of the game and its aspects, and in particular the physical, cognitive and psychological aspect which represent the cornerstone of the

three pillars of President complement one another, and that any negligence of one of them will lead to a breach of Balmertkzan other studies have confirmed, and therefore those pillars are equally important in terms of each of them alike.

Since the central nervous system is the control center to arrange and organize sensory information - the dynamic to complete the movement, the information received from the periphery of the body are dealt with in the brain, which in turn is a center of the central processing of all physical activity and mental health is the most influential condition performance, so it was important to identify the brain waves as a result of the impact of intellectual effort (cognitive) on them, and the implications on the autonomic nervous system (sympathetic and Albarracmbthaway) that is because of this machine of great importance and link closely the work of a lot of other physical devices (cardiovascular, respiratory, endocrine ... etc.) which directly contributing to the improved performance, since the brain waves means that the electrical work (electrical activity), described the work of the mind and measured the electrical planning, which gives a map of the state of the mind of any electrical waves which gives understand the relationship between behavior and electrical activity, the fact that the motor units are activated by different neurological pathways and this includes issued by the cerebral cortex signals and the effects of excitement and desist from different reflectivity sources, and that this effort to the motor unit, which is a compilation of the waveform consists of all the individual efforts of underlying fibers of muscle associated with that motor unit.

The research problem lies in the fact that the current test (cognitive laws of the game) for the referees, which was designed by the International Federation of Football is associated with a time to answer them on according to five choices, including that knowledge mean amount of information gained through the training and receiving through the senses, which vary from sentenced to time depending on individual differences be varied with the analytical capacity in the conclusion in order to take a sound decision for changing attitudes in play to solve problems and achieve goals, so it has been dealt with the impact of intellectual effort in some brain responses and the accompanying changes in self nervous system activity because of its impact on the the level of performance of the referees and develop appropriate solutions.

A. The research also aims

- 1) Identify electrical brainwaves values (alpha-beta) at rest in a sample search members
- 2) To identify the cognitive test values of the research sample
- 3) See the effect of intellectual effort (cognitive) on the changes that occur in the frequency and amplitude of the brain waves of electrical values (alpha - beta) among a sample search members
- 4) See the relationship between cognitive test and the values of electrical brainwaves values (amplitude and frequency of the wave of alpha-beta) and the values of self-nervous system (the sympathetic Albarracmbthaway) in tests Posterior.

B. The research hypotheses Vtmthelt b:

- 1) There are significant differences between the values of electrical brainwaves (amplitude and frequency alpha wave) before the intellectual effort (cognitive) and beyond for the benefit of the results of the dimensional values.
- 2) There are significant differences between the values of electrical brainwaves (amplitude and frequency beta) before the wave of intellectual effort (cognitive) and beyond for the benefit of the results of the dimensional values.
- 3) And Lahoud Alatbat spirits between cognitive test and the values of electrical brainwaves relationship values (amplitude and frequency of the wave of alpha-beta) and the values of self-nervous system (the sympathetic Albarracmbthaway) in tests Posterior.

Research on the human sphere included (3) international referees (yard) football accredited to the International Federation of soccer football season (2015/2016), and determine the temporal sphere of 01/07/2015 until 02/01/2016 and field spatial Physiology Laboratory nerve in the nervous hospital in Baghdad governorate.

II. RESEARCH METHODOLOGY AND PROCEDURES FIELD:

A. Research Methodology:

Researcher used descriptive approach to suitability nature of research.

B. The research sample:

It was selected sample purposively international referees (Referee), Almatmdaan at the International Football Association football season 2015-2016, totaling (3) rulers, out of (6) rulers Square, to form a research sample from the research community the original 50% .

C. Gather information appliances and utilities

1) Gather information tools

- Almassadr Arab and foreign.
- Astmarh Cognitive test prepared by the International Union, which aims to develop a standardized cognitive ability and hard application of the laws of the game in its program for the rehabilitation football referees accredited.
- Astmarh Recording drawer data on the characterization of the sample and the results of the variables under study and included :
 - Tests for determining the EEG brain waves values (alpha-beta) for the sample individuals.
 - Tests and measurements of the ECG and pulse pressure to determine the values of self-nervous system.

2) Equipment and utilities.

- Equipment EEG
- Equipment For measuring pulse
- Blood Pressure Monitor
- Laptob For the purpose of conducting the test of intellectual (cognitive)
- Staff

D. Description of the approved tests:

1) tests for determining the EEG brain waves values (electrode EEG)

Test Name: EEG electrode EEG. The purpose of the test: detecting Almtgelbh wave.

Devices used: Brain E.E.G planning a model of Italian-made Type 98 MICROMED F169 22 channel.

Performance mode (test specification): Sitting laboratory and then be installed on the head with a network rubber cap and then dive electrodes which are in the form of small balls in distilled water and then prove to the scalp by gel material since spread to different brain regions and by four balls of each region as follows:

- Region front four balls (poles)
- Parietal region four balls (poles)
- Occipital region four balls (poles)
- Temporal region four balls (poles)

And then reach a network of cables which are divided by the number of installed balls and then asked the laboratory to lie on a bed theme of next planning system and asked to complete relaxation and rest with turning a blind eye and without any movement, then the specialist on the machine to print sufficient information on the laboratory of birth, sex, date of then be sure to ascertain areas

and then be registered on the basis of the following:

- Test frequency waveform dominant in the case of eye closed.
- Test frequency waveform dominant in the case of an eye open.

2) *kies efficient part Albarracmbthaway:*

Name the test: measuring the efficiency of the Albarracmbthaway. The purpose of the test: detection efficiency Albarracmbthaway part, through the heart of the laboratory from multiple positions and planning by ECG device.

Devices used: ECG device for the ECG.

Performance mode (test specification): are installed sensors sensitive to the pulse positions in the right wrist and left a detailed right ankle and left and connects to the device, and is then ECG and laboratory in relaxation mode and put to lie down and then the following tests are conducted.

The first examination: the laboratory to take some deep breaths and record his ECG during it and then the air to bring the long Bzver and record his ECG as well.

Date way: The heartbeat account during inhalation and exhalation, and also discourage the application of the following formula to extract the result. Heart rate during inhalation:= 15 and older

The second examination: the laboratory being ECG device is still connected to, and then pulse the lab account when the impulse is 15 ECG measurement and is calculated after 30 pulse and the same way is the ECG measurement.

Recording Mode: it is calculated the distance between the R-R when the pulse 30 and divided by the distance between the R-R when the pulse 15 and the result must be more than 1.02.

3) *Measuring the efficiency of the sympathetic part (pressure gauge):*

Name the test: measuring the efficiency of the sympathetic part. The purpose of the test: detection efficiency of the sympathetic part, through blood pressure measurement laboratory from multiple positions.

Devices used: a blood pressure measurement.

Performance mode (test specification)

The pressure from the sitting position and then measure the pressure gauge from a standing position after 5 minutes from the first measurement time.

- However, given the resistance vitro (most used) - (Blower rubber device pressure) and fills the air and pressed down and the pressure is measured at the same time from the other arm - is given three attempts.
- The pressure gauge immediately after the effort

Date way: it is taking the arithmetic mean of the different modes (between sitting and standing - the systolic pressure). Then the averages for groups of power grip account - the diastolic pressure.

4) *Cognitive test (for arbitration cases):*

Test Name: measure knowledge accurately and health awards in football. The purpose of the test: Identify the cognitive ability of referee uniform application of hard errors and misconduct Article 12 of the rules of the game.

Devices used: a laptop for the purpose of testing the cognitive (intellectual), the answer form, pen to answer.

Performance mode (test) specifications: the disk was programmed from the presence of the International Federation, to be viewed on a laboratory-mediated laptop device, as it appears after the display case interval capability (10) seconds to enable the referee to put his response in the provision of measurement form field, which contains five specific options for each of the twenty-four cases.

Grade calculation: you must put the lab two choices to answer out of five choices, and in the case of the correct answer to two choices gets on one level, but if a mistake in choosing one of the two choices did not get any degree (zero), and thus the highest degree in the case of sound answer to all cases is 24 degrees

E. *Exploratory experiment*

Exploratory experiment was conducted on 28.08.2015 at nine in the morning in the laboratory of Alasbah physiology in the nervous hospital in Baghdad on a sample consisting of a single provision of the original research community, which has been excluded from the research sample, in the presence of Assistant team.

F. *Field procedures to search*

1) *Tribal tests*

Tribal tests were conducted at nine am on 12/09/2015 and as follows:

- Tests for determining the EEG brain waves values (electrical EEG).
- Kies Efficient part Albarracmbthaway (pulse).
- Kies Efficient part of the sympathetic (pressure gauge)

2) *Main experiment*

The cognitive test application (for cases of arbitration) prepared and approved by the International Football Federation, and of the number of those positions (24) case, assigned to answer for every situation Duration (10) seconds, and took duration of the total test (16) minutes, through the presentation cases Alaptop prepared for the purpose and the answer is on the paper test designed for the same purpose (answer form).

3) *Post tests*

Conducting post tests in a similar manner Tribal tests in terms of spatial and temporal circumstances and sequence of testing after the intellectual test (for arbitration cases) immediately with.

G. *Statistical treatments: the use of statistical Pouch (SPSS).*

III. Presentation and analysis of results and discussion

A. *View and analyze the results of tests and tribal posteriori the variables of research and discussion*

This section included a detailed overview of all the results of measurements used to search them before and after the members of the research

TABLE I. IT SHOWS THE STATISTICAL PARAMETERS AND THE VALUE OF (T) CALCULATED IN TABULAR AND THE LEVEL OF SIGNIFICANCE OF THE RESULTS OF THE TESTS TRIBAL AND DIMENSIONALITY OF THE VARIABLES UNDER STUDY FOR MEMBERS OF THE RESEARCH SAMPLE

Statistical methods Variables	Measuring unit	Tribal test		Posteriori test		Value (T)		The level of significance
		x	P+	x	P+	Calculated	Tabulated *	
Alpha brain wave frequency	Hz / sec	8.266	0.152	9.466	0.058	10.392	4.30	Moral
Wave thousand brain capacity	Maekerfallt	37.333	1.527	32.3	1.1	5.577		Moral
Frequency beta brain wave	Hz / sec	25.63	1.168	35.6	1.905	8.4		Moral
Beta brain wave amplitude	Maekerfallt	10.93	0.252	12.367	0.416	11.926		Moral
The sympathetic nervous system	Beats / min	10.1	0.2	6.7	0.2	14.722		Moral
Nervous system Albarracmbthaway	Mm / Hg	716.66	0.152	9.3	0.2	36.332		Moral
Intellectual (arbitral positions)	Degree	21.333	0.577					

Value (T) under the degree of freedom (2) and the level of significance (0.5)

sample tests, were analyzed these results in the light of statistical laws used to research and appropriate for this data according to scientific references to verify that the objectives and hypotheses through applied field procedures carried out by the researcher commitment to these findings and then discussed in the light of its frame of reference.

Shown in the table (1) the results of tests and measurements of the variables under study, with respect to the results of the frequency of alpha brain wave, indicate the presence of significant differences between the results of the choices before and after and for the post-test and attribute the researcher reasons for this winning adaptation in brain cells to produce this wave as this wave appears in cases of relaxation and calm when vigilance, helping to achieve an appropriate focus for better performance, and attribute the researcher cause of low alpha brain wave amplitude when the research sample to the fact that the intellectual and mental activity which his laboratory because of the focus on to answer questions to get to the health answer in time for testing, not to mention the anxiety and fear that accompanies the test all those reasons claim to the disappearance of the alpha waves from the increased activity of the brain as a result of the burden resulting from a series Alasbah meta to answer thinking questions and try to reach the best solutions to choose which lead to increased pressure on the visual sensations, this is in line with what referred to Gaitn "alpha waves disappear when he turns the attention of the person towards any kind of intellectual events and replaces the alpha wave waves beta with a frequency higher synchronous low voltage" (Gighton and Hall, 1997, p. 905), to the fact that "when increased activity increased efficiency of the brain a lot, but at least the signals synchronized to the point distant makes brain waves negate each other so become weak

waves large reluctantly, but without interruption called beta waves "(Gighton and Hall, 1997, p. 905), as well as all of the above, the researcher puts another reason the decline to the capacity of alpha wave Although motivate each brain cell sites to the fact that the test depends on solving problems need to be seen was due to the

survival of consciousness lab is open, because the alpha wave less during the open-eyed capacity (Adam and Vector, 2005), and including the results of the EEG showed widely spread in the regions dimensional measurements of up to side background temples as well as the emergence of a new wave of the research sample is alfa quick wave in the central region and part of the back and front, which indicates that the size of the tension and intellectual exhaustion reached by members Abnh research is that contributed to the decline in the alpha wave amplitude.

