



وزارة التعليم العالي والبحث العلمي

الجامعة المستنصرية

كلية التربية البدنية وعلوم الرياضة

استخدام تمرينات متنوعة بحبال مطاطية لتطوير بعض أشكال القوة والمتغيرات الوظيفية

وانجاز (١٠٠م) حرة للمعاقين فئة (S10)

رسالة قدمت

إلى مجلس كلية التربية البدنية وعلوم الرياضة – الجامعة المستنصرية
وهي جزء من متطلبات نيل شهادة الماجستير في التربية البدنية وعلوم

الرياضة

من قبل الطالب

أوس محمد عبد الحافظ

بإشراف

أ.د. فاضل كامل مذکور

٢٠١٧م

١٤٣٨هـ

Abstract

The thesis includes five sections:

Section One: introducing the research

Introduction of the study and its importance

This section includes the introduction about the study and its importance. The importance of the study lies in being a means aiming at putting various exercises with rubber rope for developing some of the physical and functional variables and achieving (100m) free style for 10s category athletes. The problem of the study lies in the little attention paid to the use of these 'rubber ropes' in exercises for the Iraqi swimmers which is reflected negatively on the stability of their achievement and their physical and functional levels.

Objectives of Study:

- 1- Knowing the effectiveness of rubber ropes exercises in developing some of the physical variables for the sample individuals.
- 2- Knowing the effectiveness of rubber ropes exercises in developing some of the functional variables for the sample individuals.
- 3- Knowing the effectiveness of rubber ropes exercises in developing achievement of 100 m freestyle swimming for the handicapped.

Hypotheses of Study:

- 1- There is no difference between the findings of two pre- and posttests in using rubber ropes exercises to develop some of the physical variables.
- 2- There is no difference between the findings of two pre- and posttests in using rubber ropes exercises to develop some of the functional variables.

3- There is no difference between pre- and posttests in using rubber rope exercises to develop some of the physical variables.

Section Two: Theoretical Studies and Similar Studies

This section includes the exercise and their importance and the rubber ropes, their benefits and uses. The Section includes some physical variables (explosive power, speed distinction power and the short duration endurance), functional variables (average of heart beats, oxygen saturation rate and lactic acid in blood).

It also included the tournament of freestyle swimming for the handicapped and also included ground training, and also the concept of swimming and physical incapability.

Section Three: The Methodology of Study and its Field Procedure

The training procedure used in the study by designing the one group for its suitability with the nature of study. the sample included athletes who represent Iraqi National Team in handicapped swimming category (10S) who are represented in the lower limb amputation and were chosen in the intentional methodology. In addition to that, a group of tests and making surveillance and making the tests and the experiments of the pretests were made. Also, a test for the maximum frequency on which the Experimental Procedure Design on which the Experimental Procedure Design and its intensity, frequency and the testing procedure and the processing of statistical means.

Section Four: The Display , Analysis discussion of Results

This section includes the display and discussion of findings through which the objectives and hypotheses were verified through displaying the results in tables. Section Four shows that there are significant differences

for the posttest and some non-significant in swimming (50m) to and (50m) fro. That indicates the effectiveness of the Procedure and the exercises used in rubber ropes with the significant variables and the validity of the results in the non-significant variables.



وزارة التعليم العالي والبحث العلمي

الجامعة المستنصرية

كلية التربية البدنية وعلوم الرياضة

**بناء مقياس لسلوك المخاطرة وعلاقته بالتعصب الرياضي لدى مشجعي كرة
القدم لبعض اندية الدوري الممتاز للموسم الكروي (٢٠١٥-٢٠١٦)**

رسالة مقدمة

إلى مجلس كلية التربية البدنية وعلوم الرياضة - الجامعة المستنصرية

وهي جزء من متطلبات نيل شهادة الماجستير في التربية البدنية وعلوم الرياضة

من قبل الطالب

باسم عودة لازم

بإشراف

أ.م.د. زينب حسن فليح الجبوري

Abstract

contained message on five doors:-guarantee door lies problem search in what attend this problem of destroy human for himself and other and importance theme intolerance and behavior risk it must studied with form scientific and steps main are finding scale flour to measure this concept, and lack of tool measure gym iraqi in this area measure this concept researcher stated that does build scale for behavior risk for association members mass for some clubs premier league with football in baghdad and learn relationship phenomenon intolerance and search aims to: 1-build scale for behavior risk football fans to season 1996-97 (2015-2016 2-identify level intolerance sports football fans to season 1996-97 (2015)-2016 3-identify relationship between intolerance sports and behavior risk football fans to season 1996-97 (2015)-2016 4-either impose search it was: 1-a relationship link function statistically between intolerance sports and behavior risk football fans to season 1996-97 (2015)-2016 2-included areas search:-1-domain human: sample of football fans to season 1996-97 (2015)-2016 2-domain spatial: courts clubs premier league with football in baghdad 3-domain Decade: duration of ((2016-2-2 until 2016-10-10)) . included door ii: studies theory special theme study also reviewed researcher some studies similar associated with theme study. either door third guarantee methodology research and clearance field. where use researcher curriculum descriptive method by Scan and relations Link Convenient nature problem search and goals and consisted community original search fans clubs class excellent season sports) 2015-2016 m (variation society search in prepared in each game and couldn't Census researcher and reached sample search (500) encouraging divided into four clubs.

Order to achieve first goal of study only and is building scale behavior risk follow researcher steps): identify areas scale and determine validity and relative importance for each area and determine paragraphs scale (and then identified paragraphs scale b (55) paragraph as he researcher work experience expeditionary scale for use as researcher scale intolerance sports after fao on some scales special intolerance and consequently, been using scale intolerance sports for (ahmed afm hussein abdul enhanced almiahy ٢٠١٣)) and to purpose knowing how validity paragraphs that have been used he researcher display scale on a group of experts to statement validity paragraphs scale agreed that all paragraphs scale valid, and consists of scale (50) paragraph. have identified alternatives answer runway scale (agree strongly agree – agree to-extent – refuse-refuse strongly) applied standards in each club chosen and use researcher means statistical by program statistical analysis the spss to extract results

Either door iv: guarantee display results and analysed and discussed where was displayed results global analysis and represented by factors initial before and after factors recycling recycling and explain where became areas scale risk five areas and

are 1-field confidence high and ensure (9) paragraphs. 2-field will power and ensure (8) paragraphs. 3-field enjoy in performance (7) paragraphs. 4-field jar and ensure (7) paragraphs. 5-field control and ensure (7) paragraphs 0 thus consisted scale with finalized (38) paragraph and higher value to scale (190) less value (38) also featured relationship link function statistically between behavior risk level intolerance sports have sample search and then been discuss results.

Either door v it ensures conclusions and recommendations it through what egypt search results concluded researcher following mention them: 1-was reached build scale for behavior risk for association members fans to some clubs premier league with football in baghdad 2-based on results analysis global been extract (5) factors scale behavior risk football fans to season 1996-97 (2015)-2016 in light conclusions that appeared recommend researcher some recommendations mention them:-1-use study results in know relationship between behavior risk and number of other variables like – concern – security psychological – mental health – aggressive. 2-activate role media forms all to reduce phenomenon intolerance sports because it represents one tools that contribute to increase individually intolerance sports between masses including offer of programs, and articles excite including spirit intolerance, and Ignite.



وزارة التعليم العالي والبحث العلمي

الجامعة المستنصرية

كلية التربية البدنية وعلوم الرياضة

تأثير منهج تعليمي في القدرات الحركية والبدنية والوظيفية وتعلم

مهارات الريشة الطائرة للبنات بأعمار (١٠-١١) سنة

رسالة تقدمت بها

تمارة صباح كروك

الى مجلس كلية التربية البدنية وعلوم الرياضة – الجامعة المستنصرية

وهي جزء من متطلبات نيل شهادة الماجستير في التربية البدنية وعلوم

الرياضة

إشراف

أ.د. فاضل كامل مذکور

٢٠١٧م

١٤٣٨هـ

The research introduction and its importance :

This section includes the research introduction and its importance . The importance to this research is that it is one of the methods that aim to make proposed teaching curriculums in learn Badminton and physical and functional indicators for girls in ages (10 – 11) . The research problem is that there is on enough concern to prepare female girls in younger ages . Badminton lacks sport base in general and female base specially as this game does not take its natural position . Also it was little play by girls specially in (10 – 11) years ages . It does not take wide rung in the society .

The Research Objectives :

- 1- Recognize the effectiveness of teaching curriculum in a quire and keep badminton skills .
- 2- Recognize the differences between pre – tests and post – tests in developing physical indications in girls .
- 3- Recognize the differences between pre – tests and post – tests in developing functional indicators in girls .

