



Banha University
Faculty of Physical Education
Department of Competitions & Water Sports

The Morphological type and physical criteria and its relationship with the results of the competition of military athletic skills

A thesis
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Presented By

Ayman Abd El Salam El Bohy

Supervised By

Dr
Atef Nemr Khalifa

*Prof. Sports Psychology & Vice
Dean of Faculty of Physical
Education, for Community Services
and Environmental Affairs
Benha University*

Dr
Osama Salah Fouad

*Assist. Prof. & Vice Dean of
Faculty of Physical Education,
for High Studied and
Researches
Benha University*

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The introduction :

Introduction :

Sport skills is considered to be from competitions that limit general level for fight training for any military unity from armed forces unities so they gave care to it that it benefit the fighter person in his doing to training . Practical in square . be cause of its several activities and a lot of skills . as it requires to practice it special qualities and neettechnique method needs special demands to do it . M ohammed Hassan Alayi see (1982M) that any activity from sport activities is better than the other that save special abilities and qualities individual that qualify him to practice that kind from sport activity and enable him from reaching high sport levels and from these factors bodily formation that in it length and individual weight

Kamal Abd El Hamid Esmail mention (2003) that for scientific development that body studing from important studies that linked with measurement in bodily and that help a lot in this field in general and some of its fields specially that from sport training . that by giving the chance for sport trainer to select body qualities that are suitable to practice sport activities that it lead to reach by player to high sport levels

Fatama mohammed A bd El M aksoud refer (1987) that development lead in our present time to depend on measurement . that it play an important role in putting and develop programmes and methods and planning , organizing evaluation processes in G eneral E ducational fields and sportive education specially In addition it helps to know bodily case fore the player and his movement ability level and social and mental characteristics.

Kamal Abd El Hamid and Mohammed Sobhy Hassanin refer (1983) that bodily fitness is that qualify player in activity that specialized in it . that for developing bodily qualities that are essential for this activity and developing it with the requirements of making special skills . For this activity to enable him todo skills and activity plans practice easily and in the right way

The Research Problem And Its Importance :

Armed forces give care to sport military sport skills that has an important role in acquiring fighter individual bodily qualities and movements skills that he requires to do his tasks in the fight square from speed and grace in movement and taking alternative places and the ability to move not for treasures and equipementand also carrying injured companion or for capture captive and also for throwing ,attacking or defending poms to the farthest in enemy forces

So Armed forces training organization organized bodily quality competition for all Armed forces unions so skills has decicive axis (centre) in obtaing square armies or military aries or college or institute on bodily quality armour

Both **Esam Amin Helemy (1975)** and **Mohammed Abd El Maksoud (1986)** Confirmed that preparing method its aims reachingby individuals to ahighly sport form in ashorter time and because reaching high levels can not be achieved by any persons .It can be achieved by persons has special principles and suitable for practicing kind and the results of some researchers and studies prove in the sport level that the player achieve

Both of **Osama Kamel Rateb and Ali Zaki (1992)** see that bodily measurements for human from important factors and affect on sport acting quality that it has different effects links bodily mechanic and skills sides

Human body vary from person to anther from shape and size and also spcial bodily abilities that qualify him to reach high sport level so reseachers go in sport field especially in last times to determine special bodily qualities and every kind required from sport activities . And by its principles we can select young players by the right way . on the scientific principles this selection that share by effective way in achieving sportive success of economy with guarantee in time and effort and bodily and manner measurement studies in detailed picture for players help us to justify on gob state for some internal equipement and share in putting and planning training programmes suitable for the abilities of players as studying some of bodily fitness principles and explain its importance on the skilled acting level for players

And on this way determining exponents and bodily shape and its different relations permit by direct way and more than other qualities by determining the ability on achieving high levels in the determined sport activities , At this the matter requires not only general bodily measurement and its relations but it requires also study and knowing weight muscles proportion bones bodily butter in general way And external butter at special way to know distinguishing manner in body that bodily propotion has big importance in achieving world sport .