Attribute researcher cause of the increasing frequency and amplitu de beta brain activity mental-winning wave to the sample individuals as a result of a focus on the cognitive test performance and accuracy to get the answer, generating thus put pressure on the visual sensations of a rapid response to the fact that the test diachronic "that visual sensations generate stopped alpha waves are replaced by beta waves "(Gighton and Hall, 1997, p. 905), and this was confirmed by (Mohammed bin Yunus) that" prompt beta is relatively fast electric wave related behavior motor show in cases of stress and locomotor activity and mental attention "(Mohammed, 2003, p. 180) , the fact that the burden of mental and increasing activity mentally during the limited period of time and a short test Zbadh will generate in the "efficiency of the brain show waves large hesitantly called beta waves" (Gighton and Hall, 1997, p. 906), which is about "electric waves relatively quickly appear in the central focus or in front the central focus of the frontal lobe and in the half

Alkurtin Almkhittin two large and is less pronounced in the constancy of the waves Alpha "(Smiep, 2004, p. 4), which appear in cases of stress and mental attention, because of the increased visual focus and mental disorders, as well as the fact that this wave appear in cases of performance Alkra advanced skills (Automated) Since the sample of the research are international referees category and have long experience, which appeared to have the necessary adjustment in the brain cells to show this wave intensely high, prompting brain cells to produce this wave, which is known as the wave of artisans.

With regard to the results of the self nervous system values (the sympathetic and Albarracmbthaway) a significant difference in favor of the post test attribute researcher Manoah differences to the fact that self-nervous system characterized by rapidly adapting to the training as the increased heart pumping through sports training leading to an improvement in the blood flow to the tissues of the body, and including the nervous system and parts, and this consequently leads to improved brain nutrition and its impact on the various organs of the body, especially the muscles being a fundamental kinetic energy source for the body, that the effect of exercise on the activity of the cerebral cortex and activity sites cerebral fabricated causes different effects on parts of the nervous system (Morris, 1992, S212-216), to the fact that the research sample of individuals subject to an ongoing training curricula so the results came in this way.

As for the cognitive aspect and attribute the reason for this researcher to the fact that scientific knowledge at work Specialist in general and one of the most important pillars that seek to gain access to new scientific contexts deepened vision in the area of specialization, creating a base of information contribute to the development of overall capacity for the performance of the referee, the more familiar more in cognitive information concerning the rules of the game was better and achieve better results, as it can from the application of the vocabulary game law, this Maitvq with Mohamed Osman that "the diversity of the means of mental training the user such as X film and visual models purpose is to develop the kinetic perception of the performance will be achieved level learn best when rulers, it is through the use of teaching aids in the learning process leads to the construction of kinetic visualization and developed when the learner "(Othman, 1987, p. 78), requires the government to be" equipped with knowledge of the rules and laws of the game which is also important in, and its decisions are final and can not be Mjadhtha is the final end the game "(Mahmoud and (others), 1989, p. 56), and this was confirmed by (Mohammad Hassan Allawi, 1984) that" knowledge and information is of great importance in acquiring the individual required for the performance and perceptions "(Allawi, 1995).

B. View and analyze the results of the correlation relationship between the post tests to the variables of research and discussion

Through the results achieved above to test Bryson attributes the researcher power links as it found a high correlation between brain wave frequency beta section Albarracmbthaway due to increasing the activity of jobs involuntary responsible for energy production and metabolism of this section is to be responsible for higher functional variables that contribute to motor performance level.

As for the relationship of moral link that appeared between each of the section of the sympathetic and Section Albarracmbthaway attribute researcher reason for that to overcome the work of this machine that appears at rest and when people with higher levels who have an adaptable and highly achievement who are characterized by a rate pulse of my heart slower and lower in compression rate blood and breath while overcoming the work of the sympathetic notes the device, even at rest when the athlete lower levels, and this shows that the training curriculum followed by the research sample had a positive impact to the fact that the referees are subjected to daily exercises.

As for the relationship of moral link that has emerged between the section and the sympathetic side of the intellectual (cognitive arbitration cases) researcher attributes this to overcome the work of this machine that appears at rest.

TABLE II. IT SHOWS THE RESULTS OF THE POST TESTS OF THE VARIABLES UNDER STUDY FOR MEMBERS OF THE RESEARCH SAMPLE VALUES LINKS

Variables	Alpha brain wave frequency	Alpha brain wave amplitude	Frequency beta brain wave	Beta brain wave amplitude	The sympathetic nervous system	Nervous system Albarracmbthaway	Intellectual (arbitral positions)
Alpha brain wave frequency							
Alpha brain wave amplitude	0.866						
Frequency beta brain wave	-0.5	0.944					
Beta brain wave amplitude	0.97	0.720	0.693				
The sympathetic nervous system	0.866	0.5	0.866	0.960			
Nervous system Albarracmbthaway	0.944	0.654	0.756	0.997	1**		
Intellectual (arbitral positions)	0.5	0.866	0.5	0.277	1**	0.188	

* Value (t) under a degree of freedom (1) and the level of significance (0.5) = 0.997

IV. Conclusions and Recommendations

C. *The main conclusions are:*

- 1) Intellectual effort after the emergence of the alpha wave at a high frequency and low in capacity values indicating comfort in brainwaves with high voltage in the alpha and beta wave.
- 2) Intellectual effort after the emergence of the frequency of the wave of beta accompanied by a rise in capacity which indicates a high burden and efforts VDC, accompanied by high values, which then generates a state of extreme caution when using these efforts.
- 3) High correlation between brain wave frequency beta section Albarracmbthaway relationship was found because of the increased activity of involuntary functions responsible for energy production and metabolism.
- 4) Found a high correlation between the sympathetic section and section Albarracmbthaway relationship to the fact that the research sample are those with the highest levels who have a higher rate of adjustment and are characterized by a slower heart beat and low blood pressure and breathing rate members.
- 5) Found a high correlation between the section and the sympathetic side cognitive relationship to the fact that the research sample are those with the highest levels who have a higher adjustment members.

D. *The most important recommendations were:*

- 1) The need to use measuring electrical brain waves in the preparation and legalization of the training curriculum and the selection of appropriate exercise for the referees during a training module.
- 2) Not to repeat the exercise stress intellectual (cognitive) consecutively during a performance module vocabulary because it generates a state of stress on the brain.

REFERENCES:

- [1]. Mahmoud Hassan Naji and (others) (1989); and the reality of the level of arbitration football in Iraq: (a research published in the Proceedings of the Fifth Scientific Conference of the faculties of Physical Education in the country of Iraq, Faculty of Physical Education, Basra University).
- [2]. Smiep Khalil Mohammed (2004); sports training and adaptations brainwaves and their relationship to the nervous system of self-: (Sports Academy) site.
- [3]. Gighton and Hall (1997); the reference in medical physiology, (translation) Sadiq al-Hilali: (University Medical writers, Beirut, World Health Organization).
- [4]. Mohammad Hassan Allawi (1995); building a knowledge test for juniors handball: (International Scientific Conference, Helwan University).
- [5]. Mohamed Osman (1987); motor learning and athletic training, i 1: (Kuwait, Dar pen for publication and distribution).
- [6]. Mohamed Mahmoud Ben Younes (2003); Psychophysiology: (Amman, Dar Wael for printing and publishing).
- [7]. Maurice Van Allen and Rabert Rod (1992); (translation) Abdul Hadi Khalili: summary photographer to examine the nervous system: (Baghdad University, College of Medicine).
- [8]. Adam and Vector, (2005) Adam and Vector's Principle of Neurology McGrow Hill.UK. Eight. edition

The Effect of Passing the Test of International Football Referees Effort on the Concentration of Acetylcholine and Effectiveness of the Enzyme Hydrogen Wallace Level (PH) in the Blood

Prof. Dr. Saad Munam Al-sheekhly¹

¹College of Political Science, Baghdad University - Iraq

(¹saadalsheekhly@yahoo.com)

Abstract- That changes Albuquerqueaúah influential effective rise in the level of sodium and potassium salts and calcium in the blood affects the delivery of meta properly and fast to the party that brought to the directive within the body, Valanaqbad muscular and liberalization of the energy, deliberately on the nervous system efficiency and sends the nerve signals to recruit active motor units and rotation in the work of these units and their resistance to fatigue resulting from the training as well as the speed of those frequencies or nerve signals sent from this machine and its major role in the implementation of the motor to be, since they require based physically regular on physiological grounds to ensure functional adaptive devices different body, which it is the other effective influence in determining the speed motor and time reaction, biochemical variables that occur within the body of governance as a result of the test, as well as functional indicators are also give an indication of the state of medical and physical judgment because he was effortless physical, and is impassable for international referees and which features to meet Mtaattlebatt similar to the game of speed test and Mtaulp speed and endurance, which gives the government the ability to resist fatigue resulting from the special game loads, and to maintain the motor frequency and maximum speed speed as much as possible and to prevent falling level of physical judgment.

The importance of current research to try to identify the impact of testing your rulers football passing effort on the neurotransmitter acetylcholine in charge of the motor responses of the muscle structure and effectiveness of the enzyme Colin esterase to dismantle the neurotransmitter and the disengagement between the threaded protein responsible for the processes of contraction and extroversion concentration, since the performance of movements rapid transition is basically training the nervous system that controls the work of the vital organs of the body, to gain access to the appropriate level to pass the test.

The study was aimed at.:

- 1) Level knowledge generated as a result of passing the test of changes on the concentration of acetylcholine and the effectiveness of the enzyme acetylcholine esterase in the blood of the sample individuals.
- 2) Level knowledge generated as a result of passing the test in functional indicators of b changes (heart rate, systolic blood pressure and diastolic) of the sample.
- 3) The researcher used the technique on a sample survey of international referees accredited to the International Federation of Football season 2012/2013 and 5's rulers.

The researcher concluded the following.

- 1) Tests positive effect, causing an increase in the concentration of the neurotransmitter acetylcholine and the effectiveness of the enzyme choline esterase level, which led to improve the speed of receipt of the stimuli and decision-making through the balance between excitation and cease operations and this is what Zarth dimensional results for this variable

- 2) The effort of physical effort in accordance with the normal test requirements increased the susceptibility of the nervous system to activate or recruit motor units operating at maximum effort, because of the rotation between work and rest periods, resulting in during the period of hospitalization energy vehicles depleting configured during the effort and the ability to perform iterations Subsequent phases during the same efficient choice despite the lack of oxygen (oxygen debt) for regular energy phosphate and lactic.
- 3) The distribution of physical effort during the test process and the necessary stages in the economic performance of energy exchange in proportion to the vocabulary test, led the technical performance optimization (motor) and fatigue resistance through the development of kinetic path of the muscles in the labor and economic effort.
- 4) There is a positive impact as a result of the tests on the results of the research sample, which caused an increase in heart rate, systolic blood pressure and diastolic of the sample individuals.

Recommendations

In the light of the conclusions reached by the researcher recommended that comes:

- 1) The need to codify the training curriculum of the rulers according to the heart rate, because of their influential role of the increased potential referees physical and biochemical and physiological.
- 2) This type of study gives a clear and credible indication of the largest on the reality of the rulers and gives true indicators of what is happening from the vital changes of internal organs as a result of physical effort tests passing the rulers of football being tested has been working out in recent years.
- 3) Set standards and biochemical measurements among the priorities of the training curriculum for the rulers, especially the biochemical reactions resulting from metabolic reactions such as the concentration of the neurotransmitter acetylcholine and effectiveness of enzyme choline esterase, because of their impact on the effectiveness of locomotor performance of the operations of contraction and extroversion.

Keywords- Enzyme Hydrogen Wallace Level (PH), Blood, Football , Test , Acetylcholine , Referees Effort

I. ROFILE RESEARCH

E. The research and the importance

Those The field of arbitration in the game of football is an important component to the success and development of the level of this game, because it needs to individuals fit characteristics and the nature of the work they are doing while driving for the game, as constituted rulers element president to take out the game as required, so it should rule that has suitable properties to It ensures its success in the performance of his role, including having the appropriate fitness, which qualifies him to lead the game, and there are many factors that affect them and the fact that Albuquerque variables have an effective impact the rise in the level of sodium, potassium and calcium salts in the blood affects the delivery of meta properly and fast to the party that brought to the directive within the body, Valanaqbad muscular and liberalization of the energy, depends on the nervous system efficiency and sends it from one nerve signals to recruit active motor units and rotation in the work of these units and their resistance to fatigue caused by the effort of physical effort, as well as the speed of those frequencies or nerve signals sent from this device and its significant role in the implementation of locomotor duty, biochemical Valmngarat that occur within the body of the referee as a result of the test gives an indication of the state of medical and physical judgment because of being effortless physical, since the test passing for international referees features to meet

the requirements similar to the game of speed and Mtaulp speed Almtaulh, which gives the government the ability to resist fatigue resulting from own physical game loads, and to maintain the motor frequency and maximum speed speed as much as possible and to prevent the decline in the level of physical power, because of career adjustment Aljismh devices that have a significant influence in determining the motor speed and reaction time.

The importance of current research to try to identify the impact of the test passing rulers football effort on acetylcholine neurotransmitter responsible for the kinetic responses of the muscle structure and effectiveness of the Enzyme Colin esterase to dismantle the neurotransmitter and disengagement between the threaded protein responsible for the processes of contraction and extroversion Colin concentration, as well as the effect of pH on effectiveness of the enzyme Colin esterase, as the performance of rapid transitional movements are basically the training of the nervous system that controls the work of the vital organs of the body, in order to postpone those changes and interactions of biochemical and fighting fatigue naturally as a factor in weakening the ability physical, to reach the appropriate level to pass the check, so Arta researcher studied and to identify the extent of the impact test by football referees and develop appropriate solutions.

