

المرفقات

بسم الله الرحمن الرحيم

جامعة حلوان

كلية التربية الرياضية للبنين بالقاهرة

قسم المنازلات والرياضيات المائية

شعبة السباحة

استمارة بيانات بغرض البحث العلمى لموضوع رسالة الماجستير المقدمة

من أشرف منير صبرى محمد المعيد بالقسم للحصول على درجة الماجستير

فى التربية الرياضية

اسم السباح :  
النادى المنتمى اليه :  
عدد سنوات ممارسة السباحة :  
تاريخ الميلاد : / / ١٩  
مستوى السباح :  
البطولات السابقة :

اولا : الوزن : ويقاس بالكيلوجرام

الوزن	
-------	--

ثانيا : الأطوال : وتقاس بالسنتيمتر

١	الطول الكلى للجسم	
٢	طول الذراع	
٣	طول الساعد	
٤	طول العضد	
٥	طول الكف	

	٦	طول الساق
	٧	طول الفخذ
	٨	طول القدم
	٩	طول الجذع
	١٠	طول الرجل

ثالثا : الأعراس : وتقاس بالسنتيمتر :

	١	عرض الكتفين
	٢	عرض الصدر
	٣	عرض الحوض
	٤	عرض الكف
	٥	عرض القدم
	٦	عرض جمجمة الرأس

رابعاً : المحيطات وتقاس بالسنتيمتر :

	محيط الوسط	١
	محيط الحوض	٢
	محيط العضد	٣
	محيط الساعد	٤
	محيط الفخذ	٥
	محيط سمانة الساق	٦
	محيط الرقبة	٧
	محيط مفصل المرفق	٨
	محيط الركبة	٩
	محيط الصدر	١٠
	عادي	
	زفير	
	انفس شهيق	

خامسا : الاعماق : وتقاس بالسنتيمتر

	١	عمق الصدر
	٢	عمق الحوض
	٣	عمق البطن
	٤	عمق الرقبة

سادسا : سمك الدهن : ويقاس بالسنتيمتر

	١	فوق عظمة الحوض
	٢	اعلى مفصل الفخذ
	٣	ثنايا الجلد تحت اللوح
	٤	ثنايا جلد العضد

سابع : قياس قوة القبضه : وتقاس بالكيلوجرام

	قوة القبضه
--	------------

HELWAN UNIVERSITY  
COLLEGE OF PHYSICAL EDUCATION  
FOR MEN  
CAIRO - EGYPT  
DEPARTMENT OF COMPACT AND AQUATICS

THE PRACTICAL - UP OF THE CHARACTERISTIC ANTHROPOLOGICAL  
(CORPAL) MEASUREMENTS OF LONG DISTANCE SWIMMERS  
IN THE ARAB REPUBLIC OF EGYPT

RESEARCH PRESENTED BY  
ASHRAF MONIER SABRY MOHAMED  
ADMINISTRATOR ON COMPACT AND AQUATICS DEPARTMENT  
FOR GETTING MASTERS DEGREE ON PHYSICAL EDUCATION

SUPERVISOR

BY

PROF. DR

ADEL FAWZY GAMAL

LECTURER DR.

KAREM METWALY MOSTAFA

**The Practical Build - Up of the Characteristic  
Anthropological (Corporal) Measurements  
of Long - Distance Swimmers in  
The Arab Republic of Egypt  
Summary of Research**

Swimming is considered one of the individual sports activities in which the absolute capability of man is manifested whilst advancing amidst the water medium.

Performance in swimming is the result of the active output between the mechanical laws and principles and between what the swimmer is characterized of anatomical, physiological, corporal and psychological capabilities. The lack of one of those capabilities might affect the final output represented in the swimmer's point level

The corporal build - up and the swimmer's anthropological characteristics play an important role in the numerical level which the swimmer realizes, and long distance swimming is one of the fields of swimming which are practised through open waters as a means of being practised.

The standard of performance in long distance swimming has developed astonishingly during the past period especially after it has been included within the programme of the International Swimming Federation side by side to short distance swimming, diving, water - polo and water - ballet.