It is now plain from the previous the importance of the research in knowing on bodily and manner measurement bodily abilities that are linked with military sport skills and their relations by military sport skills competitions results

From research work we notice the competition difference and also opinions difference of experts . around the best elements of bodily limitation that is required to achieve the best results in military sport skilled competitions for its skilled and its demands and what it required from bodily abilities and also bodily matters for armed forces individuals and this is what it is shown in studying **Mahmmoud Sayeed Bker (1999)** That studying results prove finding difference statistics between bodily and matter measurements and bodily abilities by the level of military sport skills competition results

The research purposes

The research aims at knowing on :

- determine required bodily quality to achieve the best results in the military sport skills competition
- determine bodily matters required to achieve the best results in military sport skills competition
- determine the required bodily qualities to achieve the best results in sport skilled competition

The research questions :

- What is the bodily quality to achieve the best results in the military sport skills competition?
- What is the bodily matters required to achieve the best results in military sport skills competition ?
- What is the bodily qualities to achieve the best results in sport skilled competition ?

procedures of the research :

The researcher curriculum :

The researcher used descriptive curriculum using cleaning style because of reconcile studying procedures nature

The Research sample :

The research sample is chosen from sport skills players .In the Egyptian armed forces.Byconsidering research society by horizontal way and essential studying sample from soldiers and students sport skills players that studying society numbers is 270 students and soldiers and percent 100 % the number discovering sample 30 students and soldiers at percent 11,11 % The number is and essential sample 240 student and soldier Percentage 88.88%

The Data- gathering methods and tools :

Determine bodilyresearch changes and tools methods gathering Data for it

The researcher did revision cleaning to body limitation and put it data bill and it was exposed on experts to determine bodily limitation of military sport skills players and they are

- Body weight :

- Height : Whole length - High branch length - Arm length

Hand length - lower branch length - Thigh length

Fore arm circumference - Thigh circumference

Cup-bearer circumference

length of cup- bearer - length of feet

- **Widths:** widths of chest - widths of pelvis -
widths of upper arm - widths of thigh
circumferences - chest circumferences
waist circumference - upper arm circumference

- **skin fold thick measurement :** upper arm in front
upper- arm back - the abdomen - thigh middle
cup - bearer back - high frame hip-bone

Determine bodily matters for military sport skills for players :

The researcher made Heath Carter so by determining bodily matter for military sport skills for players

Bodily exams were determined that its importance were in (50 % -100 %) and that is built bill results experts opinions and the nobility opinion these bodily exams are like follows

- **muscle force :** (left-right) Hold force - back muscle force
leg muscle force

- **muscle ability :** wide jump from stability
throwing medical ball 3k gto farthest area

- **power bearing :** Arm bending bent prostration .
sitting from sleep from knee bending
bent prostration from standing
breathing turning bearing - Running 400m
Running and walking 800m

- **Speed :** Running exam 30m
Nilson exam for walking movement
- **Flexibility :** Trunk bending exam from standing
Shoulder rising exam
- **Grace :** Shuttle running - ferrule running
- **Balance :** Standing exam on hands - Standing exam on feet
Jumbing exam on marks.
- **The comprtitipn of military athlectic skills :**

The researcher see that military sportive skills is agroup from military exams in armed forces that players compete in it between individuals , staff and soldiers skills are : running 100 m - long jumb - Ferrule running - companion carrying - triple jump.

The exploratory study :

The research made the consult studying on spices consists of thirty players from military sportive skills players and they are 15 players from armies and aries and they are not distinctive group and 15 player from college and millitay institute and they are distinctive group and that for making truce, stability and subjuctive for bodily exams of research go farther.

The main study :

The research did the essential study on spices (210)player from military skills players Distributed like that - armies and aries 123 player - colleges and military institute 57 player - special forces 60 player In the period 1-2-2007 - 1-3-2007.