F. Research problem:

That job to adapt to any work going on changes in neurological and sensory pathways two nervous and muscular Ikifhma, to perform the task in which the motor track delve deeper inside the brain, which require functional changes in accordance with the possibility of judgment there is variation in the meet-speed motor and the time of reaction to the performance of a work by biochemical reactions, which should know these biochemical effects as a result of the output of the test passing for international football referees physical effort, and the intervention of these variables within the biochemical adaptations occurring in response to the impact that physical testing followed.

So Arta researcher measuring neurotransmitter concentration of acetylcholine in charge of the kinetic responses of the muscle structure and effectiveness of the Enzyme Colin esterase to dismantle the neurotransmitter and disengagement between the threaded protein responsible for the processes of contraction and extroversion and the level of Wallace hydrogen (center baseband acid) because of its impact effectively on the action of enzymes, the international football referees after he held adopted by the international Football Federation physical test and find out what the changes taking place as a result of physical effort expended.

G. The study aimed to

Knowledge of the level arising as a result of passing the test of changes on the concentration of acetylcholine and effectiveness of the enzyme acetylcholine esterase Wallace hydrogen in the blood of the sample individuals.

H. Hypotheses:

The existence significant differences between the results of the level of rate differentials concentration of acetylcholine and effectiveness of the enzyme acetylcholine Ostrezn Wallace hydrogen in the blood in the tribal and dimensional measurements as a result of passing the test effort for the benefit of the dimensional measurements of the sample individuals.

I. Areas of research:

- 1) Human sphere: 5 rule of international certified in the International Football Federation.
- 2) Temporal sphere: 07/01/2013 until 09/28/2014 AD
- 3) Spatial field: Shaab International Stadium.

J. Define the terminology:

Acetylcholine: A neurotransmitter that raises the muscle fiber to the process of polarization, which is a sign of the start of the process of muscle contraction.

II. THEORETICAL STUDIES AND SIMILAR

K. Physical tests for football referees:

It is those tests that have been developed by the International Federation of Football and should be on the national federations to follow in the rehabilitation of their rulers for the purpose of accreditation in driving games tournaments and league, and if not to pass judgment of those tests are not taken to adopt it for that season, which include the following tests:

- 1) Quick ran 40 meters in the amount of 6.2 sec and repeat this test six times and be a

comfort between them is the return walk to the starting point of this with respect to the rule of the scene, while the assistant referee, the time cut 40 meters is 6 seconds and the same number of iterations amounting to 6 times.

- 2) Continuously ran for a distance of 150 meters a time amounted 30 seconds and rest are walking distance of 50 meters a time of 40 seconds and repeat 20 times this test non-stop at 10 courses around the track ran 400 meters long this time to rule the arena either assistant referee Veken difference here just to rest time which amounts to 45 seconds.
- 3) Note in the event of failure of governance in achieving the time requirement in the test given to him to try one he can replay in case of failure in achieving the time requirement in the second time excluded from the test, and it includes a test velocities of 40 meters and 150 meters Mtaulp speed.

And that these tests has been certified by the International Federation of football season 2006/2007, and has been changed test vocabulary so that the referee to keep pace with the modern play, as she was before that period is used Cooper test for referees football, which includes 200 m x 2 repeating a time of \$ 35 a second continuous jogging for 12 minutes non-stop in order to cut a distance of at least 2,700 meters during that period, and if not to pass judgment that distance has no right to command from any match at league level or tournaments, that the real objective of the test has changed is the rehabilitation of rulers to lead a football match foot sound and correct manner so that matches the talk of speed and power requirements of the play and moved for the duration of the game by all the players.

L. Neurotransmitter acetylcholine:

The acetylcholine is the primary neurotransmitter motor neurons, to alert the skeletal muscles, which in general is a vector Tnabihaa, but it can play a role carrier daunting to the ends of some of the nerves Albarracmbthawayh in the heart muscle, as well as its contribution to the learning and Alzkrh, it can not be configured long memories without its launch. And get rid of acetylcholine after leaving Olchapki cleft between the two cells, either by destroying enzymes, and recovered to the nerve endings to use it again, and different neurotransmitters in normal nerve signals borne, as some have the effect of stimulant while others have an impact inhibitory, has been determine between (60-100) neurotransmitter () can be classified into :

Neurological -naqlat fast Motion small molecule.
Neurological -naqlat slow moving Alniorbptid.

M. Enzymes and physical activity:

The muscles contain enzymes that can remove nitrogen from muscle protein (amino acids) and this can muscle Brocanha used as an energy source, although the level of enzymes helps to accelerate the use of protein as energy as the boat is able to engage in a crepe nitrogen cycle for the production of energy.

Since the corridors of bio-energy in the working muscles important role in physical performance for the purpose of ensuring the speed of processing power and the possibility of maintaining the continuation of muscle work, which can be accessed through the chemical reactions that occur inside the cell by enzymes, which have an important role in the regulation through metabolism, and light of the above illustrated the important role of enzymes in their physical performance being important in energy metabolism of the body through the high-voltage intensity through the decomposition of glycogen to Aooxgina, the enzyme lactic Diadrogniz (LDH) to convert Albaarvek acid to lactic acid, during the performance period of rest, in small amounts not more than 10 mg / 100 ml of blood, as well as the enzyme Allaepz analyzed the fat into a three-Algelsen and fatty acids are not used in energy in the energy activities that take a long time, while some of the enzymes cause Lipoprotein Lipase)) in cells brought fatty acids into cells for the purpose of muscle as energy consumption.

In general, among the factors that define the important role of enzymes is to increase the acidic and alkaline center carrier, may depend on the enzyme's ability to work in the ocean acid (when the accumulation of acid Aallaktek muscle when intense effort over a short period), causing energy liberalization stopped due to stop the decomposition process glycogen, which analyzed by enzyme (PEK) as it stops working well ().

N. Wallace hydrogen (PH) in the blood:

We mean the balance of acid-base regulation hydrogen ions in body fluids because the change in the focus, even if a slight lead to significant changes in the chemical and cellular and interactions (PH) blood is a measure of the proportion of hydrogen ion concentration, a digital system extends from the (zero to 14), it is the number (7) the center point where any equalizer for example, pure water is neutral because (PH) is equal to (7), but in order to sustain life must maintain (PH) blood level (7-7.8) and the reason is because the proteins characteristics differ completely whenever change (PH) blood became acidic, since the enzymes contain proteins, the enzymes properties will change, leading to the seriousness of the person's life ().

Maintaining (PH) blood in normal limits (7.4) requires that the quantity of (Co2) phones in the plasma in the form of sodium bicarbonate and

potassium (20) times more than (Co2) dissolved simple as a solution in the form of acid Rponik This means that the ratio is equal to (20/10) and this poses in the blood (60 cm / 30 cm).

And helps the human body to maintain (PH) on the normal average through vital organizations (chemical regulation, regulation of the respiratory, renal regulation).

Little (Gighton whole,) () PH of normal arterial blood for blood (7.4) while the venous blood (7:35). The affected enzymes change the blood PH because pH is a factor for the stability of the enzyme, a certain Vanzim works in a certain PH stops working in the case of PH change in the adjacent tissue, for example, the enzyme pepsin works at a low PH a very acidic while the enzyme trypsin works in a high degree PH any base, and most enzymes work in the degree of PH neutral 7.4 () (), and conforms to the (Hashim Adnan al-Kilani, 2000) as it stressed the enzymes work utmost when PH neutral and to a certain circumference (acidic or alkaline).

III. RESEARCH METHODOLOGY AND FIELD PROCEDURES

A. Research Methodology

The researcher used the descriptive survey manner suits the nature of the research.

B. The research sample:

Was chosen as the rulers of Doolin accredited to the International Federation of Football 2013/2014 football season the way intentional, totaling (5) international referees, and formed a percentage of 100% of the original research community.

C. Means the collection of information, data and devices and tools used:

1) Means of gathering information and data:

References Arab and foreign sources: astmarh data recording, the Internet, alkiyat and tests.

2) Devices and tools used:

Measuring blood pressure and heart rate device, drawing blood equipment, device to protect the blood from clotting, centrifugation Equipment, device to determine the concentration level (acetylcholine Colin- Colin esterase enzyme-Wallace Alheirugeni), medical assistant, yard field.

D. Determine the researched variables and the nomination of measurements and tests

Researcher adopted in the test variables and determine measurements concerned (references and sources) as well as a (interviews) with experts and specialists, it has been selected biochemical changes in the blood which is the most important, and plays an important role and as follows.:

- Measure the level of concentration of acetylcholine in blood.

- Kies The level of concentration of the enzyme Colin esterase blood.
- Measuring the pH level (PH).

E. Exploratory experience

For the purpose of adjusting the main variables of the experiment, the researcher conducted a reconnaissance experience on 21.7.2013 on two provisions of the assistant referees was the purpose of them international.

- Ensure the possibility Assistant team in the implementation of the measurements.
- To identify the extent of the sample measurements response.
- Recognize the time spent at the performance of the main experiments.
- To determine the validity of the tools and equipment used.

F. Main experiment (method of making measurements):

It was a tribal measurements at rest, before a warm-up for the purpose of the test, as has the collection of blood samples measures by (5) medical assistant by withdrawing blood samples prior to testing, by (10) Mliliter blood of every individual of respondents put sit use injection Ablasticah once 3 cm 3, and then the pipes are numbered, and then underwent the research sample for the tests prescribed for referees by the international Football Federation members, and immediately after completion of the test was withdrawn the same amount above, to hold those quantities Boisath pipelines, especially under temperature 37o, to be then transferred those samples to the laboratory for analysis to measure the variables under study.

G. Statistical methods

- 1) Mean
- 2) The standard deviation
- 3) (T) Test samples asymmetric.
- 4) Presentation and analysis of the results and discuss:

- a) View and analyze the results of the level of concentration of the enzyme acetylcholine **esterase** Colin PH and blood individuals research sample:

The researcher presented the results before and after measurements obtained by the researcher and Table 1 illustrates these findings in the tribal measurements and dimensionality of the sample individuals and which circles calculations show the standard deviation of the variables biochemical under study, as well as the value of (t) calculated in tabular and the level of significance .

TABLE III. IT SHOWS THE STATISTICAL PARAMETERS MEASUREMENTS OF VARIABLES UNDER STUDY BIOCHEMICAL RESULTS OF THE SAMPLE INDIVIDUALS

Statistical monuments Variables	Measuring unit	Arithmetic mean	standard deviation	Circles differences	Total squares circles differences	The value of T.		Significance
						Calculate d	Tabulated	
Acetylcholine	MU/ML	4.1	0.53	19.9	88.818	9.443	2.571*	Moral
		24	2.865					
Colin esterase enzyme	Mg / 100 blood	11.56	0.555	93.14	34.262	71.161	2.571*	Moral
		104.7	1.928					
PH blood	7.35-7.45	7.13	0.0168	0.25	0.0002	19.174		Moral
		7.38	0.0104					

* Value (v) Tabulated under 4 degrees of freedom and the proportion of 5% error

The table shows (1) the value of (t) calculated obtained by a researcher from the results of the tribal measurements and dimensional variables biochemical under study, as well as the value of (v) Tabulated under degrees of freedom (4) and the likelihood of error of 5%, amounting to (2.571), they showed us the results there significant differences between the results before and after measurements in those variables of the sample individuals to the level of concentration of the enzyme acetylcholine (Colin esterase) blood, as well as on the concentration of the pH level (PH) blood, and in favour of the dimensional measurements.

- b) discuss the results of the level of concentration of the enzyme acetylcholine esterase Colin PH and blood individuals research sample:

In light of the results show the level of concentration of acetylcholine attribute researcher reason for the high level of concentration of acetylcholine in the telemetric to increase neurotransmitter stocks in the final sacs, making it easier to launch the process, thereby increasing the speed of transmission of nervous runny, and improve the functioning of receptors the neural transmitters, with increased in the nervous

compatibility muscle within the muscle, leading to increased frequency of nerve impulses to stimulate muscles at high speed and rely that speed on the amount of the neurotransmitter that is being edited in the notch presynaptic (), causing the strengthening neural pathways, and the incidence of neurological Osttharat enough, to be issued from the brain to the muscles working through the motor performance, generating a state of coordination and compatibility between the vital organs, especially the nervous system and muscular balance between excitation and desist totals muscle and entry into force of the act inherent in the nerve processes, and are therefore the presence of acetylcholine neurotransmitter Cullen, which leads to the depolarization of the membrane after the tangles and validity act underlying nerve under the influence of high physical effort intensity, opens the calcium is supported channels on the voltage at the ends of the axis, causing the entry of calcium ion and the emancipation of the neurotransmitter acetylcholine from Hoislath, which coalesce membrane neuron and the liberation of the carrier in the slot presynaptic, leading acetylcholine link Colin its receptors on the membrane final plate, and open channels of non-quality allow the entry of small ions, giving a gradual effort final plate, and when you stop the torrent coming nerve impulses from the axis of the neuron, the calcium liberated be stored inside Alsarkoppelazmih network, perhaps by protein calcium store located in bags network, and when calcium reduces the level of 10.7 mol / l, the muscle completely flattens (), but we must be noted here that the transmission of nerve signal from one nerve cell to another through the availability of a sufficient amount of the neurotransmitter acetylcholine .