The Research Hypothesis :

- 1- There are significant differences in use teaching curriculum in a quire some Badminton skills .
- 2- There are significant differences in use teaching curriculum in keeping some skills of Badminton .
- 3- There are significant differences in developing physical indicators in girls .
- 4- There are significant differences in developing functional indicators in girls .

Also , group of skillful , physical and functional tests were chosen . Also experiment and pre – tests and post – tests , identification units ,

skills pre – tests . Teaching curriculum was designed . Making keeping pre – tests and post – tests and treat statistical methods .

In the light of the results reached by the researcher through field experiment and by use suitable statistical method the following results was reached :

- 1- The sample shows clear learning in some Badminton basic skills in (10 – 11) years ages .
- 2- Development of physical abilities helps greatly in learning some basic skills in Badminton in fifth class in (10 – 11) years .
- 3- Development of some functional indicators contribute greatly in learning some basic skills in Badminton in fifth class in (10 – 11) years .
- 4- Fifth class student this age has learn the any skill or ability as this age has the ability of fast learning and suitable adapting that any skill needs .

In the light of the research conclusion the research make the following recommendations :

- 1- Make more researches in other physical functional and psychological variables based on the results of previous studies as they are result of great effort that benefit in Badminton .
- 2- Benefit from these works from ages (9 – 12) years when choosing a sample suitable for different subjects because of the development and grow occurred in this stage .
- 3- Emphasize on primary schools by enroll this game in education curriculum to teach its basics as its enjoyable and easy to learn .
- 4- Make more researchers various subjects to all primary late years to make benefit in all Badminton skills .



وزارة التعليم العالي والبحث العلمي
الجامعة المستنصرية
كلية التربية البدنية وعلوم الرياضة
وحدة الدراسات العليا

دور القيادات الإدارية في إدارة أزمة الطلبة النازحين وعلاقتها بالأداء الإداري لكليات التربية البدنية وعلوم الرياضة في بعض جامعات العراق

رسالة مقدمة الى

مجلس كلية التربية البدنية وعلوم الرياضة – الجامعة المستنصرية وهي جزء من متطلبات نيل
شهادة الماجستير في التربية البدنية وعلوم الرياضة

من قبل الطالبة

حنان ناظم محمد نوري

بإشراف

الأستاذ الدكتور ماهر محمد عواد العامري

Abstract

The message included five sections: States that are exposed to wars and natural disasters to several crises lies bear on the Governments and peoples of those States and adversely affect the lives of all society and changing some weights that existed before the war or disaster, and what Iraq is currently facing a State of war against terrorism caused major displacement of hundreds of thousands of families towards other areas far from homes that were in it, and that's why a lot of demographic changes to those areas and those displaced almznzoh families. The Administration is the basis on which the institutions towards achieving their goals and reach the insanity of that institution and that it takes people with scientific and administrative status and high leadership without whom nothing can be achieved as representing that institution's motor nerve or mind even Director enterprise access to a place that should be on it and therefore the leadership must be headed that institution with high expertise in administrative matters in order not to adversely affect the results of enterprise progress. And from here emerged the importance of studying the crisis faced by college students displaced from their provinces and particularly students of the faculties of physical education and sports science and leadership role in the management of this crisis and its relation to management performance level as the Faculty of physical education and sports science. **the purpose of this study** is to: build a measure of administrative leadership in managing a crisis, students learn leadership role in managing a crisis, students learn about performance management from the point of view of the employees, finding the relationship between administrative leadership and management performance, **Chapter two** is showing threads associated with scientific research and source support as well as a number of similar studies and compare it with the current study, the researcher used the descriptive method of relational relations so as to fit it to the nature of the problem, the sample was determined by current research and research community leaders, administrators and lecturers in colleges of physical education and sports science's total(105),The researcher used a Package of statistics (SPSS) statistical package to extract the search results, the researcher presented in part four search results and represented by tables, charts, and in the light of these findings the researcher found a set of conclusions and recommendations and the main conclusions were as follows: the level of managerial leadership for deans and faculties of physical education and sports science departments and their staff and the heads of the branches within the middle level, the results showed a positive measure results in a measure of administrative leaders in displacement crisis management which enables the concerned commanders to absorb and contain crisis, The level of crisis

management for students displaced by colleges and departments of physical education and sports science within the middle level, the main recommendations: to colleges and departments of physical education and sports science requires them to engage their leaders in management leadership courses, programs and future plans for managing such a crisis, involving special courses colleges leadership crises in terms of how to handle and minimize risks.



وزارة التعليم العالي والبحث العلمي
الجامعة المستنصرية
كلية التربية البدنية وعلوم الرياضة
الدراسات العليا

تأثير تمارينات خاصة على بعض المتغيرات البايوكينماتيكية وانجاز ١٠٠م حواجز للطالبات

رسالة مقدمة

إلى مجلس كلية التربية البدنية وعلوم الرياضة / الجامعة المستنصرية،
وهو جزء من متطلبات نيل شهادة الماجستير في كلية التربية البدنية
وعلوم الرياضة

من قبل

دعاء احمد هادي

أشرف

الاستاذ الدكتور عباس فاضل جابر

Effect of special exercises on some biochemical variables and achievement of 100 m hurdles for female students.

Experimental research on a sample of students of the fourth stage in the Faculty of Physical Education and Sports Sciences / University of Baghdad - Jadriya.

Researcher: Doaa Ahmed Hadi Supervisors: Abbas Fadhil

The letter included five sections:

Part One: Definition of research

Introduction and Importance of Research:

The most important feature of our time is the scientific development and the great change that has occurred in the fields of life and the emergence of the results of modern scientific inventions that have brought about great changes in our modern life. And this information spread to different branches and areas, which made us to cope with this expansion and Nisirh and live with it. The training process has taken a prominent place among the priorities of this development as a comprehensive process. Therefore, the current period is witnessing serious attempts to develop training for the purpose of improving the level of performance, so we should look for the best ways and methods and use the latest means that can be used in training to keep pace with this progress. Hence the importance of research in the use of exercise aids to raise the center of gravity of the body to develop the crossing of the barrier.

Biomechanical indicators are among the most important indicators on which to evaluate performance

The effect of many of the obstacles to achievement and correct the path of good performance, so the performance loading contributes to the drawing of sound motor paths. The influence of a center of gravity is one of the scientific indicators that are of great importance that the training process becomes more efficient when the trainer can use the training tools properly and real employment.

Hence the importance of research in the use of exercises for the development of biochemical indicators.

1.2 Research Problem:

The effectiveness of running 100 m hurdles for students precisely defined the motor paths of the precise parts of the body, especially the angles that are at the moment of traversal in the technical performance of these age groups where the researcher noted the need to use special exercises and appropriate for the performance of the technical analysis of movements through the analysis of the movement where the detection of reservoirs Weakness in performance and from this we give an idea why the selection of exercises that can help to improve the step of crossing the barrier has been selected different stages of the race to serve achievement and achieve economic performance in accordance with special exercises prepared and observation of the impact of these exercises In the process of passing and thus their impact on achievement.

1.3 Research Objectives:

1 - Preparation of special exercises to develop performance according to some biomechanical indicators and the achievement of 100 m hurdles for female students in the sample of the research.

1- Identifying the effect of exercise especially to improve performance according to some biomechanical indicators and achievement of 100 m hurdles for female students in the research sample.

2- Identifying the differences between the physical and biomechanical research variables and the achievement of 100 barriers for the students in both groups (control - experimental) in the members of the research sample.

le.

4-Assuming the research:

1 - There are differences of statistical significance between the level of achievement of the control groups and experimental and for the benefit of the experimental group.

2 - There are statistically significant differences between the post - post tests of the two groups (experimental - control) in the search variables of the members of the research sample.

1-5 Research Areas:

1.5.1 Human Field: Students of the fourth stage in the Faculty of Physical Education and Sports Sciences / University of Baghdad

1.5.2 Time domain: from 29/11/2015 to 1/2/2016

1-5-3 Sphere: Baghdad University Stadium / Jadriya

The second section includes theoretical studies and similar studies. The third part included the research methodology and field procedures. The researcher used a pilot curriculum for the sample of 40 students out of (68) female students in the fourth stage in the College of Physical Education and Sports Sciences / Janha Baghdad. The experiment was conducted to identify the obstacles facing the researcher and determine the number of cameras and the height of each Camra and conducted tests On 6-7 / 12/2015 and the training curriculum was formulated for eight weeks

The fourth section included the presentation, discussion and analysis of physical tests and biochemical changes and achievement.

