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Imagine a proposal for a visual training program and events to think about maintaining training gains during the pre-competition period.

Search Abstract PHD in physical education – 2019

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1- Introduction Search

Scientific research has become one of the most important basic factors for the development and progress of modern human societies to reach the highest levels in particular in the field of physical education, and in this age we are experiencing the various aspects of scientific and practical life of rapid development and continuous progress and renewed knowledge, based on renewing everything reached Human rights from successive scientific theories and facts. The last three decades of the twentieth century has witnessed a great development in the field of preparation for athletes, which led them to allocate high and high percentages of their budget for scientific research in all fields in the belief in the value of science. The sports field is one of those areas which have enjoyed a large share of them, The value of sports as a cultural phenomenon that reflects the progress and progress achieved by it, which reflected the impact on the achievements of the victories and medals in the various sports championships.

Achieving high levels of sports reflects the success of the training programs and the various means and methods that are constantly working to push the player to the output of the maximum capabilities, and strive to scientists in sports science to try to reach the best ways to improve the performance of the player as the performance is the axis and source Attention in the training process.

Brian Ariel (2006) believes that the visual sense means "the ability of the person to see and determine the distances of the visuals", which are the senses that play an important role in the sports activity. The visual skill provides the athlete with accurate and quick information, which is the first step of the information processes, Whenever the information or data is unclear, incomplete or confusing, the response in this case is less than expected.

Jim Baown (2001) points out that sports vision has emerged as a natural and logical consequence of the nature of performance in sports competitions and has classified it in the physical attributes of gifted, the least known and controversial, and all dimensions of vision are crucial in determining The success or failure of the athlete in many sports. Susanna Catharina Venter (2003) states that visual training can be defined as "a training process to improve visual perception, or eye alignment, to make eyesight comfortable and effective." The American Society for Optometry (AOA) has defined treatment or visual therapy as "the art and science of developing, enhancing and treating visual abilities to achieve the best visual performance that is effective and comfortable"

Gymnastics has received a large share of this progress as a result of conducting specialized studies and research in various fields of gymnastics and other fields and related sciences such as sports psychology and other sciences,

Gymnastics is one of the basic sports. It is concerned with preparing the players and developing their levels through exercises and movements on the machines. They can not be dispensed with for all the players and their various sports activities. Gymnastics exercises develop the physical, mental, educational and educational aspects of the individual. And the nervous system, as well as showing personal characteristics and characteristics such as courage, decision-making, love of collective action and cooperation

In this regard, "Mohamed Ibrahim Shehata" refers to the importance of sport gymnastics because it works to meet the needs of the individual directly, and also facilitates the selection of appropriate activities for the various stages of the age and provides him with the skills that will continue to be practiced in the future to maintain public health and develop physical,

Gymnastics offers an unlimited opportunity to create the ability to innovate, achieve satisfaction and happiness when successful. Gymnastics is primarily based on the development of all psychological and social aspects, and the acquisition of desirable and multi-faceted pedagogical qualities, until eventually the acquisition of good motor skills and behavioral habits. Sports Gymnastics Through the meeting point many basic skills that improve the performance of the competitions during the competitions, the main goal of the preparation of the beginner in gymnastics through the achievement of several axes come at the forefront of the training gains that are such as in physical and psychological preparation and this increases the ability to guide the player to perform skills.

In the previous presentation, the researcher sees that most sports, and perhaps all of them, are visual training, and some may think that just seeing clearly is all that the player needs, but the visual abilities required for optimal performance in sport include much more than just the ability to see clearly.

2 - problem of the research

According to Hitzmann, Pekerman (1993), relying on the visual system during sports performance is one of the most used in any activity because the vision affects the ability or efficiency of the athlete to perform the requirements of the sport. Some researchers have studied the relationship between skill and vision, The researchers 'attempts aimed at determining the visual abilities necessary for different sports and determining whether athletes' abilities differed from those of non-athletes. These attempts, although not complete, suggested that some visual abilities are important for performance in specific sports,

The visual abilities of athletes differ from non-athletes, and so far there is little research supporting the hypothesis that visual abilities of athletes can be improved by visual training. This improvement in visual abilities will affect improved athletic performance and additional research attempts are needed to answer many Questions related to the relationship between visual vision and sports.

Samia Khalil Mohammed (2008) refers to the relationship between the senses and the sport that the visual sensory system delivers the complete information about the surrounding environment and helps the athlete to distinguish the interconnected materials in the place, such as distance to the target and between them and the direction and speed of movement of the opponent and the movement of the ocean, When the eyes closed, and helps the sense of sight to know the position of the body and shape during the movement, as well as the muscular sensations required gradually in partnership with the incentives contained by the sense of touch and balance of sensory and motor, at first the sense of movement is unclear and incomplete and incomplete, The sense of sight works on the formation and integration of the correct timing of the movement. The movement of temporal timing, temporal and kinetic timing, spatial timing is performed by the sense of sight.