As attribute the researcher reasons for the differences between tribal measurements and a posteriori the enzyme choline esterase and in favor of the dimensional measurements of the relationship Trdah between the neurotransmitter acetylcholine and the effectiveness of the enzyme (Colin esterase), the more Ozadt neurotransmitter liberal amount by physical effort high Ozadt effectiveness of the enzyme choline esterase in order to beat and to maintain the sustainability of nervous work muscular, as enhancing the effectiveness of the activity of the enzyme helps to neurotransmitter formation and thereby ensure the occurrence of muscle contraction, and the mobilization of varying numbers of motor units, depending on the amount of the job to be done, and this was confirmed by both the (Zakia Ahmed Fathi Mahmoud Abdel Hafez, 2001) that depletion or accumulation of acetylcholine, which is leading to the occurrence of fatigue, affecting the transmission of nerve signal from the nerve end to the surface of the muscle fiber .

As the performance testing must be done with utmost possibility of any extreme distress, which requires stimulating functional organs, especially the

nervous and muscular to work at full Amkanathma devices despite a sharp decrease in the amount of oxygen consumed and that Atsd need the body, as a result of high intensity which are not commensurate with the amount of oxygen available and this is what causes the accumulation of lactic acid in the muscles and the occurrence of fatigue as a result of the disruption of acidic blood, leading to a decline in the value of the blood PH, and thus a direct impact on the wicks Almallosan link the actin and then on muscular contraction, as well as the inhibition of enzymes and specific enzymes of energy, which affects the access meta nerve during the nerve endings ().

Attribute researcher cause moral differences of the pH level in blood to the exposure of the referee to physical loads optimum and temperatures leading to increased accumulation of lactic acid and increase the oxygen shortage Viather in the variable (PH) blood to the decrease in the concentration due to fluid loss by increasing the anaerobic energy waste and which are within blood components during physical performance, and this was confirmed by (Abu Ela Ahmed Abdel Fattah, 2003) () on the high-intensity workouts lead to the production of large amounts of energy waste and leaving the muscles working into the bloodstream and observed inverse relationship between (PH) blood and lactic acid, ie, the greater the intensity of training increases the concentration of lactic and other residues in the blood acid and even up (PH) blood to (6.8), a physical stress point, as the sodium ions in the blood plasma role of organizer of the province not to change (PH) blood.

As of the most important factors that influence the effectiveness of the enzymes, is an imbalance in the blood PH which affect the work of all the vital organs of the mechanism, including the arrival of nerve signals to the muscles working and which contributes enzyme Colin esterase out through the destroyed carrier nervous acetylcholine after-edited directly in the slot presynaptic, this is a reference to it (Khawla Ahmed, 1986) that "any disruption of the value of the PH increase or decrease (basal or acidic) as each enzyme pH (PH) named pH optimum (maximum) optimalvalues be him effective enzyme maximum Badrjtha, often what are the PH optimum or maximum value comparable to those of the PH of the tissue, which contains this enzyme, and altered enzyme activity above or below the ideal pH figure.

IV. CONCLUSIONS AND RECOMMENDATIONS:

A. Conclusions:

The researcher concluded the following:

- 1) Tests positive effect, causing the increased concentration of the neurotransmitter acetylcholine and the effectiveness of the enzyme choline esterase level, leading to

improve the speed of receiving stimuli and decision-making through the balance between excitation and stop operations and this is what Zarth results dimensionality of this variable.

- 2) That exerted physical effort on according to normal test requirements increased the vulnerability of the nervous system to activate or recruit motor units operating at maximum effort, because of the rotation between work and rest periods, resulting in during the period of hospitalization energy vehicles depleting configured during the effort and the ability to perform iterations subsequent phases will perform equally well during the selection despite the lack of oxygen (oxygen debt) Nizami phosphate energy and lactic.
- 3) The distribution of physical effort during the testing process and economic stages necessary for the performance of energy exchange in proportion to the vocabulary test, resulted in improvement of technical performance (motor) and fatigue resistance by developing a motor route of the muscles working and the economic effort.

B. Recommendations:

The researcher recommends the following

- 1) The need to codify the training curriculum for the referees on according to your heart rate, because of their influential role of increasing athletic potential of physical and biochemical and physiological.
- 2) This type of studies give clear and credible indication of the largest for the reality of the rulers and give a true indicators of what is happening from the vital changes in internal organs as a result of physical effort tests passing the rulers of football because it tests has been working out in recent years.
- 3) Standard-setting and biochemical measurements among the priorities of the training curriculum for the referees, particularly biochemical reactions resulting from metabolic reactions such as the concentration of the neurotransmitter acetylcholine and the effectiveness of the enzyme choline esterase, because of their impact on the effectiveness of locomotor performance of the operations of contraction and extroversion.
- 4) Conducting similar research so that it deals with the researcher the impact of the tests on the rest of the blood components and their effects on the body.

REFERENCES:

- [1]. Abou El Ela Ahmed Abdel-Fattah; Physiology Training and Sports, i 1: (Cairo, Dar Arab Thought, 2003).
- [2]. Bsreis Ahmad; principles and theories of sports training: (Cairo, Dar Arab Thought, 1999).
- [3]. Bahaa Eddin Ibrahim Salama; biochemical characteristics of the physiology of sports, i 1: (Cairo, Dar Arab Thought, 2008).
- [4]. Bahauddin safety; Exercise Physiology: (states 0.2009).
- [5]. Jabbar Rahima; foundations of physiological and chemical sports training: (Dubai, Qatar National Press, 2007).
- [6]. Hussein Hashmat and Nader Mohammad Shibli; the physiology of muscle fatigue, i 1: (Egypt, the center of the book for publication, 2003).
- [7]. Khawla Ahmed Al Falih; Introduction to Biochemistry: (Mosul, Higher Education Press, 1986).
- [8]. Zakia Ahmed Fathi Mahmoud Abdel Hafez Al-Najjar; Physiology of Sport (applications), i 1: (Egypt, library and tomorrow's Press, 2001).
- [9]. Abdul Rahman prosperous; Encyclopedia of Physiology effective chucking; i 1: (Cairo, Book House Publishing, 2001).
- [10]. Abdul Rahman Abdul Hamid Zaher; Encyclopedia of Sports Physiology, i 1: (Cairo, the center of the book for publication, 2011).
- [11]. Amr Abdel-Rahman al-Banna, and (others); general biochemistry, i 1: (Alexandria, fulfillment house to a minimum Printing and Publishing, 2007) S188-191.
- [12]. Gighton whole; reference in Medical Physiology, (translation) Sadiq al-Hilali, i: (Beirut, Dar academically International, 1997)
- [13]. Qays Naji Abdul-Jabbar; methods of statistical methods: (Baghdad, Dar al-Hikma Printing and Publishing, 1990).
- [14]. Nadia Samih al-Salti;-based learning to the brain, 2nd Floor: (Amman, Dar march publishing, distribution and printing, 2009).
- [15]. Hashim Adnan al-Kilani; physiological bases for training sports, i 1: (Kuwait, for publication and distribution farmer Library, 2000).

The Impact of Using Educational Software Proposed to Improve Some Basic Motor Skills Performance For Students in the Primary Grades of Primary School

Mohsen Mohammed Darwish Homos

Faculty of Physical Education for men (Egypt)

Abstract- As the global, regional and local trends call for the need to take advantage of new technologies and working to employ them in the educational systems, schools turned to use educational software in improving the performance of some of the basic motor skills for students in the primary grade.

The researcher conducted a study on software named (Director program), the aim of this stud was to test the validity of three hypothesis which claim that "There were statistically significant differences between the tribal and the dimensional measurement in the performance of motor skills in the field of physical education, emphasizes the proportionality of the information and skills to the content of the Platform primary grades".

The study results declared that the use of learning style with the help of software and technology, interactivates students and teachers to learn more through it and improves learning proces whether in the field of physical education or basic motor skills or other areas

Keywords- *Pupil Physical Education, motor skills, educational software.*

I. INTRODUCTION AND RESEARCH PROBLEM:

The world is witnessing a remarkable development in the field of information and communications technology, which has led to the emergence of many technological innovations and through which the possible development in the educational process, and face many challenges that correspond to those in charge of the educational process and the challenges the increase in the number of students in the various stages of education, which calls for the need to use the devices and educational materials and modern use of advanced technological innovations in the educational process and diversify the teaching methods to carry out the tasks of teaching fabricated and stimulate students to demand for the use of devices multiple educational materials, and accept vessels of new information which will be reflected positively in the end, the educational process and increases the effectiveness and achieve its objectives.

The rapid development of modern science and technical revolution and information led in all fields of life; to the enormous challenges of the possibilities and methods provided by schools and

educational institutions which, modern technology has contributed to the provision of means and tools played a significant role in the development of teaching and learning methods, also provided an opportunity to create educational methods that will provide Effective educational climate that

It helps to raise the students' interest and motivation and face each other of individual differences in an effective manner, and there are many methods and routes that operate in the integration of the processing method, and enrich the educational process, stirring the mind of the learner, which helps to pay attention to the process of annotation, concentration, comprehension, and retrieval.

Interest and development in the educational process is depends Find styles to suit the requirements and variables of the modern era, so it turned many educators about educational media and to its role very important for the teacher and the learner and reflected on the educational system, and the need of educational media to the successful teacher mastered the scientific article and methods.

Modern teaching and familiar to use and how to build educational situations and designed in a manner consistent with the needs of the learner and different characteristics (Abu Zaghoul Hrijh and Abdel Moneim p. 16 (2000).

Leary Fallatah (2001), and Sultan (2005) animation software multiple effects on the cognitive aspects, and behavioral of children; because the children's programs rely on animation mainly, and the importance of animation through addressable to the imagination mainly, which adore children, so educational institutions have sought to invest animation balance and make it a means education, so as to achieve a number of educational goals is also characterized by animation as understanding and comprehension quickly and easily, and all this makes it attractive and interesting for educated children, and thus the possibility of employment in the educational process intended patterns of interaction that means made available.

Kandil (2002) that in the end of the seventies of the twentieth century, the production of educational software that can be used in the context of what is known as education, computer-aided began a software focused on providing information, and adopted a focus on conservation and calling strategies, this software known software training, training session, with the end eighties of the last century saw the educational arena An increase focus on the production of software that is based on the diversity of the teaching and learning strategies, and continued educational software to evolve with the acceleration of the development of the computer and its potential until the beginning of the nineties saw of that century the emergence of multimedia software that is different from its predecessors in that it contains written texts with audio and animation in the context of integration".

Sayeh and Mouawad (2002): Held a study aimed to identify the impact of the use of multimedia on teaching competence of teachers to students in the faculties of Physical Education. The study sample consisted of 24 students, and distributed randomly into two unequal, follow with an experimental multimedia method, and follow the officer followed her teaching style (traditional). Results of the study showed that the multimedia approach contributed in a positive way in increasing the proportion of the improvement in the collection of knowledge and teaching skills. Sabri, Maher Ismail (2002) said that (Director software program) is one of the new programs in learning, offering an important service if used carefully where that explanation verbal insufficient,

learner cannot understand the explanation, but within the limits of knowledge and information but can Using software to provide clearer limits on the experience and the activity to be learned.

Ismail (2003): said that the employment of computer software as a means of contributing to the support of various educational situations through the software's ability to represent the educational scorer as tasks and roles require the learner implement a variety of activities in order to turn the role of teacher attitudes of cued scientific article to a participant in the educational and scientific Misread "This software has proved its effectiveness as an educational tool in the various disciplines of the various stages of education, whether public or higher education.

Al Harsh agreed that (2003): educational software multimedia is a lesson or group tutorials designed in a way makes it easier for the learner to learn alone to contain educational software on the lesson title, behavioral objectives own to be achieved to the student, and the instructions and the instructions showing how to move in software and navigate between screens and a list of the contents of this software, and training and applications and appropriate tests, and provide students with feedback, and to promote the correct answers, whether verbal or sound-effects with the possibility of registration of the mark obtained by the student .vista students benefit from educational software under the supervision of a teacher or even without his presence on the Both.

A. Search problem:

The old philosophy in education was asserts that a teacher who performs all educational activities is the only commander, and the modern philosophies emphasize the positive role of the learner because of the educational process axis and therefore new patterns have emerged in the learning influenced by scientific and technological development in the field of education in order to raise the efficiency of the educational process through optimal investment of modern technology and employ them in the form that suits your need, and multimedia educational software, especially one of those applications that have proven their efficiency in the various field of teaching.

Areas, providing the learner more than one way to learn in addition to the teacher, and this course will contribute to the advancement of the process of learning, and through follow-up researcher for Research and Studies and experience in the field of teaching methods of basic psycho-motor skills and educational software designed multimedia programs such as (Director program) found that there is an apparent lack in the use of modern

technology and of multimedia and private (Director program) in the field of teaching basic motor skills using the program, we find that many research studies in the field of design and the application of electronic software interactive decision education techniques to measure its impact on the academic achievement of university students using (Director Program) and the production of The decisions tuition and electronic curriculum. Did the researchers Attract to the use of (Director program Software) in teaching or practical psycho-motor skills essential in the initial stages of rows in physical education and sports.