The fifth section included conclusions and recommendations.

CONCLUSIONS:

1 - The training exercises prepared led to an improvement in the time of the step crossing the barrier where these exercises lead to the development of some physical abilities and thus the development of achievement.

2 - Biochemical variables have had a significant impact in improving the completion time and improving the level of performance technique.

3 - The exercises in the training units have greatly affected the time of the step by crossing the barriers, which imposed on the students performance according to the motorways of the barriers.

4 - This development led to integration in terms of physical biochemical changes and the achievement of 100 m barriers for students.

Recommendations

1. The need to adopt the stomach exercises according to the evolution that occurred in

the variables in the training of age groups to develop the biochemical variables of effectiveness.

2. It is very important that the biomechanical aspects be adopted in the training of such events according to the kinetic pathways of performance.

3. It is necessary to follow the development of the elements of the special physical relationship such as explosive power and speed characteristic.

4. Emphasize that the physical training and development of the technical aspects are based on the required mechanical requirements that achieve this and with the least effort on the athlete.



وزارة التعليم العالي وا لبحث العلمي
الجامعة المستنصرية
كلية التربية البدنية وعلوم الرياضية

بناء مقياسي الصلابة العقلية ومستوى الطموح للاعبي أندية العراق لركضة الضاحية (٨ كم) فئة الشباب

رساله تقدمت بها الطالبة

رنا خالد محمد حسين

إلى كلية التربية البدنية وعلوم الرياضة - الجامعة المستنصرية
وهي جزء من متطلبات نيل شهادة الماجستير في التربية البدنية وعلوم الرياضة

بإشراف

أ.م.د زينب حسن فليح الجبوري

٢٠١٧م

١٤٣٧ هـ

ABSTRACT

The thesis contains five chapters as follows;

Chapter I, include the introduction of research and its importance.

The problem of the research was to find accurate scale to measure the concept of mental toughness and level of ambition, for lack of an Iraqi mathematical measurement tool in this area measuring these two variables at Iraq institutions and clubs players for cross country running (8 km youth category)

Research aims to:-

- Build a measure of mental toughness of the players clubs Iraq for cross country running (8 km youth category).
- Build a measure of the level of ambition of the players clubs Iraq for cross country running (8 km youth category) .

Research areas composed of:-

Temporal domain; The period from : 9 /11/ 2015 to 5/10/ 2016.

Spatial domain:-College of Physical Education and Sport Sciences in Jadiriyah. some sport clubs that participated in country running (8) km, Baghdad international air port road.

Human field:-players participating in clubs and Iraq institutions championship of cross country running (8 km youth category)their number is (90) players.

The researcher addressed in chapter two a set of theoretical studies related to the matter of research such as (mental toughness ,its concept and some theories, concept of ambition level, level of ambition theories, factors affecting on the ambition level.)) This chapter also included a

number of similar studies and the similarities and differences between them and the recent study.

In chapter three the researcher used descriptive method with survey style to be suitable to the nature of the problem as well as the description of the research community and its sample.

The researcher making procedures to erect mental toughness scale building measures and ambitious scale.

Based on experts opinions have been maintaining on the components of suggested mental toughness scale, which got a percentage of agreement (75%) and s more and choosing (5) components (challenge ,control, willpower, self-confidence motivity) In order to get articles for mental thoughtness scale and its five components , the researcher first prepared an exploratory questionnaire (open) sample of (16) players outside the sample after extracting the scientific foundations of the scale and researcher began to apply the measure on the sample of research (192) players,

The researcher as well as making procedures to build ambition scale after identifying areas and based on Arabic and foreign studies relate to the topic and have been put clauses of the scale in its initial image .



وزارة التعليم العالي والبحث العلمي

الجامعة المستنصرية

كلية التربية البدنية وعلوم الرياضة

تأثير منهج وفق الأنماط الحيوية والسيادة النصف هزية لتطوير بعض المهارات الهجومية والدفاعية للاعبين المبارزة بسلاح الشيش

رسالة ماجستير مقدمة من قبل الطالبة

ريم محمد عبد الوهاب

إلى مجلس كلية التربية البدنية – الجامعة المستنصرية وهي جزء من متطلبات نيل

درجة الماجستير في التربية البدنية وعلوم الرياضة

إشراف

الاستاذ الدكتور نصير صفاء محمد علي

Abstract

It included research on the five chapters:

The study aimed to: identify critical patterns daily players Iraqi Fencing Federation weapon Heh- youth, recognize the sovereignty half cerebral players Iraqi Fencing Federation weapon Heh- youth, preparing a training curriculum in accordance with the vital daily patterns and sovereignty half cerebral players Iraqi Fencing Federation weapon Blinds - young people, to identify the impact of the training curriculum according vital patterns and sovereignty half cerebral some fencing epee weapon skills of the players of the Iraqi Fencing Federation weapon Heh- youth And used a researcher experimental method in a manner equal groups since consisted research community of players fencer in the Iraqi Fencing Federation youth were selected the research sample after the distribution of forms for the daily pattern and sovereignty cerebral half measures, and the number of sample search main (16) were divided into four groups, two groups were according to the pattern of cerebral and sovereignty and to two different pattern and sovereignty half cerebral, as well as an identification experiment (4) players have been excluded from the main group, It was applied the curriculum for a month and a half and by (18) and a training unit and by (3) units per week and began to apply the curriculum On 3/13/2016 and lasted for a month and a half, were carried out a posteriori tests on groups of four Search On 04/24/2016, it was extracted statistical Allosai by the statistical program (spss), and then the presentation and analysis of the results in tables and forms in Part IV and then discussed, and through the results have been reached a few conclusions and recommendations mention the most important: Conclusions: The method used a positive impact on the development of offensive and defensive skills between pre and post tests among groups to search all, was characterized training curriculum applied on according to the daily pattern and sovereignty half cerebral positive on the results of the offensive and defensive skills among a sample search for compatible sets with style, sovereignty and training time in the pre and post test and for the post-test, , The curriculum training applicable to groups, unlike the daily pattern and sovereignty half cerebral them has made progress in the results of groups of offensive and defensive skills in the pretest and posttest and in favor of the post test, that the rate of evolution in both groups, which were Taatderban according style and sovereignty half Brain has evolved by more than reached by the two groups Tdrepetta style and the rule of cerebral opposite pattern of daily and sovereignty cerebrovascular



وزارة التعليم العالي والبحث العلمي
الجامعة المستنصرية
كلية التربية البدنية وعلوم الرياضة
وحدة الدراسات العليا/ الماجستير

تأثير تنظيم محتوى تعليمي للقسم الرئيس بالدرس في تعلم بعض مهارات كرة القدم وأستثمار وقت الدرس

رسالة مقدمة الى

مجلس كلية التربية البدنية وعلوم الرياضة - الجامعة المستنصرية
وهي جزء من متطلبات نيل شهادة الماجستير في التربية البدنية وعلوم الريا
ضة

من قبل

سامر محمد حبيني

إشراف

أ.د وليد وعد الله علي الشريف

Abstract

"The effect of Organizing a teaching content for the main section of the lesson at teaching some football skills and investment the time of the lesson"

The Supervised

Prof .Dr. Waleed.W. Ali

The Researcher

by

Samir.M. Hubeny

The research involves five chapters are :

The aims of this research are :

1-The impact of the organization of educational content for the section of President lesson in learning some football skills on the second row average students.

2-significance of differences between the of the organization of educational content for the section of President lesson and style Regular learn some football skills in second grade average students.

3-significance of differences between the two sets of experimental and control research at investment learning lesson time to learn some football skills.

The fundamentals of the research are :

1-There are no significant differences between the results of two tests of tribal differences and posttest for the two sets of research (experimental and control) in learning some of the skills of football..

2-No differences were significant in the posttest between the two sets of research (experimental and control) to learn some skills of soccer.

3-There were no significant differences between the two sets of moral research experimental and control investment in learning the lesson time to learn some football skills.

"Chapter Two"

While the second second chapter includes the theoretical studies which connected .

"Chapter Three"

We use the experimental curriculum for the research , the students are about (98) from the second intermediate at Adan intermediate school for boys from Missan province / Al-Majir Al-Kabeer (2016-2015) , they are

collected from (3) sections (a , b , c) while the sample of the research has a random choice for (b and c) which contain (63) students, and performed the homogenization and equivalence between the two sets of search variables that may have an impact on the search results. Confined researcher on the implementation of educational units and after the completion of which has been holding the post test. Finally, use the appropriate statistical methods to achieve the objectives of the research.

