

SUMMARY

- Problem of Research:

The training of sitting volleyball players requires the knowledge of their Physical, Skillful, Physiological and psychological variables to improve their performance and order to reach the highest international levels.

The research is trying to prepare a Program of developing some Physical and skillful characteristics of the sitting volleyball Players, and Studying their effects on some Physiology variables in order to upgrade and improve the game to reach highest international Levels.

- Aim of research :

The plan of the suggested program for developing some Physical and Skilled Characteristic to know it's effects on some Physiology variables of sitting volleyball Players.

- -Research procedures:

- The Applied Method:

The research using the experimental curriculum by the experimental design for two groups one experimental group and the other as control.

- Sample of Research:

Sample was chosen (24) players from Horea Club of Handicapped sitting volleyball Players at Port-Said organization sample between (12) players of Experimental group (12) players control group.

- -Research Tolls:

The researcher used in accordance with specialized studies and pronsanlity experience and question-naive to determine the Physical ,Skillful, Physiological

variables from sitting volleyball and the Time and units of suggested program.

- suggested program :

The suggested program was applied as following :

- 1-(2) month (8 weeks)
- 2-(4) training units per week (120 minutes for each unit)
- 3-The total training time (3840 minutes)
- 4-The per centage of physical prep aeration 60% (2304 minutes) and skill preparation 30% (1152 minutes) and tactics preparation 10% (384 minutes)

- Pilot study :

Pilot study was applied first Friday [6-3-1998] to [20-3-1998] to standardize ; physical and skillful training of suggested program .

- Essential Experiment :

The suggested program applied from Friday [1-4-1998] to monday [25-5-1998] on experimental group players.

- Results :

Applying The suggested program and Development of some physical and skillful effected on some physiological variables for the sitting volley ball players .

- Recommendation :

- Applying the suggested program on the sitting volley ball players in Egypt .
- Improtiness the Development general and specialiesty of physical variables because effect on accracy fundamental skills for sitting volley ball program.
- Necessity of desigin the sitting volley ball program , at throw the abilities and kind of standi capped for players.
- Importienss the physiological side of sitting volley ball players.

ABSTRACT

**The effectiveness Suggested Program for
Development of some Physical and Skillful
Characteristics of Some Physiological
Variables for Sitting Volleyball
Players**

BY

AMGAD ABD ELLATIF EBRAHIM

**This is Research aims the effectiveness Suggested Progrming
and Development some Physical and Skillful characteristics of
Some Physiological on the (12) sitting Volleyball Players of
Horeya Club at Port-Said , and applied suggested program from
[1-4-1998] to [25-5-1998]; After applying Suggested Program ,
the researcher prove obvious excellent for experimental group
on control one in some physical , Skillful , Characteristics and
level of Physiological variables .**

Suez Canal University
Faculty of Physical Education
Port - Said
training department

**The effectiveness of Suggested Program for
Development of some Physical and Skillful
Charataristiecs of Some Physiological
Variables for Sitting Volleyball
Players**

by

AMGAD ABD ELLATIF EBRAHIM

submitted in partial Fulfillment
of the requirements for
**PH.D. in Physical
Education**

Supervisor

Prof. Dr. SAID ABD ELGAWAD ELSAID

**Prof. and Head of Science Health
and Health Education Department
and the Dean of Faculty
of Physical Education
Port-Said
Suez Canal Univ.**