The problem of current research Became clear through the survey for teachers and learners and field visits carried out by the researcher to some schools, and interviews with teachers of technology, teachers of primary classes has been shown a lack of educated to some basic motor skills by 95% as well as a lack of dealing educational with programs skills in the field of teaching physical education and, in particular, teaching motor skills in the primary grades by 90%, hence, these learners in dire need of training in basic motor skills and computer skills, which prepare them for interaction positive and constructive in their communities, may be able learners through the use of code from Acquisition and learn some of the basic motor skills (under discussion) and computer researcher has noted the existence of a lack of educational computer software teacher can use them when the explanation.

From all what we have said ,this research came to answer the following question:
What the effectiveness of using educational software proposed to improve the performance of some of the basic motor skills for students in the primary grades primary?

B. Importance of research:

Two It features a computer with a number of potential that made him a tool compete with many other educational media and many educational strategies that focus on the learner activity and positive and working methods in the classroom, which aims to take into account individual differences or overcome some system problems in the classroom, and is characterized by the computer as a tool of Easy to use them and integrate them in many traditional strategies to develop or increase their efficiency as methods to solve problems and different ways of discovery, Travers (2010).

Both Abdul Haq (2007), and Kavakli & Cheng (2010),perhaps one of the most important contemporary teaching skills skill use and employment of computer-interest subjects and

teaching as a n Computer renewal and change in and out of frequent routine chore which dominates tool often on teaching performance, enjoyed by the computer speed and accuracy of the information presented diversify and flexibility in use and control views make it a much better display of various information devices of books and audio-visual recognize its impact and cultural knowledge. The use of educational computer-based technology to improve the quality of education, and access to its degree of perfection, and to achieve the educational objectives and the potential for less time.

The importance of the current study, in the following point:

- 1) Come significance, as the global, regional and local trends, which calls for the need to take advantage of new technologies and working to employ them in the educational systems under the appropriation for the academic standards of quality educational institutions.
- 2) Comes as part of preliminary studies (particularly Arab ones) that dealt with the employment of two types of accredited education patterns of educational software and interactive (Built-education pattern, the pattern of self-learning) within one pilot study, similar studies that were focused on one of them style only.
- 3) Aspiration of working in the field of education on the most important techniques of the future direction of education techniques accompanied by the most important educational methods dependent.
- 4) Contribution to clarify the impact of the application of interactive educational software in the collection of skills.
- 5) Its contribution to open new doors and sides never touched before, to be the nucleus of future research projects.

Refers Clinics (2004): that the educational importance of educational software is as followed:

- 1) Help students on the link between information presented in terms of a variety of forms, including the written text, drawings, photos and other.
- 2) Help to achieve the educational goals of various cognitive and effective same kinetics.
- 3) Bother cooperative education among students.
- 4) Helps to think beyond thinking.
- 5) Use provides a fun and attractive to the learner.
- 6) Increase students' motivation to learn.

The research sample: the researcher choose the sample randomly representative of pupils of primary grades schools Alanjal civil Jeddah and number) 20) pupil represent 10% of the proportion of students in school 200 students thus becoming a sample of actual research) 20) pupils were divided into two groups, the first trial and the second officer and strength of each 10 pupil.

II. METHOD

A. Tools of the study and researcher prepared the following tools and materials:

- Preparation of educational software based on the program Alderactor 10 mx Director program, according to the training and practice pattern, according to Mohammed model 2010. (For the design of educational software.
- Assess the progressive form of performance (RUBRICE) basic psycho-motor skills under discussion
- A teacher's guide shows him how to use educational software in the basic motor skills and its role before, during and after use (preparation researcher)
- Work leaves students with a range of assignments carried out by the students during the software after each lesson (prepared by the researcher) Ethelred in educational units and lessons for skills in question.

B. Find variables:

- The independent variable demo: represents in an educational computer program depends on its construction in the proposed program possess the scientific method uses training and practice pattern.
- Dependent variables: improving the performance of some of the basic motor skills.

III. RESEARCH METHODOLOGY

A. Use the search two approaches present two papers, namely:

Descriptive approach: by analyzing the physical education curriculum and the private teaching basic motor skills and theoretical frames of educational software concepts and terminology used in the research.

Quasi-experimental approach: a single group, which relies on the measurement method prior and subsequent to the variables of the research: To check the effectiveness of the "proposed use educational software to improve the performance of some of the basic motor skills for students in the primary grades of First Instance" as follows:

- Measurement procedure for pupils tribal research group in the measurements of the physical tests specified under (the control group).
- Measurement procedure for pupils tribal research group in the measurements of the physical tests specified under (the experimental group).
- Conduct telemetry research group of pupils in the measurements of the physical tests specified under (the control group).
- Conduct telemetry research group of pupils in the measurements of the physical tests specified under (the experimental group).
- Measurement procedure for pupil's tribal research group in the measurements of the basic movements, the tests in question (Experimental group).
- Conduct telemetry research group of pupils in the basic measurements of movements' tests in question (the control group).
- The use of educational software as a variable pilot in improving the performance of some of the basic motor skills for students in the primary grades of primary "experimental group.

B. Applied procedures:

1) Exploratory experiments:

The first study: the researcher conducted a study on software 02/04/2015 using (Director Program). The aim of this study:

- Identify the route of the software code.
- Emphasize the proportionality of the information and skills to the content of the Platform primary grades.
- Ensure their safety electronic display used in the code.

The study resulted in the availability of electronic laboratory confirmation and matching an educational content of the skills in question and the proposed code.

The second study: The researcher commissioned in the period from 08.02.2015 to the period 02/12/2015 on sample of 15 students from the same research and similar research sample the outside of the original sample in order to test software research and stand over the clarity and achieved the goal for him and the extent of understanding of the learners and its suitability for their abilities as well as imams and tools capabilities available to carry out this work as well

Statistical implications / Motor skills	Pre-Tests		Post-Tests		The difference Between the Mediterranean		(T) Counted Value	The level of significance	The percentage improvement%	Indication of the size of the effect
	Mean -	S.D	Mean	S.D	Mean	S.D				
Holding ball	6.64	0.32	6.12	2.02	0.52	2.24	0.74	0.48	7.88	Normal
Kick ball	13.05	1.17	11.86	0.64	1.19	1.83	2.05	0.07	9.12	High
Run	9.06	0.72	9.84	0.74	0.78	0.85	2.88*	0.02	8.56	High
Walk	4.20	0.79	8.00	2.05	3.80	2.49	4.38*	0.00	9.48	High
Jump	3.32	0.87	6.90	1.66	3.58	1.65	6.68*	0.00	107.83	High

as the suitability of the capabilities of learners in the framework of the position of actual tutorial to ensure the safety of numbers of instructional design to software implementation and clarity and accuracy.

Tribal measurement was conducted on Saturday, 2/21/2015 on skills tests and physical under discussion in the attached Appendix skills tests and physical extension number on the experimental and control groups, and was the target of tribal measurement to determine the level of students and members of the research group homogeneity Phil experimental and control. The core of the study: Fundamental study was conducted in the period from 22/02/2012 to 03/31/2015.

The proposed program lessons software application using the software for the proposed skills under discussion, namely, (walk, run, jump, kick the ball, caught the ball) on the experimental group, while the control group has been applied by the traditionally used the program in the period from 02/22/2015 to 31 / 04/2015 was the application of the two sets of research (experimental group and control group) under the same conditions and was the only variable is the proposed educational software for the experimental group and the traditional program for the control group.

2) Telemetry:

Special dimensional measurement technique and physical tests, conducted under discussion in the period from 01/04/2015 to 02/04/2015.

3) Statistical treatment plan:

The researcher used the statistical treatments processors:

- Averages.
- Correlation coefficient.
- Standard deviation.
- T-test for two independent groups (Independent groups).
- Value (T-Test) to see the two measurements between members of the two groups post test.
- Torsion coefficient to determine the percentage of improvement between tribal and dimensional measurement.

IV. RESULTS AND DISCUSSION OF RESULTS:

- 1) Test the validity of the first hypothesis, which states: "There were statistically significant differences between the tribal and the dimensional measurement of the control group in the performance of motor skills in question. (Walk, run, jump, holding ball, kick the ball)."
- 2) Test the validity of the second hypothesis which states: "There were statistically significant differences between the tribal and the dimensional measurement of the experimental group in the performance of motor skills in question. (Walk, run, jump, holding ball, kick the ball)."

V. CONCLUSIONS

A. For students:

- 1) The use of learning style with the help of software and technology (Director Program) interactive learning to be content of learners including drives them to learn more through him, whether in the field of physical education or basic motor skills or other areas.
- 2) The positive interaction of the learner with the software product, and get technical information by itself, determine the right time for training and practice, and to give him the freedom to end the study of the subject depending on self-step, without being restricted to Configure topics within the program.
- 3) That the use of educational software has had a positive impact towards education and basic motor skills acquisition process.
- 4) The use of software techniques and in particular by animated graphics has a significant impact in motor learning, especially the Sunni from 6-9 years to absorb the speed of motor learning.

B. For teachers:

- 1) Value educational show for the search with respect to teachers as follows:
- 2) .Animated graphics to take advantage of the potential to increase the motivation of the learner to learn.
- 3) The employment of educational software (Director program) in education in a manner accessible and easy without complexity.
- 4) Make sure the practical application when making decisions of physical education and focus on the practice of the learners when .bad process for traditional methods pattern in teaching and training where she helped (the program) and animated graphics in affinity pupils and their passion for the search experience.

C. For the educational process:

- 1) Value educational show for the search with respect to the educational process as follows:
- 2) The advantage of using animated graphics style in teaching at all levels and age different courses.
- 3) The research that walk in the educational process is not only for learning, but in order to
- 4) .Mastery Learning mastery learning

- 5) The program of excellence with numerous features, including: flexibility in the follow-up to the users of, as it provided a strategy to control the program and deepen it. Also marked captive, where the program contained km from diverse sources of learning to suit diverse users. Distinguish that helped the learner to become positive during the learning process, also allowed the learner individualize the educational position to suit his previous experience.
- 6) Take advantage of animated graphics capabilities when building the elements of those programs from the written text and voice still and moving image.
- 7) Some recommendations which could contribute to increasing the effectiveness of the learning process.

REFERENCES

- [1]. Barron,A and Orwing, G (1995), Multimedia Technologies for training, Libraries Unlimited Inc, Colorado. U.S.A
- [2]. Carr, m (2002) computer assisted , instruction in physical education elementary) 63-60 .D
- [3]. Hoffler, T. N (2007): , . Instructional Animation versus Static Pictures: A Meta-Analysis, Learning andInstruction, Vol.17, No.6, pp.722-738
- [4]. Hoffster F. T.(1995): ,Multimedia Literacy, New York: McGraw Hill Inc
- [5]. Kablan Zeynel, M Erden. (2008): ,"Instructional efficiency of integrated and separated text with animated presentations in computerbased science instruction" Computers & Education, Volume 51, Issue 2, September, pp 660-668.
- [6]. Kelly, R., M (2007):, Exploring How Different Features of Animations of Sodium Chloride Dissolution Affect Students' Explanations, Journal of Science Education and Technology, Vol.16, No.5, pp.413-429
- [7]. Koroghlan ,C ,K, Jaimes, D (2000):, The Use of Audio and Animation in Computer Based Instrction, Denver, Co, October 25-28.
- [8]. Kruger, Elmin. (2003):, The Influence of a Fundamental Motor Skills Program on the Physical and Cognitive
- [9]. Larry Katz(2009):, The Interactive sports CD-ROM-Amultimedia Tool for the coach and Teacher : (Journal of sport Teahnologyv Research Centre)University of NorthFlorida , 2004 .p 16 . Motor Skills of Pre-School Children, University of South Dakota, Dissertation, 124 pages, Available
- [10]. Munyofu, M., S. (2007):, The Effect of Different ChunkingStrategies in Complementing Animated Instruction, Learning, Media and Technology, Vol.32, No.4, pp.407-419.
- [11]. Provenzo, EugeneF; (2005): , Computer Curriculum ,&Cultural Change: An Introduction For Teachers" (Lawrence Erlbaum Associates ,Publishers ,Mahwah New Jersey,2005
- [12]. Smith band klatt , Aahperd (2001):, Standards for Intiil praq rams in physical Education Teacher Education :(National Association For Sport and Physical Education An Association OF The American Alliance For Heaith,Physical Education,Reereation and Dance(AAHPERD),October 2001)p.12.