" Chapter Four"

It includes a presentation and analysis to the results by using many scheduals.

"Chapter Five"

-The researcher has concluded that:-

- 1.Excellent students at the experimental group come over the organized group during the process of teaching them some football game skills.
2. Excellent students from the experimental grupe have done better than the organized group at the investment of time by practicing at a specific time of the academic learning.

-The researcher has concluded to some recommodations:-

1. The necessity of using to organize a content and allegation the teaching and applicative section of the lesson at teaching some football game skills.

وزارة التعليم العالي والبحث العلمي
الجامعة المستنصرية
كلية التربية البدنية وعلوم الرياضة
قسم الدراسات العليا

تأثير تدريبات باستخدام جهاز مقترح لتطوير القوة السريعة وبعض المتغيرات البايوميكانيكية وإنجاز فعالية رمي الرمح للشباب

رسالة تقدم بها

سلمان داود طعيمة الخفاجي

إلى مجلس كلية التربية البدنية وعلوم الرياضة - الجامعة المستنصرية وهي جزء من متطلبات نيل
شهادة الماجستير في التربية البدنية وعلوم الرياضة

بإشراف الأستاذ الدكتور

عامر فاخر شغاتي الغراوي

٢٠١٧م

١٤٣٨هـ

Abstract

The message included a five chapters:

The first chapter on the front and the importance of research included where they were addressed to the continued interest the higher levels, including in the field of sports and to the importance of hardware and aids in athletic training to become the most important part of the training in terms of direct high impact on achievement in the rapid force variable and the importance biomechanical variables to be launched in the effectiveness throw spear, and that the research problem centered in how training on clouds and payment mechanism in achieving the feat and the study sought to prepare training device according to the designer, significance and according to these physical variables biomechanical in training

research goals :

- 1 .The proposed device is designed according to (the drag-and-payment) in the development phase of strengths of the research sample.
2. Prepare clouds training and pay for the development of power using the device for the rapid development of power and some biomechanical variables and achievement among a sample search individuals.
3. identify the impact of cloud training and pay for the development of strength by the proposed device in the rapid development of power and some biomechanical variables and achievement among a sample search individuals.
4. identify the differences between the search physical and bio-mechanics variables (control group - experimental) the research sample.

Research hypotheses:

- 1 .There are significant differences between pretest and posttest differences of the two groups (experimental and control) in research variables among the research sample.
2. There are significant differences between the tests posttest - posttest for both groups (experimental - control) in research variables among the research sample.

The second subject includes theoretical studies and similar studies contained this section on two touched first axis to the concept of sports training and the importance of assistive devices in the training of motor skills and sports as well as physical attributes, as well as variables and

foundations biomechanical a javelin thrower, performance and stage art to throw the javelin. The second axis contains the previous studies.

The content of the third chapter is the research methodology and field procedures researcher used the experimental method for suitability to the nature of the research problem as sample consisted search (8) athletes were selected purposively were divided into two groups each group (4) athletes and give each athlete six attempts, and the researcher conducting homogeneity for members of the research sample, and then how to conduct research steps in the design of the device and after the researcher experiences reconnaissance and conducting tribal tests, were tested in the court of Scout Jamboree in Maysan it was applied training curriculum, has included training curriculum on (20) training module for ten weeks at the rate of two units training workouts a week and was on the machine designer, researcher has used the means and tools to gather information as well as the use of computers and to some software for analysis and motor including a program (Kinovea), researcher has used some appropriate statistical laws of the search .

The fourth quarter contained Showing results analyzed and discussed have been in this section extraction results search after completing statistical treatments through statistical Pouch (SPSS) and then display the results in tables and analyzed, and discussed those results to the scientific method, relying on scientific sources.

Through the above presentation of the results and the analysis and discussion of these results researcher reached the following conclusions:

1. The training curriculum using the auxiliary device may impact on the completion of young shooters, and flinging variables (physical, biomechanical), (rapid force, angle attachment, cruising speed, launch angle, angular velocity, high starting point) and a clear impact.
2. The training curriculum without the use of auxiliary device may impact on the completion of young shooters, and flinging variables (physical, biomechanical), (cruising speed, quick power) and significant impact.
3. The method of training using auxiliary device preference in influencing the completion of young shooters, and flinging variables (biomechanical, physical), (feat, cruising speed, launch angle, high starting point, annex angle, angular velocity, rapid force).
4. Significant differences were statistically significant differences in research variables among the research sample sets appeared (control, experimental) and in favor of the experimental group.

وزارة التعليم العالي والبحث العلمي
الجامعة المستنصرية
كلية التربية البدنية وعلوم الرياضة



المنافسة الرياضية وعلاقتها في الاعراض النفس – جسمية وبعض المؤشرات الوظيفية للرياضيين المعاقين حركياً في محافظة واسط

رسالة مقدمة من قبل الطالبة

(سوزان محمد جواد عبد الكاظم)

إلى مجلس كلية التربية البدنية وعلوم الرياضة – الجامعة

المستنصرية

وهي جزء من متطلبات نيل شهادة الماجستير

في التربية البدنية وعلوم الرياضة

الإشراف

أ.د فاضل كامل مذکور

Abstract

A search on the five chapters:

Contained the first chapter on the front of research and its importance which are included in sporting achievement and achieve championships for athletes with disabilities is based to the important factors the most prominent is the disclosure of some of the symptoms of psychosomatic affecting athletic performance and to achieve the feat, emanating from the impact of climate and the state of sports competition for players.

The problem of the research included the psychological state of the players a strong correlation functional organs of the body, which lead to negative symptoms and poor performance, and psychological factors behind these diverse symptoms include psychological conflicts and frustrations and anxiety, and stress the continuing through knowledge of the researcher and arousal emotional, you know most of the problems faced by people with special needs, and her meetings personal, whether with players or coaches and the lack of the existence of standards in this area through which knowledge of the situation, which could be up to it disabled and the pressures faced by whether it is in training or competition as the neglect of these symptoms rests athlete with a disability and thus affect the level in the game.

:The study aimed to

- Prepare a measure of the symptoms of self-physical for the physically disabled.
- Understand the differences of the symptoms of self - physical and some functional indicators for physically disabled athletes in Wasit province before athletic competition and beyond.
- Understand the differences (chronological age and the training and the degree of disability) between the physically disabled athletes in Wasit province.
 - Understand the differences between the sporting events for athletes physically disabled in Wasit province.
- Understand the correlation relationship between the scale and the research variables

It was the second door addressed to theoretical studies and the like on the subject of the study and researcher used the descriptive style of the survey, and consisted of the research community of athletes physically disabled in the provinces of Baghdad, Wasit's (320), sample consisted numbers measure of clubs Baghdad province, because the sample in Wasit not enough to prepare symptoms psychosomatic for the physically disabled scale, either sample application was in Wasit province, the research sample guestrooms researcher chose (291) disabled physically from the research community, the sample included some collective and individual games are (basketball, volleyball, Albotha, tennis, archery, shooting, games track and field), distributed on the special needs clubs in Wasit.

And the researcher, and in conjunction with Mr. supervisor choose the number of functional indicators that have linked psychological indicators that results in symptoms of psychosomatic for athletes with disabilities kinetic them to show to scientists and researchers in the areas of physical education, as well as the researcher in the preparation of symptoms scale psychosomatic for athletes physically disabled and do several exploratory experiments were by processing the results of the statistical program (spss). It was present and analyze the results in Part IV and then discussed, and in the light of the results came out the researcher several conclusions, namely:

1. The first age group (younger than chronologically) and (younger than training) with high self-somatic symptoms than other age groups.
- 2-somatic symptoms of self-rising after the competition in the post-test compared to the upside ahead of the competition in the pre-test.
3. The physical symptoms among the most self-effort and less games rise time.
4. that there is a correlation between the moral high functional indicators, a measure of psychological symptoms physical before athletic competition and beyond.
5. The symptoms of self-physical and functional indicators found at the players before the pre-test at a higher rate than the middle premise of the scale, this means that they actually exist among the players as a result of the pressures experienced by the players before the test but rose have in the course of the competition, and that's what him post test.

6. The physical symptoms of self-rested the handicap acquired by a larger category.
7. The hormones used by which to stand on a large number of psychological wider physical athletes.