The researcher agrees with the American Society of Ophthalmology that the eyes perform many operations during the sports activity. Based on these operations, the athlete can determine the type of response required. The central nervous system allows the eye to follow the movements of objects through a series of operations that can be summarized in eye movements Fast surveys, such as eye movement during rotation and focus on targets.

The study of the relationship between mental strategies and athletic performance is not a recent topic. Some studies have emerged with the beginning of the 1970s showing the use of mental strategies in enhancing athletic performance. One of the first studies to be conducted at the 1976 Olympic Games in Montreal was on the Canadian arms team to develop and manage mental strategies before and during competition, as well as the findings of Mahoney & Avener (1977) in gymnastics, Bennett (1983) in diving, Moore (1986) in tennis, Vealey (1986) in bowling, Boutcher & Grews (1987) On the importance of numbers and control the content of thinking before and during the competition because of their effective role in enhancing the level of athletic performance.

The researcher believes that the period leading up to the main competitions (the period before the competition) is the main factor and expressed in the level of the preparation of the player, which is the training gains during the weeks and months of training, and is one of the stages of the training season is important and influential in the results of the competition and confirms that Mohammed Cat (2013) On the short period (preemptive calm) that precedes competition as a prelude to the main competition, which makes it important to consider the form and method of performance specified during the important factor during the training plan must be cared for and not neglected.

In the course of the above, the researcher was acquainted with many references and scientific studies, which dealt with research and study visual exercises and thinking activities in various sports activities, and sports professors and specialists where they were interviewed and also through the work of the researcher in the field of education, Which were subjected to the study of visual exercises and methods of improvement, and they were satisfied with the different visual abilities or visual training at the level of performance, within the limits of the researcher's knowledge without exposure to the study of the impact of visual training for gymnasts and thinking activities during the period of Q For the competition and their role in contributing and maintaining the training gains which are represented in the physical, psychological and skill aspects of gymnastics.

3 -The importance of research

We find that the main objective of the process of sports training is to reach the athlete to the highest levels in his specialization or activity and despite the progress achieved by sports training in recent times, it is unable to continue in this continuous progress to meet the requirements of sports competition to look for improved performance of the athlete which comes The physical and psychological performance, skill and planning ... etc Research that does not end, especially for athletes who seek to improve their performance in any way .possible in the hope of getting the centers developed by increasing their abilities Through the researcher's readings and his interest in studying visual exercises and thinking events, he formulated the importance of this study in the following points:

Scientific Importance: The Scientific Importance

Research An attempt to identify visual exercises and their role during the pre-competition period

The scientific importance of this research is due to the enrichment of knowledge and scientific knowledge among trainers, players and workers in the field of sports training in general and in the field of gymnastics training, especially on .the knowledge of training gains during the pre-competition period

The importance of scientific research in demonstrating the importance of visual training and thinking activities of gymnasts and its role in improving the level and maintain the gains of training

Applied Importance: The applied Importance

Instructing the trainers to learn The practical importance of the following points about the rationing of training loads and the dynamics of pregnancy during the .pre-competition period

The results of this study indicate how to regulate the visual exercises for the .gymnast

The results of this study indicate the recognition of the training gains of the .gymnastics player

What may result in the application in the study the process of integration between physical pregnancy and mental pregnancy, which lacks many studies and scientific attempts.

4 - Aim of the research:

The aim of the research is to identify the effect of visual training and thinking activities in preserving training gains during the pre-competition period
:through

- Identify the physical gains of gymnasts during the pre-competition period
- Identify the psychological gains of gymnasts during the pre-competition period
- Recognition of the technical gains of gymnasts during the pre-competition period.

5 -The Research Hypotheses ;

There are statistically significant differences between the mean of the measurements of the tribal measurement and the average of the measurement of the dimension of the physical gains of gymnastic players and for the benefit of telemetry?

There are statistically significant differences between the mean of the measurement of the tribal and the average of the measurement of the dimension of the psychological gains of gymnasts and for the measurement of the dimension?

There are statistically significant differences between the average of the measurement of the tribal and the average of the measurement of the dimension of the skill acquisition of gymnasts and for the measurement of the post ?

6 - Research community:

Included research community players of Maadi Gymnastic

7- Research Sample ;

The researcher to choose the research sample intentional way, 12or 15 years

8 - Tools and Mean of data collection :

- The personal data form.