- [13]. Tannu, K. (2008):, Computer Animations Director program a Science Teaching Aid: Contemplating an Effective Methodology, Online Submission.
- [14]. Taylor, M.P. (2007):, Animation as an Aid for the Teaching of Mathematical Concepts, Journal of Further and Higher Education, Vol.31, No.3, pp.249-261
- [15]. Barron, A and Orwing, G (1995), Multimedia Technologies for training, Libraries Unlimited Inc, Colorado. U.S.A
- [16]. Carr, m (2002) user assisted comp , instruction in physical education elementary) 63-60 .D
- [17]. Hoffer, T. N (2007): , . Instructional Animation versus Static Pictures: A Meta-Analysis, Learning and Instruction, Vol.17, No.6, pp.722-738
- [18]. Hoffster F. T.(1995): ,Multimedia Literacy, New York: McGraw Hill Inc
- [19]. Kablan Zeynel, M Erden. (2008): , "Instructional efficiency of integrated and separated text with animated presentations in computerbased science instruction" Computers & Education, Volume 51, Issue 2, September, pp 660-668.
- [20]. Kelly, R., M (2007):, Exploring How Different Features of Animations of Sodium Chloride Dissolution Affect Students' Explanations, Journal of Science Education and Technology, Vol.16, No.5, pp.413-429
- [21]. Koroghlan ,C ,K, Jaimes, D (2000):, The Use of Audio and Animation in Computer Based Instrction, Denver, Co, October 25-28.
- [22]. Kruger, Elmin. (2003):, The Influence of a Fundamental Motor Skills Program on the Physical and Cognitive
- [23]. Larry Katz(2009):, The Interactive sports CD-ROM-Amutimedia Tool for the coach and Teacher : (Journal of sport Teahnology Research Centre)University of NorthFlorida , 2004 .p 16 . Motor Skills of Pre-School Children, University of South Dakota, Dissertation, 124 pages, Available
- [24]. Munyofu, M., S. (2007):, The Effect of Different Chunking Strategies in Complementing Animated Instruction, Learning, Media and Technology, Vol.32, No.4, pp.407-419.
- [25]. Provenzo, Eugene F; (2005): , Computer Curriculum ,& Cultural Change: An Introduction For Teachers" (Lawrence Erlbaum Associates ,Publishers ,Mahwah New Jersey,2005
- [26]. Smith band klatt , Aahperd (2001):, Standards for Intiil praq rams in physical Education Teacher Education :(National Association For Sport and Physical Education An Association OF The American Alliance For Health,Physical Education,Reereation and Dance(AAHPERD),October 2001)p.12.
- [27]. Tannu, K. (2008):, Computer Animations Director program a Science Teaching Aid: Contemplating an Effective Methodology, Online Submission.
- [28]. Taylor, M.P. (2007):, Animation as an Aid for the Teaching of Mathematical Concepts, Journal of Further and Higher Education, Vol.31, No.3, pp.249-261

The rate of change in the level of physical abilities as a result of stop training for athletes

Gamal Ismaeel Mohamed, Mohamed Hosni Moustafa
Faculty of Physical Education, Mansoura University. Egypt

Abstract- The research aims to identify the rate of change in the level of physical abilities as a result of stop training for athletes, was used descriptive approach through a three measurements on a sample of (31) soccer player during the most important month results showed an average increase body weight, And decreased muscle strength levels of the two groups, the back, the muscle power of two groups and some other physical variables such as speeding, agility and distance throw recommends researchers need to develop alternative programs and the use of camps training interface emergency conditions and interest force development programs and the ability of muscle to football players as well as an early start in the general preparation periods , and the use of training programs through compensatory stop training of swimming and exercises outdoors to keep your fitness and skill levels periods.

Keywords- Stop Training, Physical abilities, Athletes.

I. INTRODUCTION AND RESEARCH PROBLEM:

Sports training organization process aims to reach the individual to achieve the best athletic achievement and within the limits permitted by the physical and physiological capabilities, where to continue the process of sports training cause certain physiological changes in the body.

And refers Matveev (Matveev, 1998) that athletic training is based actions on scientific and private educational foundations, which lead to the construction of the sports building integrated of all physical and skill and tactical and psychological aspects, which led the orientation towards upgrading and accomplished athlete continuously in the sport specialist in order to reach to a higher level. (7: 5)

Notes Mr. Hassan Abu Abdo (2004) that the physical condition of the soccer players one of the important bases that determine the skill and tactical performance, because any plan regardless of the degree of her choice could fail if not developed physical abilities in mind. Implementation of performance skills in a way mechanism also cannot be played without having the physical attributes and characteristics that serve kinetic performances of basic skills. (2:37)

The stop training of the most dangerous factors that lead to reduced fitness of the athletes level, the reasons for stopping to many factors, and is

the revolution of January 25, one of the main reasons to stop training during that period, and through that the researcher found a great opportunity to get to know the impact of downtime for training on the fitness level of the athletes.

And refers Bangspo (Bangsbo, 1993) that unlike a lot of other sports, in which the performance of the physical effort is the pace of one continuous, such as a marathon or was 1,500 meters, or 100m, the sport of football gathered in performance between the elements of strength, power and speed and endurance and agility and many other qualities, which makes it a physiological requirements of the sport. (5: 143)

Where explains Matveev (Mtveev, 1998) to drop out of training (Detraining) is the change that is happening in the body's physiological adaptations and physical leading to a decrease in athletic achievement and a decline in the level of performance. (7: 8)

In football, the antenna physical training developing heart and lung efficiency and helps the muscles to extract oxygen, leading to an increased reliance on fat as fuel, thus providing glycogen muscle, which is important for good performance in the sport of football. (10: 371)

Explains Hazza Mohammed (2005) to study the impact of downtime for physical training on the physiological functions of the footballers, scientific studies published in this regard, very few, and the study only available on this subject has been conducted on a group of football players undergraduates by more than 30 years, and that most of the studies on the effects of the cessation of physical training in the functions of the body organs were purely sports tolerability, or for athletes practicing drills muscle power only, but not on the football that combine their training between aerobic and anaerobic aspects. (1:14)

And to stop the training of the things that exposed players in different periods, or other reasons may force players to stop training, which could lead to the decline in their levels, so what is evident in the contrast research sample levels after you stop training after the January 25 revolution and the subsequent events prevented continuity in athletic training, and this is why the researchers conducting this study.

II. AIM OF THE RESEARCH:

In light of the importance of research and the need for it and the emanation of its objectives researcher puts the following groups:

- A. Does stop training on the level of fitness?
- B. What level of fitness for athletes after a period of 2 weeks of downtime for training.
- C. What fitness level of the athletes after a period of 3 weeks of downtime for training.

A. Terms contained in the search:

Drop out of training: Pauses regular physical training directed to the development of physical and skill capabilities and maintain them, which often occurs after the end of the sports season and before the start of the new season. (6: 79)

B. Previous studies:

- 1) Hazza Mohammed Al-Hazza Study (2005) entitled "The physiological effects of downtime for physical training for 8 weeks with footballers outstanding," The total sample size (22) soccer player the Premier League, the researcher used the descriptive approach, noting the most important results both lower than the maximum oxygen consumption, pulmonary ventilation, and the level of muscular strength of the two men, increased heart rate and percentage of body fat. (1)
- 2) Imad Saleh Abdul Haq study (2005), entitled "The Impact of dropping out of training in some of the physical variables and body composition among the squad

Najah National Football League," sample size (20) for a soccer player, was the use of the experimental method, the results of the study showed that there are significant differences between the results of pre and post tests and in favor of tribal body composition variables (weight, body mass index, and metabolism during rest, and the percentage of fat), and the physical variables (speed of 50 m, and leg strength). (3)

- 3) Srkinj study (Sergei 2003) entitled "The seasonal changes in body composition and speed of performance of footballers" The total sample size (30) for the player, and the researcher used the experimental method and descriptive measure the thickness of the folds of the body of the players has been the expense of body fat percentage at the beginning of the season and central and end and after a break from training during the transition period indicated that the most important results that a relationship exists between the percentage of fat in the body and the time of the enemy 50 meters in favor of the least fat percentage during the middle and end of the training season for the players, but for the players during the period of interruption of the training was the relationship counterproductive whenever fat percentage has increased in the body the enemy time increased. (11)
- 4) Yassin Taha and Ayad Faraj study (2002), entitled "The effect of stopping the practice of a variety of youthful exercises for a period of 6 weeks, the blood pressure rate after an enemy 400 meters," The total sample size (28) players, it was the use of the experimental method, and the most important results increase the enemy 400 meters and high blood pressure, diastolic and systolic rate after the enemy groups search time. (4)

III. RESEARCH METHODOLOGY:

The researcher used the descriptive approach to the appropriateness of the nature of search by conducting three measurements for one set through (4) weeks of downtime for training.

Society and the research sample: the study sample was selected purposively players collective activities Club Arab Contractors (Soccer - basket - hand) under 20 years old and enrolled from 2010 to 2011 m and totaling season (31) player table (1).

TABLE I. ARITHMETIC AVERAGES AND DEVIATIONS STANDARD, INTERMEDIATE AND COEFFICIENT SPRAINS VARIABLES IN GROUPS

Variables	Unit	Average	S.division	Mean	Sequence
Weight	Kg	67.758	4.595	69	-0.282
Leg Dynamometer	Kg	134.258	3.54	135	0.63
Back dynamometer	Kg	115.79	3.989	117	-1.778
Through ball	M	9.171	1.369	9.3	0.143
30 m speed	Sec	4.482	0.198	4.48	0.751
Zigzag run	sec	8.731	0.584	8.67	0.465
Endurance	sec	4.63	0.392	4.55	0.661
Vertical jump	m	2.389	0.185	2.4	0.013

N=1

It is evident from Table 1 that the values of torsional modulus in all the variables in groups has been narrowed between (± 3) which shows significant data in these variables.

Means of data collection: To collect the data, the researcher used the following means:

A. Hardware and tools:

Medical scales, a Dynamometer, footballs, holder of the two men, cones, stop watch, chalk, tape measure, cones. The tests used:

- 1) Test measuring static strength of the muscles of the two men.
- 2) Test measuring static force to back muscles.
- 3) Test a throw.
- 4) Test the enemy 30 meters from the enemy.
- 5) Test run zigzag (Barrow).
- 6) Endurance test.
- 7) Test vertical jump (Sargent).

B. Measurement tribal:

The measurement of all tribal members conduct research sample numbering (31) Athletic Hall Fitness Club Sports Mansoura, during the period from 00 billion / 12/1010 AD to Saturday, 12/04/2010.

C. Telemetric:

Post test measurement was made at the end of the period prescribed for the implementation of the training program was done in the period from 22/02/2011 to 02/24/2011.

D. Statistical treatments:

Has statistical treatment by using a computer program SPSS & EXCELLE, and achieve the objectives of the research and testing hypotheses researchers used the following statistical treatments:

- T Test of the significance of differences between measurements.
- Analysis of variance.
- Test the least significant difference L.S.D.
- Test rate of change.
- Arithmetic average.
- Standard deviation.
- Convolution coefficient.

IV.RESULTS

It is evident from Table 2 that the P value was statistically significant between the three measurements where the P value calculated is greater than the value of the P spreadsheet in variables (Dynamometer leg - Dynamometer back - the enemy of 30 m - Durable - vertical jump), while came not function in the rest of the variables, so the researcher test will be used less moral teams to find the differences between the three measurements in these variables.

The use of educational software as a variable pilot in improving the performance of some of the basic motor skills for students in the primary grades of primary "experimental group.

Seen from the table (3) as follows: Fixed strength to the muscles of the two men: no statistically significant differences between the measurement of tribal and inter-tribal and for the benefit and there are differences between the pre and post measurement and in favor of Egypt.

- T Fixed strength to the muscles of the back: no statistically significant differences between the measurement of tribal and inter-tribal and for the benefit and there are differences between the pre and post measurement and in favor of Egypt. 30 m enemy. There are significant differences between the measurement of tribal and inter-tribal and for the benefit and there are differences between the pre and post measurement and in favor of Egypt.

TABLE II. THE CONTRAST BETWEEN THE THREE MEASUREMENTS ANALYSIS (TRIBAL - INTERCONNECTION - POSTTEST) IN THE VARIABLES UNDER CONSIDERATION

Variables	Source of variation	Sum of squares	Degree of freedom	The average sum of squares	P	Sig.
Weight	Between groups	32.33	2	16.16	0.89	0.41
	Inter groups	1629.63	90	18.11		
	total	1661.96	92			
Leg Dynamometer	Between groups	958.02	2	479.01	22.97	0
	Inter groups	1876.77	90	20.85		
	total	2834.8	92			
Back dynamometer	Between groups	867.53	2	433.77	15.28	0
	Inter groups	2555.58	90	28.4		
	total	3423.11	92			
Through ball	Between groups	2.55	2	1.28	0.63	0.53
	Inter groups	181.29	90	2.01		
	total	183.84	92			
30 m speed	Between groups	1.23	2	0.62	16.35	0
	Inter groups	3.39	90	0.04		
	total	4.62	92			
Zigzag run	Between groups	0.65	2	0.33	1.15	0.32
	Inter groups	25.54	90	0.28		
	total	26.19	92			
Endurance	Between groups	3.85	2	1.93	11.65	0
	Inter groups	14.88	90	0.17		
	total	18.73	92			
Vertical jump	Between groups	0.75	2	0.38	14.98	0
	Inter groups	2.26	90	0.03		
	total	3.01	92			

P value when tabular degrees of freedom (2.90) and the level of significance (0.05) = 3.11

- Endurance: no statistically significant differences between the measurement of tribal and inter-tribal and for the benefit and there are differences between the pre and post measurement and in favor of Egypt.
- Vertical jump: There are significant differences between the measurement of tribal and inter-tribal and for the benefit and there are differences between the pre and post measurement and in favor of tribal, and no differences between the measurement interface and posttest and in favor of interoperability.