وزارة التعليم العالي والبحث العلمي
الجامعة المستنصرية
كلية التربية البدنية وعلوم الرياضة
قسم الدراسات العليا

تصميم جهاز على وفق تمرينات مقتردة في تأهيل إصابة الرباط الصليبي الأمامي

رسالة مقدمة إلى

مجلس كلية التربية البدنية وعلوم الرياضة - الجامعة المستنصرية وهي جزء من
متطلبات نيل درجة الماجستير في التربية البدنية وعلوم الرياضة

من لدن الطالب

هاكر سريح كيلان السامعي

إشراف

الأستاذ الدكتور حسن هادي عطية الهلالي

Abstract

The first Door:

١-١ definition search

Part I contains the Introduction and the importance of research, which were represented by definition injury cut link anterior cruciate and that this injury is the most common injury among other sports injuries, the injury in the anterior cruciate ligament and spoke of the knee joint, lies the importance of research in the rehabilitation of injured and speedy recovery and try to reduce the recurrence of the injury again and return to resume their work again.

٢-١ research problem

The problem with the lack of research in the use of special devices in the rehabilitation of injured anterior cruciate ligament in all stages rehabilitation as complete pieces of the cruciate ligament injury requires the use of modern methods of rehabilitation and dealing with it and those methods are education through the use of a special device.

So it felt a researcher to invent a special device

٣-١ Research objectives:

A search on three objectives:

١.٣.١ design and manufacture of machine is used for the rehabilitation of injured cutting anterior cruciate ligament of the knee joint.

١.٣.٢ identify the impact of the proposed rehabilitation exercises using the proposed device on the range of motion of the knee joint.

٤-١ presumably Search:

A search on Frdan namely:

١.٤.١ There are women with statistically significant differences between pre and post tests and in favor of the post test results measuring the range of motion of the knee joint using the proposed device.

١.٤.٢ There are women with statistically significant differences between pre and post tests and in favor of the post test results measuring the range of motion of the knee joint using the proposed rehabilitation exercises

٥ Areas of research- :

١.٥.١ human sphere: a representative sample group of infected cut the anterior cruciate ligament and totaling 8 injured.

١.٥.٢ temporal sphere: Duration of 14/02/2016 to 19/07/2016.

١.٥.٣ spatial field: Directorate of Sports Medicine and Physical Therapy

Part II: theoretical studies and previous studies:

This section included a detailed description of the knee joint of the anatomical and kinetic term natural to him, as well as the muscles working it, and the concept of sports rehabilitation, and explain the benefits of rehabilitation and types of rehabilitation exercises as well as the definition of injury and the causes of injury.

Part III: research methodology and field procedures

The researcher used the experimental method to organize with pre and post tests per group, and prior to the tests and measurements researcher conducted a homogeneous and Tkavooua for research sample of patients in the study variables (quality of injury) Omaóó on the side of data collection use researcher tribal measurements of the extent of the motor of the knee joint (D-knee joint and bend the knee joint) using Alginmoatr device.

Part IV: Results analyzed and discussed:

It included a set of statistical tables are discussed scientifically, depending on the display, analysis, and based on Arab and foreign sources, as well as previous studies. Through this discussion and analysis is verified objectives of the research are correct hypothesis

Part V: Conclusions and recommendations:

The researcher found to a number of conclusions and recommendations, including the effectiveness of the proposed device exercises proposed rehabilitation to contribute to the improved range of motion joint angles knee, and in the light of the conclusions reached by the researcher recommends using the proposed device rehabilitative exercises proposed in the rehabilitation of injured cutting the anterior cruciate ligament.



وزارة التعليم العالي والبحث العلمي
الجامعة المستنصرية
كلية التربية البدنية وعلوم الرياضة
الدراسات العليا

(تأثير أسلوب TAPERING في خفض حمل التدريب قبل المنافسة ببعض المتغيرات البدنية والفسولوجية لعدائي ركض الضاحية (١٢ كم))

رسالة مقدمة إلى

مجلس كلية التربية البدنية وعلوم الرياضة - الجامعة المستنصرية
وهي جزء من متطلبات نيل شهادة الماجستير في التربية البدنية وعلوم الرياضة

من قبل الطالب

علي حسين علي فرج الله

بإشراف

أ. د. فائزة عبد الجبار أحمد

٢٠١٧م

١٤٣٨هـ

Abstract

(Effect the tapering manner in reducing the training load of some physical and physiological variables for the runners of running the suburb (12 km))

The study contained five chapters

The first part included the introduction and the importance of research which dealt with some physical and physiological requirements of the running of the suburb and try to develop these requirements through the preparation of a training manner in reducing the load of training before the competition by (Tapering manner) which suitable for the nature and specifications of the effectiveness of running the suburb (12 km) The research problem focused on can't defining the appropriate method for the pre-competition phase of the trainers for the effectiveness of the running of the suburb (12 km). Therefore, the researcher suggested using a pre-competition training method in the (Tapering manner) **Exponential Taper (Fast Decay)** and shown its effect on performance in terms of physical and physiological variables in the runners of the runway (12 km)

The aim of the study was to develop the Tapering method in reducing the training load of the running the suburb (12 km) and to identify the effect of the training method in the development of some physiological, physiological and achievement variables in the runners of the runway (12 km) Physiology and achievement of the control and experimental group.

The research hypotheses included : There are statistically significant differences in some physical, physiological, and achievement variables in the runners (12 km) between the two groups (experimental and control). In the pre-post tests, there are statistically significant differences in some physical and physiological variables, (12 km), between the two groups (experimental and control) in the post-post-test, and finally there are differences of statistical significance in some physical and physiological variables, and achievement in the runner runner (12 km) between the two groups (experimental and control) examination of rate of developing, , And this section includes the areas of research, the temporal domain was for the period from 26/11/2015 to 5/10/2016, and the spatial area that was determined in the stadium Scout camp in Maysan and the Maysan Olympic Stadium, as well as the human field of the runners ran the suburb

(12) This section also includes the definition of terms as they were not previously mentioned in the research

Where the second part contained on theoretical studies, which included training load, its concept and its components as well as the manner of (Tapering) concept, principles and types, as well as physical capacities strength endurance and speed endurance, physiological indicators, which included (heart rate, oxygen saturation, VO₂max, anaerobic capacity), the activity ran the suburb technical and physical requirements, and contained this chapter on similar studies and discussed.

Contained third part on research methodology, as the researcher used the experimental method with design of groups control and experimental with both tests before - after for both groups, The researcher described the research sample, which included the runners ran a suburb 12 km of the applicants, and the researcher has divided the sample into two groups officer equal and experimental way random, the number of members of each group is (3) runners after the researcher conducted homogeneity necessary and parity between the two sets of sample, This section also includes the means of collecting information such as observation, interviews, questionnaire and tests. The researcher worked on honesty, consistency and objectivity for all his research tests. This section also included the tools and tools. This section also included the steps of conducting the field research such as the exploratory experiment conducted on (3) Of the runner ran the suburb and were excluded from the main experiment, and tribal tests that ensure physical and physiological tests and test runs ran suburb (12 km), and the method of training and remote tests and finally statistical means

The researcher presented the results of tests before and after the presentation in the fourth section through the arithmetic means, standard deviations and then display the results of test (T) Sample-related and independent samples and discussed in addition to displaying the results of moral differences between the two groups and all the tests.

This fifth part includes the most important conclusions, a marked improvement in physical capacity and functional indicators and test ran the suburb 12 km , as a result of the impact of the training manner , which was adopted during the main experiment, the key recommendations was to emphasize the use of the training program manner (Tapering) before the competition.



وزارة التعليم العالي والبحث العلمي
الجامعة المستنصرية
كلية التربية البدنية وعلوم الرياضة
قسم الدراسات العليا

تصميم وتقنين اختبارات مركبة (بدنية مهارية) لانتقاء ناشئي كرة اليد في المنطقة الجنوبية بأعمار (١٤-١٦) سنة

رسالة تقدم بها

غيث حسن عبد علي البهادلي

إلى مجلس كلية التربية البدنية وعلوم الرياضة – الجامعة المستنصرية
وهي جزء من متطلبات نيل شهادة الماجستير
في التربية البدنية وعلوم الرياضة

بإشراف الأستاذ الدكتور

علي سلمان عبد الطرفي

Abstract

Design and rationing tests vehicle (physical and skill) for the selection of Juniors handball in the southern region aged (14-16 years)

Supervisor

Prof. Ali Salman Abdul Altufy

Researcher

Ghaith Hasan Abdul Ali

The game handball games that require many factors or determinants of physical and skill and tactical and psychological ... and others for being one of the games spherical mass that, players needs to continue so that they can fulfill the efforts of training loads or conditions of competition, and this calls for the need they maintained physical abilities high-level skill, which calls for it to increase the interest of the researcher to design and rationing tests suited to measuring more than physical and skill ability at the same time enjoying the grounds of scientific and transactions for the evaluation and selection of players emerging in line with the continuous evolution the game, it is worth mentioning is the findings of the studies and research in the that one of the important reasons for the lower levels of players is the lack of reliance on scientific methods, as well as ways and means of scientific measurement adopted in the selection of players.