**The Research problem centres on :**

That it has been noticed to the research student through

his activity in the field of long distance swimming as a player umpire and administrative officer, the non ability of Egyptian swimmers to keep abreast with the international standard in respect to realizing the points which Egypt has been known for when the swimming reliance was based on some elements such as endurance and strength and moreover that the selection of most swimmers as far as the research student's knowledge was according to the point standard before every championship or competition. And though the point standard in the field of swimming is the main criterion for progress, it does not however express the swimmer's corporal and physiological condition.

From this perspective the research student oriented his study towards the field of anthropological measurements to long distance swimmers in view of assessing the anthropological factors characterizing long distance swimmers in the Arab Republic of Egypt as a first practical study in the field of long distance swimming.

**Research Objectives :-**

- 1- Reckoning with some anthropological measurements for characterized long distance swimmers in the Arab Republic of Egypt.
- 2- Determining the simple practical build up of the anthropological measurements for long distance swimmers in the Arab Republic of Egypt

3- Realizing a set of characteristic anthropological measurements for long distance swimmers in the Arab Republic of Egypt.

**Research Assumptions:-**

- 1- There are indicative statistic assumptions in certain anthropological measurements between those characterized and those non characterized in long distance swimming in the Arab Republic of Egypt
- 2- There is available in the linked package what qualifies it for practical analysis
- 3- The residual factors may be represented by the saturated measurements on such factors according to pert's & Bank's formula

**Research Procedures:**

- The research student utilized the descriptive methodology to realize the research objectives and to ascertain its assumptions. The sample comprised (32) long distance swimmers participant in the long distance swimming championship organized by the Port Said region in December, 1991.

Two (2) swimmers were disqualified as handicapped and anthropological measurements were undertaken in the Egyptian Games Club - Port Said Branch at the race eve and the participants were divided according to regions and each region was allocated three assistants. The research student prepared the measuring devices used in the research from the

scientific laboratory at the Boy's Physical Education College in Cairo.

The research student undertook the measurements totalling to (51) in number including heights, breadths, circumferences, weights depths, fat layer thicknesses and corporal indications.

The statistical treatment was undertaken through the computer at Al-Ahram Newspaper A.M.A.C with the IBM - SPSS - system and the statistical operations comprised the arithmetical mean and the criterical deviation - the row of interlinkage factors and the practical analysis by the use of the basic components system of Hutling as well as the perpendicular estimation of factors

### Conclusions :

First : The number of factors deduced from the practical analysis are seven factors according to the determined conditions, namely :-

- 1- The heights factor
- 2- The fat thickness factor
- 3- The circumferences factor
- 4- The body weight factor
- 5- The external appearance factor.
- 6- The body indicative factor.
- 7- The depths factor.

Second :- The seven factors deduced from the practical analysis represent 30 measurements

- 1- The first factor : Is represented by the man's height, the thigh's length, the arm's length / the man's height. 2 the feet's length.
- 2- The Second Factor : Is represented by the thigh fat thickness; the arm's length / the stem's length, the stem index, the pelvic fat thickness, the waist circumference.
- 3- The third factor : Is represented by the normal chest circumference and the maximum chest circumference at inflation, and the maximum chest circumference at deflation, and waist circumference.
- 4- The fourth factor : Is represented by weight, height/ weight, the thigh circumference
- 5- The fifth factor : is represented by the palm length, the thigh circumference, the waist circumference, the palm breadth, the foot breadth, the head skull breadth.
- 6- The sixth Factor : Is represented by the thigh length / Aand length, the arm length/ the shoulder breadth the shoulders breadth, brook's factor.
- 7- The seventh factor : Is represented by the chest depth / chest's breadth chest's depth, pelvic depth.

#### **Recommendations :-**

In light of the results realized by the present study and with in the limits of the relevant measures, the research student recommends caution towards generalizing the results, as well as that be recommends the following :-

- 1- To use the measures reached by the study in the

anthropological assessment processes as well as directing prediction and swimming selection for long distance swimming in the Egyptian environment

2- To conduct another practical study to attain the second order factor in view of summarizing the factors and measurements which have been realized

3- Extension in practical analytical studies of anthropological measurements in order to practise the other water sports.