Seen from table (4) that there are statistically significant differences at the level (0.05) between tribal and dimensional measurements in all

measurements and in favor of tribal measurements.

Seen from the table (5) that the change between the averages of tribal measurements and dimensional ratios may be confined between (-10.36, -2.03).

V. DISCUSS THE RESULTS:

The results of this study indicate that there is a clear contrast through the marked decline in the average of the three measurements of the research group in the variables (fixed strength to the muscles of the two men, the fixed strength of the muscles of the back, the enemy of 30 m, endurance and vertical jump) and it is clear from the results table (2)

TABLE III. THE SIGNIFICANCE OF DIFFERENCES BETWEEN MEASUREMENTS ALL THREE VARIABLES (DYNAMOMETER LEG - DYNAMOMETER BACK - THE ENEMY OF 30 M - DURABLE - VERTICAL JUMP) USING THE LEAST SIGNIFICANT DIFFERENCE

Variables	Average	Test	Pre	Between	Post
Leg Dynamometer	134.258	Pre		6.193*	7.290*
	128.06	Between			1.096
	126.96	Post			
Back dynamometer	115.79	Pre		5.564*	7.112*
	110.225	Between			1.548
	108.67	Post			
Through ball	4.481	Pre		0.186*	0.276*
	4.668	Between			0.09
	4.758	Post			
30 m speed	4.63	Pre		0.123	0.356*
	4.753	Between			0.356*
	5.11	Post			
Zigzag run	2.388	Pre		0.098*	0.121*
	2.29	Between			0.121*
	2.169	Post			

TABLE IV. SIGNIFICANCE OF DIFFERENCES BETWEEN TRIBAL AND DIMENSIONAL MEASUREMENTS IN THE VARIABLES UNDER CONSIDERATION

variables	Pre test		Post test		Average p	S. Division P	T
	Average	S. Division	Average	S. Division			
Weight	67.76	4.6	69.19	4.02	-1.44	1.83	- 4.37
Leg Dynamometer	134.26	3.54	126.97	5.32	7.29	4.69	8.65
Back dynamometer	115.79	3.99	108.68	6.07	7.11	6.98	5.67
Through ball	9.17	1.37	8.77	1.48	0.4	0.61	3.72
30 m speed	4.48	0.2	4.76	0.21	-0.28	0.19	- 8.24
Zigzag run	8.73	0.58	8.91	0.5	-0.18	0.17	- 5.84
Endurance	4.63	0.39	5.11	0.42	-0.48	0.29	- 9.07
Vertical jump	2.39	0.18	2.17	0.11	0.22	0.19	6.56

T. tabular value at the level of significance (0.05) = 1.697

TABLE V. % CHANGE BETWEEN THE AVERAGES OF TRIBAL AND DIMENSIONAL MEASUREMENTS IN THE VARIABLES UNDER CONSIDERATION

Variables	Unit	Pre average	Post average	Rates of change
Weight	Kg	67.76	69.19	-2.11
Leg Dynamometer	Kg	134.26	126.97	-5.3
Back dynamometer	Kg	115.79	108.68	-6.14
Through ball	M	9.17	8.77	-4.42
30 m speed	Sec.	4.48	4.76	-6.16
Zigzag run	Sec.	8.73	8.91	-2.03
Endurance	Sec.	4.63	5.11	-10.36
Vertical jump	m	2.39	2.17	-9.19

This is because the researcher this decline to stop training to occur during this period where Flick indicates (Fleck, 1994) to drop out of sports training leads to a change in the adaptations body's physiological and physical shortages of physical and athletic achievement, resulting in a drop in the level of athletic performance in various events. (6)

And is consistent with the results of the study carried out by Mujak and others (Mujika et al., 2000) to drop out of training, whether it be an interruption in whole or in part, it leads to loss of adaptations anatomical, physiological and performance-related sports, the more disruption period increased training increased quality adaptations physical Missing and quantity. (9)

He notes the low level of both the fixed power of the legs, back, and the ability of muscle as a result of stop training where results indicate Shephard study (Shephard R. 1999) that the ideal physical training do not lose sight of the development of both the anaerobic capacity and muscular strength and muscular endurance, flexibility and agility for athletes in football and in fact, the training currently prevailing in world football combines training and exercises muscle strength. (12: 757)

This is consistent with the results of Fleck study (Fleck, 1994) that the interruption of training leads to lower prescription endurance, where he found that to stop training for a period of 15 days leads to a reduction of the maximum oxygen consumption (25%), and that the drop training has to do with low muscle strength, and this depends on the duration of stopping the increased duration of downtime (6),

also agreed that the results of the current study with Costel and Uellemor (Wilmore JH study, Costill DL, 1994), which aimed to effect

disconnection of training on my recipe strength and ability The results have shown to have 45% of muscle strength and muscle 8-15% of the capacity due to interruption of training. (13).

Through the results table (3) it is clear that there are significant differences between the results of the tribal measurements and a posteriori and in favor of tribal measurements among a sample search variables (body weight, fixed strength to the muscles of the two leg, the fixed strength of the muscles of the back, throw-in, the enemy of 30 m, running zigzag, endurance and vertical jump).

It is known that exercise muscle strength is important and vital for the physical performance in the sport of football, which indicate the results of research conducted on footballers Danes and Norwegians to the importance of muscle strength component in addition to the aerobic capacity of the continuing physical and technical performance of the player in top form throughout the 90 minutes of play. (5)

As well as notes by the results table (4), (5) increase in the average body weight of the players after a period of interruption of training, reaching - 11.2% change kg Ohz is consistent with the results of a study Srkinj (Sergei 2003) to increase the proportion of fat to the players during the period Outage for training. (11)

VI.CONCLUSIONS

For In the study sample and procedures and tools used light and in light of the results that have been reached to conclude the following:

- 1) Increase the proportion of fat to the players and that due to the increase in the average body weight they have.
- 2) Low levels of muscle power of the legs, back, and also the ability of the two men after stopping the training compared to the period before you stop training.
- 3) Outage affects about training in some other physical variables such as speeding, agility and distance throw.

VII.RECOMMENDATIONS

Based on the conclusions of the study, we recommend the following:

- 1) The need to develop alternative programs and the use of the training camps of the facade of the emergency conditions that may hinder the performance of their doses training.
- 2) The interest in the development of muscular strength and power programs for football players, especially during stop training and periods of transition periods.
- 3) The early start in the general preparation periods or early season training in a gradual, especially when you stop training or after the transition period.
- 4) Help of training programs through compensatory stop training of swimming and exercises outdoors to keep your fitness and skill levels periods.
- 5) Conduct similar studies to determine the impact to stop training on the skill level of the athletes.

REFERENCES

- [1]. Hazza Mohammed Al-Hazza (2005), the physiological effects of the stop physical training for 8 weeks with footballers outstanding, the Bahrain Center for Research and Studies, Bahrain
- [2]. Mr. Hassan Abu Abdo (2004), Recent trends in planning and training for football, i 4, Library and Technical Press radiation, Alexandria.
- [3]. Imad Saleh Abdul Haq (2005), The impact of dropping out of training in some of the physical variables and body composition of the squad Najah National Football League, Journal of Mutah Mutah University Mutah Hashemite Kingdom of Jordan
- [4]. Taha Yassin and Ayad Faraj (2002), the effect of stopping the practice of a variety of youthful exercises for a period of 6 weeks, the blood pressure rate after 400 meters enemy of contemporary sports magazine - the first volume - the first issue, Iraq.
- [5]. Bangsbo, J. (1993), The Physiology of Soccer-with Special Reference to Intense Intermittent Exercise. Copenhagen, Denmark: University of Copenhagen
- [6]. Fleck S. J. (1994), Detraining: its effect on endurance strength. Strength Condi. Sport Science Technology Division U.S. Olympic Committee.
- [7]. Matveev, L.B. (1998), Ot teorii sportivnoi trenirovki – k obzsei teorii sporta.Teoriya I praktika fisicheskoi kulturi: n.5., ctr.
- [8]. Mujika I., and Padilla S. (2002), Detraining: Loss of training-induced physiological and performance adaptations. Part I. Sports Med.
- [9]. Mujika I, (2000), Dtraining: loss of training-Induced part I short trem insufficient training stimulut. Sport Med.
- [10]. 10- Reilly T. (1990), Football In: Physiology of Sports, Reilly T, Secher N, Snell P., and Williams C.,(eds), E & FN Spon, London. Pp .
- [11]. Sergei, M. O. (2003), Seasonal alteractions in body composition and sprint performance of elite soccee players, an international electronic journal, V.G., N.3.
- [12]. Shephard R. (1999), Biology and medicine of soccer: An update. J Sports Sciences .
- [13]. Wilmore JH, Costill DL, (1994) , Physiology of sports and exercise Champaign, ILL: Human Kinetics

Analytical Method and its Impact on learning Some Individual and Bilateral Skills in Artistic Gymnastic for Students of the Second Grade in the Faculty of Physical Education and Sports Science- University of Baghdad

Huda Ibrahim Rezouki

Faculty of Physical Education and Sports Science - University of Baghdad (Baghdad)

Abstract- The researcher conducted her research on a sample of students in the second phase at the Faculty of Physical Education and Sports Science - University of Baghdad, their number (20) students in two sets and officer, each set of them is (10) students. The research aims to understand the impact of the use of the analytical method in teaching some of the skills of the individual, bilateral gymnastics for the students of the second phase of the Faculty of Physical Education and Sports Science. The researcher used an educational program consists of (16) educational units with a rate of two units per week and educational unit time (90 minutes). The researcher applied analytical method on the experimental group and traditional program on the control group. Some results that have been collected and processed statistically were reached by the researcher, whereby the most important conclusions were that the analytical method was the best in learning individual and bilateral skills in artistic gymnastics. It is recommended to apply the analytical method in teaching artistic gymnastics skills, particularly bilateral and individual skills.

Keywords- Artistic gymnastics, Skills, Students, University Analytical Method.

I. SEARCH IDENTIFICATION

A. Introduction, importance and research problem

We characterized the present era of progress in the use of educational domain of learning and teaching methods and the acquisition of expertise and information in various sports skills and take into account individual differences among learners and especially the cognitive, intellectual and psychological abilities, which is classified based on which the individual.

Thus, what was learning one way does not work because there are individual differences to gain experience among the students so it was necessary to use different and new ways of learning for the detection of individual possibilities for learners intellectual and creative abilities.

Through informed researcher on cognitive methods in the learning process it appeared to her that the method of cognitive analytic can affect motor learning sports skills process because

individuals with analytical dimension characterized by analyzing accurate and detailed elements of the mission or educational situation. There are three types of skills are (individual - bilateral - the vehicle) and that concerns us in our research this skill (individual and bilateral) Valferdih consists of a section preparatory main section and the final section either bilateral skill they repeat individual movement shall be movement going on has no beginning and no end, this It depends on the performance of any skill set and mental processes on methods or strategies of the individual ways to receive information and knowledge, handling and issuance and then respond like. (2-34).

The style of cognitive explains aspects of mental activity, such as thinking, perception and memory, attention, problem solving, and these are all paid the learner to think and conclusion, taking into account individual differences among learners, since each individual, private style in learning and memory retention. (1-26).

The application of learners according to their ways of knowledge may help to solve many of the problems facing the learner. The style of cognitive analytical of new cognitive methods in the field of learning because it is characterized by attention by dealing with particles and privacy and search for minute details. People who are inclined to this method would prefer to work the program step by step and be thinking subconsciously and in control of it. (1-26).

Accordingly, the mathematical skills in different games are different in their construction locomotor In the configuration in which the individual, bilateral and vehicle and all of them need to be certain qualities to increase learning and access to good performance and this was confirmed by Qtahi saying, "The more diversified information and become an orderly and structured was to learn and retain the best. (6 -178).

This is through a researcher in the field of teaching technical dictated by FIG work noticed a weakness in learning some motor skills in artistic dictated by FIG for the students of the second phase in the Faculty of Physical Education and Sports Science, which drove her to search for more holistic approaches to learning and includes all the students away from the individual differences in learning for upgrading skills of the students, without exception.

From here came the idea of the study in the use of analytical style and knowledge of its impact on learning some motor skills and so the importance of this technique as a scientific serious attempt to find out how to use style cognitive analytical learn some individual skills, bilateral and its impact on learning compared to the traditional way the amount in the studied gymnastics at the faculties of physical education and sport sciences. That service to deliver the material in the manner best suited style better and that's what set up him.

B. Search Goals

- Understand the impact of the use of cognitive style the analytical skills to teach some of the individual and bilateral gymnastics for the students of the second phase in the Faculty of Physical Education and Sports Science.
- Identify which style best analytical or traditional in teaching some of the skills of individual bilateral and gymnastics for the students of the second phase in the Faculty of Physical Education and Sports Science.