The research problem Crystallized in the selection of players forums and youth centers and clubs in the provinces of the southern region the game hand ball, which is the future basis for sports clubs and national teams depends on some parameters that are governed by the personal experience of workers, leading to the loss of effort and money in the future. Moreover, the multiplicity physical and skill tests make most coaches are not able to distinguish between the most appropriate tests that suit beginners as it has to be the privacy of their validity with ages that are adopted in the area of selection.

The study aimed to design a vehicle tests of physical skill to Juniors hand ball ages (14-16 years), and codified set of appropriate vocabulary standard levels, and reliable selection Juniors hand ball in the southern region, the use of a researcher systematic descriptive manner survey on a sample of (155) emerging distanse exclusion guards thegoal accounted for (85,63%) of society find adult(181) the research community in the ten provinces of Basra, Amara and Nassiriya clubs are officially registered in

the records of the Iraqi Central Union reel hand for the sports season (2016), for the period extending from 07.12.2015 up to 5.10.2016, the total sample was divided into three samples and determine their numbers according to scientific bases fit the research problem, sample building physical skills tests (sample statistical analysis), which amounted to (75) emerging hand reel, sample reconnaissance (sample workout physical skill tests), which amounted to (10) junior hand reel, and sample the main application (sample rationing physical skill tests), which amounted to (70) emerging hand reel, and represented the research procedures field (steps study tests design) steps sequential an analysis of the common characteristics of the research community, and identify physical and skill capabilities Juniors handball, the design of the physical tests footwork composite reel hand and validity and display specifications, and make the foundations of scientific and transactions in both the honesty and objectivity, and to find the discriminatory capacity and coefficient of difficulty and ease, consistency and display the final milestones Statistical each test them, and experimenting with these tests reconnaissance on reconnaissance sample, then applied to the sample application (rationing) to find the standard levels for the tests physical skills composite six hand reel, then extract the model of your selection Juniors handball ages (14-16) calendar years, and after processing and presentation of results tables and graphics, the researcher to achieve the goals of the research, it was concluded that the tests physical - footwork to Juniors handball ages (14-16) six measures the purposes for which it was designed for it, and suitability for this age group and game specialist, that every test which measures more than a private hand reel at the same high objectively physical and skill ability, and that its use can evaluate Juniors Handball on what has been achieved in accordance with the standards codified in using the model is derived from standards can pick Juniors handball in the southern region of Iraq, as these six tests are characterized by ease of implementation and low financial cost and do not require hardware or many tools.

تأثير منهج معرفي لتطوير دقة اتخاذ القرار ومستوى الأداء لحكام الكرة الطائرة

رسالة مقدمة

الى مجلس كلية التربية البدنية وعلوم الرياضة - الجامعة المستنصرية
وهي جزء من متطلبات نيل شهادة الماجستير في التربية البدنية وعلوم الرياضة

من قبل الطالب
قيس اكرم سبع

بإشراف
الأستاذ الدكتور نصير صفاء محمد علي

ABSTRACT :

The message contains five chapters:

Part I: Definition search There is no doubt that the game of volleyball made strides towards progress and scientific development at the level of playing and performing skills and implementation of offensive and defensive plans and racing states and follow scientific method to examine ways of development and solve problems they face, and keep abreast of scientific development to raise the level of the game would be through the adoption of style scientific right through the process of selecting the practitioners of the game of volleyball, and selection of appropriate and varied training methods according to the physical measurements and attributes physical and skill, functional and psychological. It is well known and rolling broadly to win and during the often depend largely on getting one or two points, no more, and to ensure access to this point or two points are the basis of winning the tie or the game is not given only by decision of here referee.

The research problem has crystallized Through the presence of a researcher involved in the arbitration Volleyball League match noted a discrepancy in the performance of the arbitration between the game and the other between the run and another in some of the decisions which affect the outcome of the match due to arbitrary performance of the referee. This variation and differences and sometimes volatility level arbitration because there are several reasons, including the background of sports governance and the follow-up to the game, experience and level of academic and scientific foreign posts and courses arbitration and evolutionary.

The objectives of the research:

1. Prepare knowledge-based approach to the development of decision-making to the rulers of volleyball accuracy.
2. Identify the effect of cognitive approach in the development of decision-making to the rulers of volleyball accuracy.
3. Identify the performance evaluation of the rulers of volleyball.

Frdata Search:

1. There are significant differences between the pre-test and post-test the accuracy of the decision-making of the rulers volleyball differences.
2. There are significant differences between the pre-test and post-test in the performance evaluation of the volleyball referees differences

Areas of research:

- 1.5.1 human sphere: first class volleyball for the province of Baghdad Referees.
- 1.5.2 spatial field: Closed Hall of the People for sports, the inner chamber of the golf ball beach Central Union Volleyball.
- 1.5.3 temporal sphere: Duration (1/12/2015) to very (04/01/2016)

The Part II contains the concept of curriculum and curriculum knowledge and gadgets assistance and its importance in learning and arbitration in volleyball and qualities of a successful governance and the requirements of the development of governance and decision accuracy.

WAM Part III: research methodology and procedures Field
The researcher used the experimental curriculum tests with a single tribal group and post being the most suited to the nature of the search
The research methodology and appointed: were selected sample are the rulers of volleyball first division / Baghdad, and registered with the Iraqi Central Union Volleyball season (2015-2016) was the research sample was (8) judgment, representing the percentage (13.33%) of the total community of (60) judgment, was a technique of selecting research sample was intentional way rule out the researcher of international referees, totaling (2) rulers of class difference arbitral
Conclusions:

In light of the experiment carried out by the researcher and the results achieved through tests and statistical methods researcher reached the following conclusions:

1. cognitive test designed for the laws of the game have achieved the desired objective.
2. achieved sample members Find a good level curriculum knowledge of the laws of the game.

The recommendations:

1. Adoption curriculum knowledge of the Central Federation of Volleyball for the purpose of developing the performance of the referees
2. The establishment of arbitrary arbitration sessions to raise the level and find out what's new



جمهورية العراق
وزارة التعليم العالي والبحث العلمي
الجامعة المستنصرية
كلية التربية البدنية وعلوم الرياضة

العلاقة بين بعض القدرات الحركية وأداء مهارات عارضة التوازن كدالة تقويمية للطالبات في الجمناستيك

رسالة مقدمة الى مجلس كلية التربية البدنية وعلوم الرياضة – الجامعة
المستنصرية وهي جزء من متطلبات نيل شهادة الماجستير
في التربية البدنية وعلوم الرياضة
تقدمت بها الطالبة

ميسم عبد الرحيم عبد الحسن الشمري

بإشرافه

الاستاذ الدكتور علي سلمان عبد الطرفي

2017 م

1438 هـ

Abstract

A search on the five chapters:

It contained the first door on the front of the research and its significance, which included the identification of the relevance of the skills of players on the balance beam capabilities kinetic and how we can infer them on the importance of both capacity and increase in each skill and make those kinetic capabilities through Ochtpartha calendar function of the performance of the players on the balance beam to take advantage of them and adjust the motor rhythm to gain access to more advanced results. The problem of the research included the skills performed by the players on the balance beam difficult and so it shall show player gymnastics during the performance on the balance beam on a number of capabilities to the proper performance of the sentences motor so you want the researcher to identify the importance of some of the kinetic capabilities in performance skills on casual calendar balance and provide output to take advantage of them for coaches and players on the balance beam in order to have the experience and expertise in any of the capabilities that you need to advance in their performance on the balance beam.

The study aimed to

1. Prepare a private balance and harmony and agility skills to the balance beam tests
- 2 .Use of the stomach to the balance and harmony and Fitness calendar function to perform the skills of the balance beam tests.

It was the second door addressed to theoretical studies and the like on the subject of the study and researcher used the descriptive style of the survey, was chosen as the research community way intentional if formed the sample of 62 students from the third phase of the Faculty of Physical Education and Sport Sciences University of Baghdad and Mustansiriya have been eliminated ((10 students because of the

absence and lack of commitment to become the actual number of sample ((52. talibh representing (90.74%) of the original community.

