

الملحقات

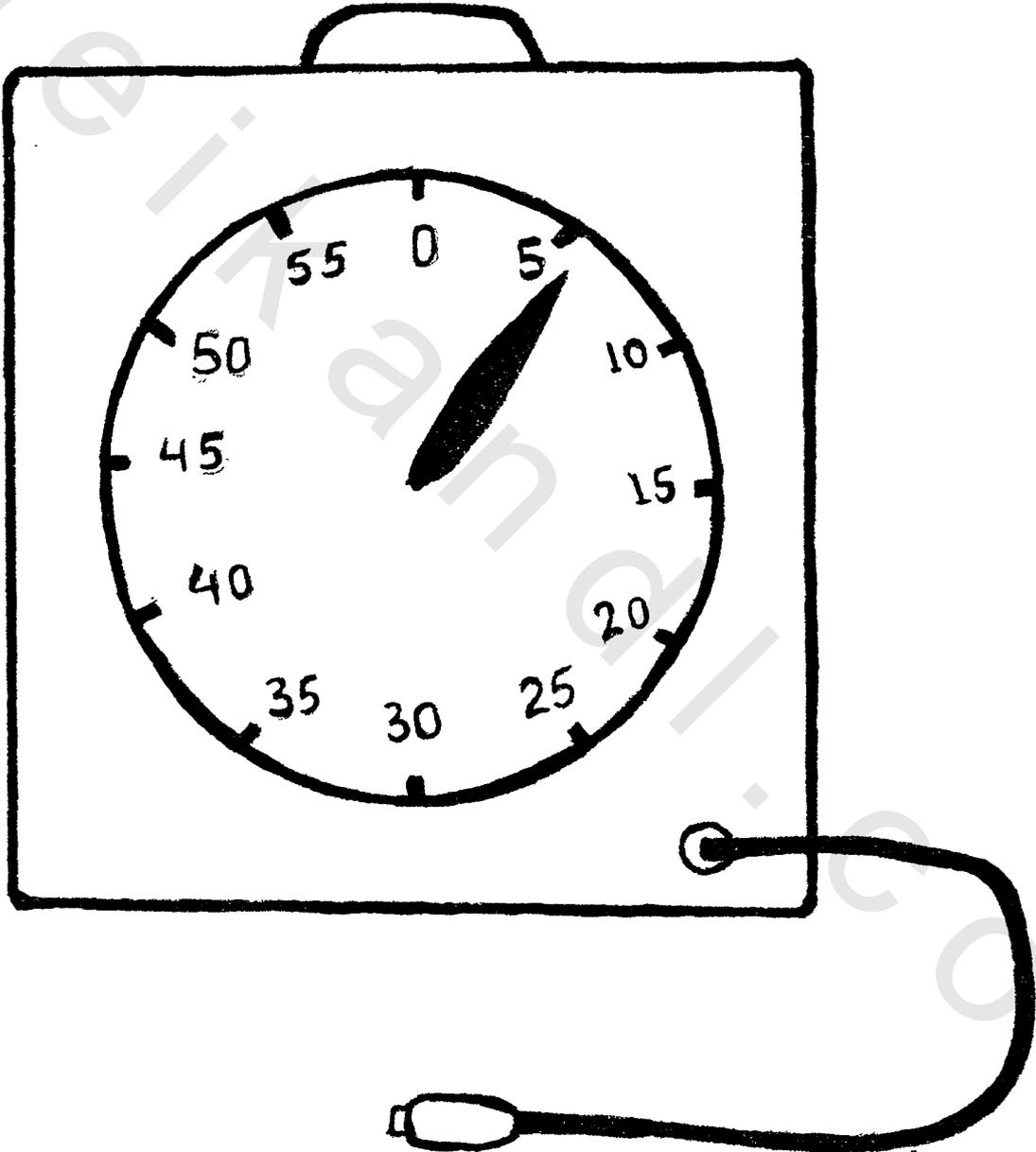
إختبار بردن ————— أنفيسوف المعدل بواسطة طه عبد الجواد (1971)

٢٤٩٧ ٦٩٤٢ ٥٨٢ ٦٤٢٧٩ ٢٧٤٩ ٢٤٩٦ ٢٨٥ ٦٢٤٧٩ ٦٤٩٢ ٢٩٤٧
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ملحق (٢)

Electro stop watch

ساعة إيقاف كهربائية



مقبض به أزرار للتحكم

سلك توصيل

في تشغيل وإيقاف الساعة

ملخص البحث باللغة الإنجليزية

**HELWAN UNIVERSITY
GIRLS FACULTY OF PHYSICAL EDUCATION
GEZIERA , CAIRO**

**EFFECT OF SPORT TRAINING ACTIVITIES ON SOME
PARAMETERS OF MENTAL CAPACITY, AND SOME
PHYSIOLOGICAL VARIABLES ON SPORT
SCHOOL GRILS AT THE PREPARATORY
STAGE**

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CAIRO

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RESEARCH SUMMARY

Effect of sport training activities on some parameters of mental capacity and physiological variables of sport school girls at the perpartory stage.