The statistics Manipulative

The statistics manipulative that are suitable for nature of research were used by using Excel programmes to enter Data and SPSS (10) Programme to do statistics operation for research

Arithmetic Mean - Median - Standard Deviation - Coefficient of Skewness - Coefficient of Correlation - The Percent - Analysis of variance - L.S.D

The Conclusions and the recommendations :

The conclusions :

- There is no statistics difference between research sample groups (armies areas colleges , institutes , and special forces) in different bodily changes in lengths , circumferences , widths and skin thickness .
- There is no statistics difference between research sample groups (armies , areas , colleges , institutes and special forces) in bodily manners (thick- muscular – thin).
- All research sample groups (armies and areas – colleges and institute , special forces) tends to balanced muscular matter.
- There is statistics differences between research sample (armies and areas colleges and institutes and special forces) in bodily changes (bodily fitness elements) And this as follows
- There is statistics differences at mental levels(0,05) from areas and armies players and special forces players for special forces players
- There is statistics differences at mental level s (0,05) between institutes and colleges players and special forces players for special forces
- There is statistics differences between research sample groups (areas and armies institute and colleges and special forces) at military sportive

skills (100m running , long jumb , spiral running , triple jumbing , companion carrying) and that like follows .

- There is statistics differences at mental levels (0,05) areas and armies players , institutes and colleges players for institute and colleges players

- There is statistics differences at mental level (0,05) from areas and armies players and special forces players for special forces players

- There is statics differences at mental levels (0,05) between institutes and colleges players and special forces players for special forces players.

- 26 bodily changes were extracted from le, circum ferences , widthes and skin determiners for military sportive skills players.and between it and between military sportive linked relation ship.

- bodily fitness elements (muscle force -force with speed , force bearing , breathing , periodical bearing , speed , flexibility , grace and balance)

- It is suitable for bodily dimentons that through it we can test military sportive skills players and that there was a strong linked relation ship between bodily changes and military sportive skills level for players.

- All bodily tests and military sportive competitions results refer that special forces players is better in all previous changes that areas and armies players and institute and college players and that institutes and colleges players are better in all previous changes than areas and armies players.

- All bodily tests and military sportive competition results refer that special forces players is better in all previous changes than areas and armies players .

The recommendations :

- In the light of research aims and its questions and the sample that study is done on it and through results that researcher reach it we see.
- Bodily limitations that the research reached it is within criteria that should be taken care with it at selecting armed forces individuals generally from (areas and armies , special colleges , institutes and colleges) and also military sportive skills players and consider it to be bodily exam battery .
- We should take care of military sportive skills player that is balanced muscled bodily plan .
- We should put specially scientific training programmes to take care of bodily quality for military sportive skills players . That share in the rising of acting level for military sportive skills in these skills .
- we must make patrol following card for skilled and bodily quality for military sportive for armed forces individuals by its different groups since there joining by armed forces to stop at the progress scale in there acting level for military sportive skills and also their bodily qualities.
- We must set up sportive buildings in all military unions and game halls that skilled and bodily quality for armed forces individuals by their different groups.
- We must save highly level directors from armed forces individuals to train special military sportive skills players and armed forces individuals by there general different groups by making scientific training revolution for that.

- We must save military media side for armed forces by seeing military sportive skills competition and broadcasting directly this has refutable for internal expulse at practisers and competitors to increase acting effectiveness and achievement for the best.

- Determine prizes and rewards in military sportive skills competitions that winners who will have the first positions will have the right in prizes and good rewards and meeting defensive minister and republic presedent and honour them that this has a lot of interest by this competition in the armed forces.



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- The research aims at knowing matter and bodily determiners and bodily abilities and its relation by military sportive skills players competitions results. The research is operated on 270 players from them 30 players as consult sample. 240 players as an essential sample . the researcher used descriptive curriculum.(sh) suitable statistics style.
- The results show to determine a group from bodily determiners that has strong linked relation with military sportive skilled players acting level. Balanced muscled bodily matter is considered to be the most spreading between military sportive skills players.
- And there is no statistics difference between military sportive skills player by there difference groups in both bodily matters and bodily changes and there is statistics difference between military sportive skills players by there difference groups in both bodily changes and acting level and military sportive skills results for favour of special forces players about areas and armies players and institute and colleges players and for favour of institute and colleges players about areas and armies players.