The researcher and assistant with the team applying the skills tests and tests of motor capabilities of the selected sample Aalbges in the College of Physical Education, Baghdad University halls (Jadiriya - Waziriya) was processing the results by the statistical program (spss). It was present and analyze the results in Part IV and then discussed, and in the light of the results came out the researcher several conclusions, namely:

All tests used proven suitability and effectiveness in contributing to the calendar skills under Calendar varied correlation between the percentage of tests and skills in accordance with the requirements of the performance in the test and skill. The tests stomach contributed to assess motor performance among students and highlight the strengths and weaknesses of the individual Adohn .odouh great correlation between the performance tests and performance skills through kinetic form .oba tests used caused a state of motivation among students, which confirms the need for them continually.

The recommendations: the need to adopt a stomach tests in the evaluation process of skills under study .oosthaddam tests as a means to evaluate the motor case among female students, not just the calendar skills. And the need to develop stomach tests to tests vehicle components include an update of the state of the perfect. And the use of gastric tests with other skills in gymnastics .odharorh repeated tests periodically to increase motivation among students and the excitement and thrill to them.



وزارة التعليم العالي والبحث العلمي
الجامعة المستنصرية
كلية التربية البدنية وعلوم الرياضة

تأثير برنامج تعليمي وفقاً لأسلوبي الجامعات الصغيرة المتجانسة وغير المتجانسة في تعلم بعض المهارات الأساسية بالكرة الطائرة

رسالة مقدمة إلى مجلس كلية التربية البدنية وعلوم الرياضة
الجامعة المستنصرية

وهي جزء من متطلبات نيل شهادة الماجستير
في التربية البدنية وعلوم الرياضة

تقدم بها الطالب
(ناهض عبود دحام)
إشراف

الاستاذة الدكتورة منى محمد الستار هاشم

٢٠١٧م

١٤٣٨هـ

Abstract

The educational systems in the world are particularly concerned on meeting the students' needs in all level of activities, on the educational aspects, students' tendency, abilities and behaviors that should be undertaken by the school to prepare and direct them educationally. Besides, indicating the importance of the physical education subject that has been considered as a core element in fulfilling the educational goals in the school. The methods of teaching are considered the essential element for achieving these goals. Thus, the study aims to:

- 1. Prepare teaching method by using two methods of contingent and non-contingent groups in teaching the Volleyball's basic skills.*
- 2. Know the effect of these two groups on teaching the basic skills of Volleyball.*

Hence, the researcher has supposed the following:

- 1. There are differences between the pre- and post-test for the three groups of the research (experimental and control) in teaching the volleyball basic skills for the benefit of post s-test.*
- 2. There are differences between the pre- and post-test for the three groups of the research (experimental and control) in teaching the volleyball basic skills for the benefit of small groups.*

The researcher has used experiment method for being suitable to the nature of the research; the sample of the research consists of 54 students of Al-Suwera secondary school, that being distributed on three groups, where 18 student for every group.

The implementation of suggested educational program lasted for 8 weeks with two educational units in one week; time of the educational unit has been 45 minutes. The program started on 1/3/2016, Tuesday and ended on 21/4/2016 Thursday.

Data has been statistically processed and most important conclusions are listed below:

- The results have indicated that the best group in teaching, has been the contingent small group, then followed by the non-contingent small groups and finally the control group.*

The researcher has submitted a set of recommendations:

- The necessity of using the method of (contingent and non-contingent small groups) in the lesson of physical education for other study stages as to grant opportunities to the students as to express about their abilities collectively, taking into consideration the individual differences among them.*



وزارة التعليم العالي والبحث العلمي
الجامعة المستنصرية
كلية التربية البدنية وعلوم الرياضة

فاعلية برنامج تأهيلي باستخدام تمرينات مائية وجهاز مبتكر للمصابين بالشلل الدماغي التشنجي لعمر (5- 6) سنوات

رعاية تفرغها الطالب

هدى قحطان طعمة

الى مجلس كلية التربية البدنية وعلوم الرياضة – الجامعة المستنصرية وهي
جزء من متطلبات نيل درجة الماجستير في التربية البدنية وعلوم الرياضة

بإشراف

أ.د فاضل كامل مذكور أ.م.د غصون فاضل هادي

Abstract

The importance of the research is to increase the motor range and improve the motor performance of children with cerebral palsy, which is an attempt by the researcher to draw the attention of the concerned parties to this segment of society and alleviate their suffering and the suffering of their parents and bring them closer to the life of the healthy and integrate them into society.

The problem of the research was embodied by the researcher's survey of the role of physiotherapy in Iraq and found that all the role of physiotherapy did not use the water medium for the rehabilitation of children with cerebral palsy and spasticity as well as the lack of the use of various exercises by means of assistance to rehabilitate children with cerebral palsy and cerebral palsy, 11738). According to statistics of the Ministry of Health (2016), this is presented. Many families may not expose their children or reveal them for many reasons related to the nature of society, sex, etc. The researcher decided to study this problem for children (5-6 years) in order to develop the appropriate solutions by knowing whether these exercises have a role in improving these conditions, Do use the device inside the water well of their condition.

The study aimed at preparing a rehabilitation program for the water center for children with cerebral palsy and the design of an innovative device for the rehabilitation of children with cerebral palsy to increase the motor range of joints (shoulder, elbows, wrists), pelvis, knees and ankles. Simple spastic brain.

The hypothesis of the study included significant statistical differences between the pre-test and post-test for the post-test in the motor performance of children with cerebral palsy using the innovative device. There are statistically significant differences between the tribal and remote tests and for the post-test in the motor range of shoulder joints, elbows, (Pelvis, knees, ankles) using the innovative device.

The researcher dealt with many theoretical studies such as rehabilitation, rehabilitation objectives, types of rehabilitation, basic principles of rehabilitation, exercises in the watercourse, hydrotherapy benefits, water treatment properties, water properties, cerebral palsy, cerebral palsy, cerebral palsy, hydrolysis and its relationship to paralysis. Brain.

The researcher used the experimental approach in the design of a single group. The study was conducted on a sample of 4 children with cerebral palsy and their motor disability was 45% to 55%.

The researcher designed a set of tests to suit the sample of the research to test the motor range and conducted the scientific basis for the test. The rehabilitation program was implemented in the water medium using the innovative device for a period of 12 weeks with 5 rehabilitation units per week.

The researcher used a set of statistical methods to process data extracted from tribal and remote tests for research.

After processing the data and the results obtained statistically, the researcher reached many conclusions, the most important, the proposed rehabilitation program has a positive impact on patients with cerebral palsy spasticity.

Conclusion;

This innovative device has been instrumental in the success of the rehabilitation program for children with cerebral palsy. The rehabilitation program using the innovative device has helped to increase the motor range of joints (elbow, knee, wrist, ankle, pelvis, shoulder).

Rehabilitation program developed of using the innovative device the motor performance of children with cerebral palsy spasticity. The rehabilitation program helped with the use of an innovative device to rehabilitate children with cerebral palsy in the water medium.

The researcher recommended several recommendations, most importantly the adoption of the rehabilitation program and the innovative device by the Ministry of Labor and Social Welfare and the Ministry of Health, and applied in the centers and institutes of physical disability and rehabilitation centers of them, the need to benefit from tests designed for people with special needs to measure the range of motor and motor performance.

The use of chemical and physical water in the preparation of rehabilitation programs, especially for patients with cerebral palsy. The adoption of treatment and rehabilitation in the water center in the physiotherapy centers because of its usefulness. It is necessary to use educational pools or swimming pools that are 60 cm deep at the beginning of the rehabilitation programs in the swimming pool.



وزارة التعليم العالي والبحث العلمي
الجامعة المستنصرية
كلية التربية البدنية وعلوم الرياضة
وحدة الدراسات العليا

تأثير منهج معرفي لتطوير بعض الاعتبارات التحكيمية في دقة و سرعة اتخاذ القرار لحكام كرة القدم

رسالة مقدمة إلى
مجلس كلية التربية البدنية وعلوم الرياضة - الجامعة المستنصرية
وهي جزء من متطلبات نيل شهادة الماجستير في التربية البدنية وعلوم الرياضية

من قبل الطالب
هشام عطا عبد الحسين

بإشراف
أ.د حسن هادي عطية الهلالي

٢٠١٧ م

١٤٣٨ هـ

Abstract

The thesis included five chapters

Chapter 1: Definition of research:

The Chapter One Include on provided And Importance search, which contained on football game and through requirements and specifications and standards and stages prepare judgment (Referee), that arbitration will remain one of the main pillars success and develop football matches, and also develop referee himself to the benefit develop football as a whole, then statement importance search in preparation and application curriculum proficient document on what responded in guide analysis of match situations - Considerations in soccer prepared by FIFA, aim develop accuracy and speed of decision making have sample search and represented by 2nd class soccer referees and accredited have commission referees in The Iraqi Central football Association (IFA)

And clarify problem search in large number of wrong in accuracy decision-making and speed taken by referees; due few lectures cognitive special decision of all aspects style multi and thoughtful by officials on developing refereeing in Iraqi football Association, in certain situations (fouls & misconduct, handling the ball and offside) possibility not precision and speed in taking correct decision.

