

SUMMARY OF THE SEARCH

The effect of an exercises programme to develop the health related physical fitness for the preparatory school Students in Assiut

Introduction and problem of the research:

Latterly, development has happened in manner life, more welfare and options have been come, man has entered anew age which depends on machines , electric and mechanical equipment and remote controls. Because of that man makes less efforts than he did in the past, so he becomes week and his move became little his strength became weak. Through the researcher s work , he makes an exploratory study in Assiut University Health and Physical Fitness Center , he notice that most of people whom go to the center are suffering from weakness at their health and physical fitness , specially the preparatory school students (age 12- 15). It leads the researcher to do this study to measures the level of health related physical fitness for the society of preparatory school students in Assiut City, therefor designs an exercises program to develop the health related physical fitness for the unfit students.

The importance of the research :

The researcher didn't find the concept of the health related physical fitness has been used in the field of scientific research in physical education in A. R. E. The importance of the research is :

- connection with the faculty programs and the society services .
- To make the scientific concept for both performance physical education and health related physical fitness for the personals who work in the field of body health.
- The application of this research may be develop physical education in the schools.
- Connection this research with measurement and evaluation fields which are important in the scientific research of physical education field generally.
- Its easy to measure the health related physical fitness tests individually.

Research aims :

- 1- Identification of the level of the health related physical fitness for

the society of preparatory school students (AGE 12- 15) in Assiut City.

2- Design an exercises program to develop the health related physical fitness for the unfit students through that we identify :

- The effect of the exercise program on the development of the respiratory endurance for the sample of the search.
- The effect of the exercise program on the development of the flexibility for the sample of the search.
- The effect of the exercise program on the development of the muscular endurance for the sample of the search.
- The effect of the exercise program on the body composition for the sample of the search.

The research suppositions :

- 1- There are statistically significant differences between numbers of fit and unfit of health related physical fitness tests toward unfit .
- 2- There are statistically significant differences between the pretest and the posttest of the experimental group in the respiratory endurance test toward the posttest .
- 3- There are statistically significant differences between the pretest and the posttest of the experimental group in the flexibility test toward the posttest .
- 4- There are statistically significant differences between the pretest and the posttest of the experimental group in the muscular endurance test toward the posttest .
- 5- There are statistically significant differences between the pretest and the posttest of the experimental group in the body composition test toward the posttest .
- 6- There are statistically significant differences between the pretest and the posttest of the precision group in the respiratory endurance test toward the posttest .
- 7- There are statistically significant differences between the pretest and the posttest of the precision group in the flexibility test toward the posttest .
- 8- There are statistically significant differences between the pretest and the posttest of the precision group in the muscular endurance test toward the posttest .
- 9- There are statistically significant differences between the pretest and the posttest of the precision group in the body composition

test toward the posttest .

10-There are statistically significant differences between the posttest of the experimental group and the posttest of the precision group in the health related physical fitness tests toward the experimental group .

The research approach :

The descriptive and the experimental approaches have been used in this research .

The society and the sample of the research :

The sample has been chosen by the random way from the preparatory school students (age 12- 15) from two different schools in east and west of Assiut City. The sample was (840 students) in two equal groups (experimental and precision) .

The tools of gathering The data :

Several tools and equipment have been used to gather the data :

- The battery of the health related physical fitness .
- The suggested exercises program .
- Some tools and equipment of measurement .
- Form to gather data of the tests results .

The suggested exercises program :

The aim of the program :

This search aims to achieve the health related physical fitness for the age (12- 15) .

The levels of the program :

The program has been divided into three levels have a certain aim for the elements of the health related physical fitness (respiratory endurance , muscular endurance , flexibility and body composition)

The content of the program :

The program includes a group of variable physical exercises which contribute to develop the following physical elements : (respiratory endurance , muscular endurance , flexibility and decrease the fats in the body) .

The temporal program :

The search has been carried out including the pretests , application of the program and the posttests in the period from 2 – 10 : 27 – 12 – 2004 .

The statistical analysis :

The following techniques were adapted :

- Total
- Means
- Stander deviation
- One- way ANOVA
- T.test
- Corrélation coefficient

Conclusions :

Through the aim of this research that is the acquaintance with the level of health related physical fitness for the preparatory students (age 12- 15) and designing an exercises program to develop the health related physical fitness for the students who did not pass their tests and through the scientific measures which have been used to achieve the aim of this research and the results that the research has achieved , these conclusions can be indicated :

- The level of health related physical fitness is weak for the preparatory students .
- The most of the weak elements for the preparatory students is as follows : (respiratory endurance , body composition , muscular endurance then the flexibility)
- There are a good association among the four tests (The battery of health related physical fitness) which measures the physical elements in this research .
- There are significant superiority for results of the flexibility test as against the results both body composition and respiratory endurance test.
- There are significant superiority for results of the muscular endurance test as against the results both body composition and respiratory endurance test.
- There are significant superiority for results of the body composition test as against the results of the respiratory endurance test.
- There aren't significant differences between the results of the flexibility test and the results of the muscular endurance test .
- The most age in the three ages which achieved good results in the flexibility test is (age 12- 13)
- The most age in the three ages which achieved good results in the muscular endurance test is (age 13- 14)
- The most age in the three ages which achieved good results in the body composition test is (age 14- 15)
- The most age in the three ages which achieved good results in the respiratory endurance test is (age 12- 13)

- An arrangement of the students who did not pass the tests as the following :
(two tests , one test , three tests , four tests)
- The suggested exercise program has an active effect on the experimental group in all of health related physical fitness elements in this research .

The recommendations :

In light of the results which I unveil the search about her it is possible to the researcher to invent the following recommendations :

- Application of the suggested exercise program for this age in the schools on level of The Arab Republic of Egypt .
- Exclusive similar researches for different ages .
- Measure several studies and correlated researches by this search for the different groups of the society (the workers , the personals , the housewives, diseased ,)

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