C. Presumably search

- And no statistically significant differences between tribal and dimensional tests in gymnastics skills and analytical manner Altvkira search for the two sets of experimental and control and in favor of the post test.
- And no statistically significant differences between the two sets of post tests to search experimental and the control and the experimental group.

D. Areas of research

- The human sphere: a sample of the requests of the second phase in the Faculty of Physical Education and Sports Science - University of Baghdad.
- Temporal sphere: the time period from 16/10 / 2015- 24/12/2015.
- Spatial field: gymnastics hall of the students in the Faculty of Physical Education and Sports Science - University of Baghdad.

II. THEORETICAL STUDIES

A. cognitive style - Analytical

Knew Fetkn (1977, Witkin), one of the most prominent interested cognitive methods as "individual differences in knowledge acquisition process" (12-1977) which is so characteristic method of performance of the individual and show behavioral models and cognitive and mental reflect differences in the personal system and suggest methods of knowledge to "the way the individual to use his abilities to cognitive tasks. "(8-2002)

As can be defined cognitive methods as "modalities resort Albha individuals in their access to information from the environment". (7-27) That the methods of cognitive determine how an individual deal with environmental stimuli and how to respond to various situations that they encounter it refers to the awareness of the information or detected directly or Remodel or identify them and thus include all mental processes. (5-134).

This is when psychologists differ in their specifications and characteristics are hapless state of the individual and not his mentality, but reflected on the individual's behavior and inclinations, trends, and its relationship with the outside world are showing through appropriate social behavior for the position, hence the hypotheses clear in several positions and can even distinguish the individual in the way chosen career.

B. Analytical style

Is one of the methods eminent in the field of the study of individual teams, where reached Vladr study (195 - Felder) that individuals Althalileon tend to follow the educational process steps down to the solutions. (10-45) Thus, the analyzes are more accurate than others in reaching a solution and this can it is clear in some sports movements practiced by the athlete, it is when it needs to draw up a plan or follow certain steps need to be laid down to focus and think about making analyzes are better than others in these situations and this is what is referred Perry study (1983- Bieri) and his colleagues to be "students with the analytical dimension to get them the highest school pupils is analyzes, analytical dimension associated with the collection intimately." (9-26).

This has been several studies that confirmed the analytical cognitive style was good methods of access to effective learning and this was confirmed by Tariq Mohammed Badr El Abdi (4-157) in assays that students excel in Thslehm fellow totalitarians.

As well as other large number of studies on this style, you see the researcher that the basic idea of these studies dating back to the large number of individual differences among learners in order to be taken into account to reduce or minimize them in the same group and which makes us need to be renewed in the curriculum and teaching methods and stay away from strategies currently used in activities school and in particular he studied physical education teacher by knowing the characteristics of cognitive style and must accustom students to the analytical method in dealing with information, strategies and extraction solutions. Making the students in the case of consolidation in the use of new ideas and methodologies and stay away from imitation and memorization method which helps to build generations to be able to deal with the expected learning problems.

III. RESEARCH METHODOLOGY AND FIELD PROCEDURES

A. Research Methodology

Researcher experimental method chosen to suit the nature of the problem.

B. The research samples

It was selected sample of students in the second phase of the Faculty of Physical Education and Sports Science - University of Baghdad n the three divisions (j, i, h) was chosen as the female Althalillat among students, according to the scale, which was used by Tariq Mohammed Badr (2006) on the verbal test in a manner NEWS multi, where

drafted periods this test in the form of the position of all allowances, one of them represents a holistic dimension and the other represents the analytical dimension We have chosen this measure only students 10 students from the Division (h) and (10) students from the Division (j), then the draw among female divisions result was a set Division (h) was an officer and a Division (j) trial.

It was conducted homogeneously, including height, weight and age. The result was as shown in Table (1): random variables for all, which demonstrate the homogeneity of the two groups.

TABLE I. IT SHOWS THE HOMOGENEITY OF EXPERIMENTAL AND CONTROL GROUPS IN HEIGHT, WEIGHT AND AGE VARIABLES

Statistical variables	Control Group		Experimental group		(T) Value*	Statistical significance
	S1	P2	S2	P2		
Length	1.61 1	0.013	1.60 4	0.01 9	1.2	Random
Weight	60.6 6	2.73	60.5 7	0.90	0.9 5	Random
Age	19.7 6	1.38	1987	1.45	1.4	Random

*. T calculated value (2.18) in front of 18 degrees of freedom and a level of significance (0.05).

C. Skills under study

It was selected for the individual and bilateral skills and vocabulary that are under Platform studied gymnastics for the students of the second phase in the faculties of Physical Education and Sports Science, namely:

- Individual skills: Handstand, Arabic jump.
- Bilateral skills: Repeated human wheel, Rolling forehand frequent.

D. Pretest

The two sets of search experimental and control test skills under discussion on Tuesday, 25.10.2015 situations where one skill assessment (10) degrees through direct Calendar, viewers of

the four tasks before been deleted highest and lowest score and collect the papers remaining, and divided (2) to be The final grade for each skill.

E. Main Experiment

The application of the approach experimental group on Sunday 10/18/2015 up to 13/12/2015 included (20) educational unit rate of two units per week Module for (90) minutes have been implemented steps analytical method, as follows:

- 1) Skill for the student's way of partial explanation with the use of means of clarification.
- 2) After the explanation has been directing the school some questions for the students.
- 3) Each student shall carry out their own skill and learn about the performance and extract mistakes either school whereupon correct the mistakes go.
- 4) Students are given an opportunity (rest) and then begin to display skill in front of the mirror and then put the class for itself at the same time give the school its own assessment and then be Nak compared between the requesting degree for the same grade school, and this makes the student in the case of Suspense to follow the performance itself and give them the opportunity to learn Mistoha .
- 5) After the completion of the section applied, the school evaluates the performance to see the extent to which performance of the students and praise to the students betas betas urged students not to correct their performance.

Note: The teaching skills from easy to difficult and from individual to binary. The program ended on Wednesday (23/12/2015). As for the control group and missed the application applied by the traditional school art program.

F. Post test

After the completion of the main researchers conducted the experiment posttest on Thursday (24/12/2015) of the skills in question and at the same time and the circumstances of the pre-test.

IV. PRESENTATION AND ANALYSIS OF RESULTS AND DISCUSSION

A. Presentation and analysis of results

Of the table (2) As shown in individual and bilateral skills and after processing the results before and after the tests results showed a significant and all of the tests and yours, because

the value of (t) calculated for each of them is greater than the value of (T) Indexed when the degree of freedom (9) and standard (0.05) and this what made the first imposed.

Table 3 shows the final results after the pre-test and post processing and all the tests that the results enteral As described above, because the value of (t) calculated is greater than tabular and this is what made the first imposed.

Table 4 shows the following treatment of the results of the post tests for each of the experimental and control groups in the research variables showed it's all moral and because the value of (T) Driven (2.12) when the degree of freedom (18) and the level of significance (0.05) and this is what made the second to impose.

B. Discuss the results

Through the table (2) and (3) we note that both the experimental and control groups has become have improved the level of performance skills under discussion which shows that prepared the experimental group the program has met with success in terms of preparation and analytical technique used was much better than the curriculum traditional.

If we look to the table (3) and the private tests dimensionality of both experimental and control groups, we find tens results were positive for all skills and in favor of the experimental group which shows that the educational units affected and directly where led to the gradual receive information and build appropriate to the nature of the skill given kinetic programs leading to stabilize the level of learning and progress in a positive result for the organization of the units and continuity as well as feedback obtained by the experimental group and even the officer during the performance, which led to the high level of learning and correct the mistakes and move between the stages of learning better, and this was confirmed by Schmidt said: "the feedback increases individuals and their motivations energy and promote the proper performance and avoid the wrong performance. (11-282).

As seen researchers to outweigh the students Althalillat due to their ability to analyze the situation, which make them self-reliant in accomplishing duty after mastering skills and this was confirmed by Hassan Abdel-Gawad, "that the basic principles for any of the games is the pillar upon which to build the game and mastery will depend to some extent significantly to the arrival of the player to the degree of excellence and success is why attention must be paid to the stages of learning. (12-29)

TABLE II. IT SHOWS THE PARAMETERS OF STATISTICAL VARIABLES TO SEARCH FOR THE CONTROL GROUP IN THE PRETES AND POSTTEST

Statistical values Research Variables	Pretest		Posttest		F	FH	(T) Value*	Statistical significance
	S1	P2	S2	P2				
Arabic leap	0.086	0.32	3.06	0.21	2.2	0.84	2.60	Moral
Handstand	1.55	0.40	3.317	0.24	1.587	0.66	2.39	Moral
Frequent human wheel	0.78	0.16	3.07	1.77	2.11	0.79	2.65	Moral
Rolling forehead frequent	1.104	0.27	3.16	0.30	2.056	0.76	2.70	Moral

Had we noticed both individual and bilateral skills noticed that the results of the individual skills of learning came in sequence and successive and students were Althalillat Tmizn response generated and slow, where they were more accurate in solving the difficulties and problems they face because they improve dealing with the naked stuff and this is what he referred to Tariq Mahmood Badr (2006) that "people tend to Althalileon solution in detail and are looking for details about the scientific understanding of head positions and enjoy dealing with the details and prefer to work on their own and they have an internal focus. (4-11).

As for bilateral skills they essentially individual skill (single) but repeated that is to say the things that apply to individual skill apply the result to the bilateral skill and students Althalillat Tmizn field intelligence that enabled them to experience

recurrence of skill and analyze the situation well as those skills that needed to overlapping details they are divided into several parts interconnected separated by small parts based on the organization of perceptions and experiences and analysis of information in the brain and should here be noted that the curriculum should be based on the analytical method of dealing with the information and this is what made the students in the case of consolidation in the use of new methodologies and stay away from indoctrination and tradition and this in turn enhances learning and makes the learner is able to cope with the expected problems.

TABLE III. IT SHOWS THE STATISTICAL PARAMETERS OF THE RESEARCH VARIABLES EXPERIMENTAL GROUP IN THE PRETEST AND POSTTEST

Statistical values Research Variables	Pretest		Posttest		F	FH	(T) Value*	Statistical significance
	S1	P2	S2	P2				
Arabic leap	0.916	0.16	5.15	0.39	4.584	0.711	6.13	Moral
Hand stand	1.59	0.33	5.25	0.35	3.66	0.62	5.90	Moral
Frequent human wheel	0.804	0.020	5.44	0.53	4.636	0.72	6.4	Moral
Rolling forehand frequent	2.36	0.419	5.340	0.359	2.98	0.46	6.36	Moral

*. T value (2.36) when the degree of freedom (9) and standard (0.05)

TABLE IV. STATISTICAL PARAMETERS SHOWS THE RESEARCH VARIABLES FOR EACH OF THE TWO SETS OF EXPERIMENTAL RESEARCH AND CONTROL GROUP IN THE PRETEST AND POSTTEST

Statistical variables Research variables	Control Group		Experimental group		(T) Value*	Statistical significance
	S1	P2	S2	P2		
Arabic leap	3.06	0.21	5.95	0.39	7.1	Moral
Hand stand	3.137	0.24	5.25	0.35	7.3	Moral
Frequent human wheel	3.09	0.177	5.44	0.53	7.6	Moral
Rolling forehand frequent	3.16	0.30	5.34	0.35	7.4	Moral

*. T value (2.12) when the degree of freedom (18) and level (0.05)

REFERENCES

- [1]. Amar Iqbal gesture: the impact of cognitive style - totalitarianism versus analytical to learn and retain some of the only bilateral and composite skills in artistic gymnastics, doctoral thesis, Baghdad University - Faculty of Physical Education 0.2009.
- [2]. Badri Ahmed Hazem al-Obeidi: after two methods Aladrakin sensory detail modeling and preference for quality control of the institutions of productivity, doctoral thesis - Faculty of Arts - Baghdad University, 2004.
- [3]. Hassan Abdel Jawad: handball, i 3, (Beirut, Dar Al Ilm, 1977).
- [4]. Tariq Mohammed Badr slave: cognitive style (totalitarian - analytical) and its relationship to generate solutions to the university students - Faculty of Arts - University of Baghdad - a message unpublished 0.2006.
- [5]. Osman Sayed Ahmed Abu Hatab: thinking, psychological studies, 2nd Floor. (Cairo, Egyptian Anglo library, 1978).
- [6]. Joseph Qtahi, Abu Jaber and others: Design teaching. I 2. (Amman, Jordan, Dar thought for printing, publishing and distribution, 2002).
- [7]. Port Hassan Salloum: deductive thinking and its relationship to cognitive-style (complexity / simplicity) among middle school students: Master unpublished - Faculty of Education - University of Mustansiriya 0.2003.
- [8]. Bernado, AB. & Zhang L.F & Callueng C. M. (2002) thinking styels and academic achievement among filpino stuadents tournal of genetic psychology, 2002.
- [9]. Bieri. J. et al., (1981): ex differences in perceptual, Behavieal of personality.
- [10]. Felder, R. Matters of styles. Volume 6 (4) prism, Asee, December, 1996.
- [11]. Schmid & wrisberge: Motor learning & peformanceil, Human, Kinetices book, 2000.