And The study aimed to determine most important considerations awards in accuracy and speed decision making and identify accuracy and speed decision making, preparing a knowledge program for some refereeing situations considerations awards under study, and identify effect of the knowledge program for some considerations awards in accuracy and speed decision have members sample search.

The study hypothesized significant differences between pre and posttests in the accuracy of decision making in favor of the posttests. In addition to that, there are significant differences between pre and posttests in speed of decision making in favor of posttests.

The subjects were (16) 2nd class soccer referees from Baghdad governorate. The experiment lasted from 25/1/2016 till 2/4/2016 on the field and lecture rooms of Al Keshafa stadium

Chapter 3: Procedures:

The researcher used the experimental method with one experimental group. The data was collected and treated using proper statistical methods.

Chapter 4:

View and analysis results: either results tests in chapter fourth has achieved goals search and Assumptions.

Chapter 5: conclusions and recommendations:

concluded researcher:-

1. Developing the knowledge aspect has a great effect on developing the accuracy and speed of referees' decision making
2. The knowledge program has a positive effect in developing many refereeing situations.
3. The time frame was not enough and required long time in preparation.

as recommended researcher:-

1. The researcher recommended using this program for developing and training international level referees.
2. The necessity of developing refereeing knowledge due to its great effect on developing accuracy and speed of referees' decision making.



وزارة التعليم العالي والبحث العلمي

جامعة المستنصرية

كلية التربية البدنية وعلوم الرياضة

تصميم أجهزة اختبارية لقياس سرعة ودقة بعض الركلات الهجومية للاعبين التايكواندو الشباب

رسالة مقدمة

الى مجلس كلية التربية البدنية وعلوم الرياضة – الجامعة المستنصرية وهي
جزء من متطلبات نيل شهادة الماجستير في التربية البدنية وعلوم الرياضة

من قبل الطالب

واثق عايد كاظم حربي

بإشراف

أ. د. علي سلمان عبد الطرقي

Abstract

The thesis includes five sections

First section : The research definition :

This section includes definition of the research and its importance , specially that taekwondo is one of the sport that has distinguished position in recent years . Attacking skills in Taekwondo game is the prominent and important factor and Taekwondo player mastering skills of two feet movement specially in different is considered one of the primary basic in learning Taekwondo sport watching the player's performance and measuring his skills is an important and necessary process to govern his ability to achieve thus . The researcher desires to find some testing methods that contribute in measure and test attacking kicks in order to follow development process through training work , because kicking movement resulted from two legs movements needs to speed and preciseness (because kicking must be directed to the legal allowed points and who breaks the law is) . Here comes the research importance .

The Research Objectives :

- 1- Design some test methods to measure speed and preciseness of some attacking kicks of young taekwondo players .
- 2- Learn the capability test methods that is designed to measured speed and preciseness of attacking kicks of young Taekwondo players .

Second section : Theoretical and similar studies :

Theoretical frame deals with the concept of moving abilities , agility and its types , balance , speed , preciseness and types , skills and its importance , tests , measuring and its types , evaluating and its types , attacking skills such as kicks in Taekwondo (young raek in ages .

Third section : The research curriculum and its field procedures:

The researcher used insriptional curriculum by scanning methods as it is suitable for the research nature problem or to achieve its objective , as insriptional research aims to determine the conditions . The researcher

choose international sample of the research contains (90) players from Baghdad clubs (Alkahraba , Alshorta , Baghdad , Alhasanen) because most of the represent national team and they represent (43%) from the original society .

The researcher with aid work team apply chosen skills tests on devices and the device approved full safety in its measures .

Fourth section : Results , Introducing , analyses and discussion :

Fourth section includes analyses and discussion of the results . It was introduced and the results was treated by statistic case SPSS . It was clear to us that test devices and precisenss of performance . It was practically affirm through first and second test . Collaboration relations that was affirmed by statistics processes approve that the devices which were designed recorded between measure and it was indicated in serious , practical and objective way . Consequently is could be relay upon . Knowing speed and precisness through devices helps trainers and experts to characterize development and weakness situation of players (as precisness and speed play an important role in the player's performance either its was defense skills or attack skills where each of them depend on the other .

Fifth section : Conclusions & Recommendations Conclusions:

- 1- The devices designed and used in the research succeeded in speed measure of the skills under research .
- 2- Success of designed devices that were used in the research of performance of skills under research .
- 3- The devices used enable us to follow skill performance with passage of time .
- 4- The devices record statistically fixed results and indicate significant collaborations relations .



جمهورية العراق
وزارة التعليم العالي والبحث العلمي
الجامعة المستنصرية
كلية التربية البدنية وعلوم الرياضة
الدراسات العليا

تأثير اسلوبي تدريس الاقران و التبادلي الثلاثي في تعليم بعض المهارات الأساسية بكرة السلة بأعمار (١٣-١٤) سنة

رسالة مقدمة

الى مجلس كلية التربية البدنية وعلوم الرياضة – الجامعة المستنصرية
وهي جزء من متطلبات نيل درجة الماجستير في التربية البدنية وعلوم الرياضة

من قبل

وائل علي جبار

إشراف

الاستاذ الدكتور

محمد صالح محمد

Abstract

((The Effect of the Two methods of peers Teaching and Triple reciprocal method in Teaching some of the Basic Skills in Basketball for the students aged 13-14 years))

The thesis included five sections as follows:

Section One this section included an introduction, and the importance of study which tackles the methods of peers and reciprocal triple method and to know the role of each one in teaching the following skills (ladder shooting – up shoulder passing and pushing player movement) in basketball.

Problem of study: The researcher noticed some difficulty in student learning the basic skills in basketball throughout his follow-up and interviews with physical education teachers. Referring to the methodology used by the teachers he noticed that the method employed by most of the teachers the teacher role is only to receive during the lesson.

The objectives of the study are:

Teaching units by the methods of peer teaching and triple reciprocal for students aging 13-14 years were put.

- To know the effect of the methods of peer teaching and triple reciprocal in teaching some of the basic skills in basketball for students aging 13-14 years.
- To know the best method of teaching among the methods under study in teaching some of the basic skills in basketball for students aging 13-14 years.

The two hypotheses of study included:

- There are statistically significant difference between the pre- and posttest in teaching some of the basic skills in basketball for the three groups of study.
- There are statistically significant difference between the posttest in teaching some of the basic skills in basketball for the three groups of study.

The fields of study are:

- The human field: a sample of students from Al-Gharbiya school of boys the second intermediate grade.
- Time field: the period from 18/1/2016 to 19/4/2016.
- Place field: Al-Gharbiya school Baghdad

Section Two: the researcher tackled in this section some of the theoretical themes related to the study. The two methods of peer teaching and triple reciprocal were tackled in details. Skills of basketball were also studied in the section in addition to the similar studies which were briefly discussed to scientifically support the thesis.

Section Three: this section includes the methodology and the field procedures of the study. The researcher followed the experimental method on a sample made up of 72 students of Al-Gharbiya school for boys. These were divided into three groups twenty-four and each one was subjected to a different educational unit. The method

of peer teaching was applied on the first group, the triple reciprocal method on the second group while the third was the control group of the sample. The researcher conducted the pretests and measurements before applying the educational units of the three methods which lasted for six weeks as two units per week. The tests were reapplied after the end of the units and the results of pre- and posttests were processed using the suitable statistical means.

Section four: in that sections the results were analyzed and discussed by the use of a number of statistical means. The researcher noted a progress in the performance of the three skills under study, which supports the study objectives and achieve them.

Section Five: this section includes a number of results which the researcher came as a result of analyzing and discussing the results as follows:

1. The three methods applied on a sample of the research have an effect in learning some skills.
2. There are differences in learning some of the skills in the studied skills:
 - In the ladder shooting skills the superiority was the methods of peer teaching and triple reciprocal and then the peer teaching and the control group came in the end.
 - In the up shoulder skills the superiority was to the triple reciprocal method , then the control group and the peer teaching method came in the end.
 - In the defending player movement the superiority was to the triple reciprocal method, and then the control group and the peer teaching method came in the end.
3. The best of these three methods in teaching skills under study is the triple reciprocal method, then the peer teaching method the control group and came in the end.