The researcher has built a form of personal data relating to members of the research sample, which includes name, date of birth, height, weight

- Anxiety Scale for Taylor:

The researcher using the anxiety scale to Taylor in order to determine the actual level of concern for members of the research sample because of its impact on the level of emotional equilibrium and the level of achievement.

- A measure of emotional Stability:

different definitions and reported by Arabic references them or foreign, as well as studies and research related to the study of emotional Stability various sources in the field of education and physical education in particular, as well as to identify the themes consisting of poise and emotional, which reported a researcher in determining the current scale components and building dialogue and his words. search procedures: Research procedures research methodology

9 - Statistical Coefficient :

After data collection and recording of different measurements of the variables used in this research was conducted appropriate statistical treatments first to calculate the scientific transactions to measure equilibrium emotional and to achieve the goals and respond to questions using the statistical laws as well as the computer through Excel statistical program of the package code, Microsoft office and statistical software for statistical package social Sciences, which has the symbol (SPSS) was data using statistical methods to address the following: (Mean Arithmetic - Standard Deviation - Correlation - Analysis of variance – Skewness – median - L . S . D

10 - conclusion and recommendation

- conclusion

Through goals and Questions Search According to appointed and Oajraouath variables According to the study referred to by the statistical method used and characteristics that are commensurate with the nature of the study and tabular presentation of its results researcher possible to reach the following conclusions:

- Design emotional Stability scale have faculties of Physical Education and the universe students from six dialogue (and control flexibility inertia control impulsivity reciprocating diligence and prudence) Faculty of Physical Education University students characterized Benha sample college of 200 students from the second year and third year students with a medium level of emotional Stability.

- Faculty of Physical Education University students characterized Benha sample search of (140) student of second year students with a medium level of emotional Stability.

- Faculty of Physical Education University students characterized Benha sample represented in (60), a student of third year students with a medium level of emotional Stability

- Higher level students to emotional Stability, representing 51 students and by (25.5%) and students of average level of emotional Stability representing (99) students by (49.5%) and students of low-level equilibrium emotional representing (50) students (25%).

- The presence of D. correlation was found between grades and degrees of emotional Stability practical achievement and oral sample college and sample the second year students and sample the third year students.

- The highest levels were the link between the overall degree of emotional Stability and the degree of practical achievement and attainment, whether oral or levels in the samples were correlation coefficients ranged from (0.586) (0.924).

- There are significant differences between the mean scores of emotional Stability and themes for college students to sample levels (average of high and low) and in favor of higher average level

- There are significant differences between the mean scores of emotional Stability and dialogue for students of the second sample of the band levels (average high and low) and in favor of higher average level.
- There are significant differences between the mean scores of emotional Stability and dialogue for students of the third year of the sample levels (average high and low) and in favor of higher average level.
- There are significant differences between the average degree of practical achievement in gymnastics for college students to sample levels (average high and low) and in favor of high-level and middle
- There are significant differences between the average scores for the verbal gymnastics for college students to sample levels (average high and low) and in favor of higher average level.
- There are significant differences between the average scores gymnastics practice for students of the second sample of the band levels (average of high and low) and in favor of higher average level.
- There are significant differences between the average verbal gymnastics degrees to students sample the second levels (average of high and low) and in favor of higher average level.
- There are significant differences between the average scores Offers practical for students sample the second band levels (average high and low) and in favor of higher average level.
- There are significant differences between the average scores of oral presentations to students sample the second band levels (average high and low) and in favor of higher average level.
- There are significant differences between the average scores of students practical Gymnastics sample third band levels (average high and low) and in favor of higher average level.
- There are significant differences between the average scores for the students to interact Gymnastics sample third band levels (average of high and low) and in favor of higher average level.
- The highest levels of the difference between the averages were between the averages of the college class of poise and emotional Stability levels followed by the difference between the levels of care and prudence then the difference between levels of emotional Stability then the difference between the averages of the practical achievement levels and oral.

Recommendation:

Based on what has been the presentation of the results and their discussions and reached conclusions lead researcher of the following recommendations:

- Apply the results of this study, students of different academic years.
- Exciting students about the importance of the psychological aspect and its impact on the awareness level of the performance of the faculties of Physical Education students.
- Need to focus on rehabilitation and psychological preparation and finding time to create an area of psychological lectures before the operation.
- Try to apply emotional equilibrium with metrics for other attributes to identify the impact of the features scale closely by balance emotional.
- The need to develop psychological tests and measurements as Criteria for selection in the college admissions tests.