Introduction:

Today's man became a victim of his technical (technological) progress and history indicates the transformation of man-kind to home sedentaries, and it is very hard to stop the tendency to that kind of life (213/Willmor). Also, nowadays man performs mental effort in addition to the physical effort which he usually performs, the physical effort is so little if compared with the mental attention, functional performance of feeling analyses (Visual analyser-audio-analyser... etc). and the precision and speed of his reactions against different excitations strong and recreative thoughts, the basic content of man's activity became in general complexed and compound of mental activities whereas physical loads are playing less important role. One has to keep a high level of attention, feeling analyses activities and high mobility of neurological progress, whereas the physical activity effort which is necessary for balanced physical growth became insufficient with the modern life, and that can be treated by performing physical exercises within the daily life working program.

Sokhareu A.G. indicates that motor activity is the most important factor for man vital activities and it's increase or decrease leads to functional problems and illness, as the same amount and intensity of mental effort must be carefully watched to avoid over-tension conditions of the central nervous system and its different analyzing system. It is also know that performing continuous hard mental effort over several months may lead to relative weakness of power (Hypodynamia) and reduction of physical efficiency (Ali Gala El-Dien - 18)

Sokhareu adds that the critical studies suffers leakage of information about daily life programs especially those concerning school pupils and students and even those limited information contained in theoretical studies indicate the importance of designing suitable balanced programs containing both mental and physical activities over the whole school day.

Problem of the Study:

The educational system in Arab Republic of Egypt had recently faced great and important changes concerning the organization and contents of the educational operation indicated in an increase in the intensity and rhythm of studying requirements levels during different educational stages, especially the basic stages as Fatigue or tiring problems were indicated in a wide range among the pupils of those stages due to the high intensity of methodological and unmethodological educational mental loads on young pupils in addition to the high level of stability (Lo level of motorability in classrooms especially for girls over the whole school day).

The external symptoms of mental fatigue appear in low concentration and attention levels and sleeping tendency during the last classes of the daily time table which contains 6 classes per day over the rest three days in the preparatory stage. It is known that physical education class makes up 11% of the average biological requirements through physical exercises and it is advisable that the improvement of physical education class must not be limited to scientific and physical bases only, but there must be an increase in using other frames or methods to perform physical education over the whole school day and experts have to work to restore the pupil's eagerness for practicing physical exercises and sport activities and to provide pupils with the required guidance.

Thus from the above discussion, the researcher has studied the physical activities within educational and studying system and the importance of selecting subjects of studying and subjecting them to research in order to identify its different faces and how that relates to efficiency of mental capacity and general health of the preparatory stage female pupils and also studying some selected physical parameters.

Aim of the Study:

In order to identify the differences among some of mental capacity parameters presented in (attention concentration-exciting and mental fatigue) and some physiological variables presented in (lungs vital capacity-Back muscles maximum power-Back muscles contstatic endurance) for the sportive and non-sportive girls.

The Study Hypotheses:

- 1- Performing sport training activities during the school day has a positive effect on some mental capacity parameters for the sportive girls.
- 2- Performing sport training activities during the school day has a positive effect on some physiological variables for the sportive girls.

Methods of the Study:

The descriptive method was used as it suits the nature and aim of the study.

Sample of the Study:

The study sample is consisted of (50) preparatory stage female students all were in the 3rd class Hehia Center Area.

The sample girls were selected as follows:

24 girls taken from the sport school, while the other 26 girls were taken from a non-sport school named (El-Sayeda nafeessa Preparatory School).

Data Collection:

The Researcher has used the following instruments in her data collection:

- 1- Tall (person height) measuring set.
- 2- Weight measuring set. (to obtain body weight).
- 3- Aero spirometer set (portable) to determine the vital capacity.

- 4- An elector-stopwatch to determine the functional efficiency level.
- 5- Back dynamometer set to determine the muscular power and indurance of the back muscles.
- 6- bordon-Anphynoph numerical test for measuring concentration.

The Pilot Study:

The Researcher has made a pilot study on sample of ten female students not within the study sample for one week before applying the study method during March 1990 to March 1991.

Basic Study:

The basic study was carried out by taking measures assisting the aim of the research over the whole period of a complete school day (6 classes) with no physical education class at all as follows:

- 1- Before beginning of the school day
- 2- During the school day.
- 3- At the end of the school day (After the last class).

Conclusion:

- 1- Performing sport training activities during the school day has a positive effect on some physiological efficiency variables under study for the preparatory stage sportive girls.
- 2- Performing sport training activities during the school day has a positive effect on some mental capacity parameters under study for the preparatory stage sportive girls.

Recommendations:

- 1- It must be worked to increase the intensity of practicing physical exercises and sportive activities for young pupils, especially for the preparatory stage girls.
- 2- Care must be taken regarding balance between mental and physical efforts over the whole school day for young pupils, especially the preparatory stage girls.
- 3- It is necessary to make more studies in this field regarding its different sides for the stage under study now and the other educational stages because of the scientific, educational, and economical importance encountered.