

THE BODY'S MAGNETISM AND ITS IMPACT ON THE SPORTING ACHIEVEMENT TO THE 100M RUNNING'S YOUNG COMPETITORS

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Abstract

We will examine what is the magnetic body and its applications and its impact on body weight and achievement, and here comes the importance of research in magnetic body in the sports side to see the impact. The question Does the magnetic in the human body impact in improving sporting achievement in the effectiveness of the (100 meters) or to change the body weight search to identify the magnetic effect on body weight and achievement researchers used experimental method style per experimental group for suitability and the research problem and included a sample search and the number (4) players were selected deliberate, was taking measurements and tests before and after the sample after the application of magnetization approach for (4) weeks after the results were displayed in the form of tables numbered (1) tables and been presented and analyzed each table from these tables as show and using the t-test at a temperature of freedom (3) and the probability of error (0.05) show a marked improvement in achievement and body weight and in favor of the test (after test) and for both testes. and discuss the results of the test achievement and body weight. It is through that was reached to achieve the objectives Find and check homework. Researchers that the magnetic body of the fundamental influences on achievement and weight

KEYWORDS: Magnetic body. Body weight. achievement

1. INTRODUCTION

The track and field's sport of the sports which require an integrated physical work and a high training's efforts to get into the high and satisfactory achievements, that does not comes haphazardly or of nowhere but comes of years of the correct planning and training which based on a scientific and effective foundations, the 100 meter of the high effort's activities of its requirements, a racing against the seconds to get the achievement and to get the achievement there should be an integrated physical and psychological features but there are other possible conditions those affects on the achievement of either positive or negative, of these conditions and phenomena, that's what we will study, the body's magnetism, its applications and its impact on body's weight and achievement, from here comes the importance of this research in using the magnetism in the sports side to see its impact.

The research's problem is focused on the following question: is the changing of the body's magnetism has an impact in improving the achievement or changes the athletic weight in the (100 meters) activity; the study aims to identify the amount which changing by the magnetism in the body's weight and achievement as a result of exposure to the 100 meter activity, the study assumed that there is a significant difference between the pre and post tests for the research group in body's weight and achievement.

2. MATERIAL AND METHODS

The research's curriculum: The experimental method was used designing by one group with two tests before and after to be suitable to the problem's nature.

The research's sample: Selected the research's sample deliberately of the track and field (100 meter) running activity's (young players) from the Diwaniya province, they are (4) players whose represent Ettifaq, Dagharh and Diwaniya clubs made on them a homogenization process with the installation of the sample's data for the achievement and body's weight.

The research's Field Procedures:

Magnetic resonance (MR) and dynamic magnetization:

The two researchers used the MR device to generate the magnetism on all of body's parts in the belief that the strong magnet could effect on body's biological magnetism "and that the MR is a complex technology known as MR as a shortcut to Magnetic Resonance, which in fact depends on the physical phenomenon which known as magnetic resonance, the length of MR device magnetic resonance is 3 meters and a width of 2 meters and a height of 2 meters also contains a horizontal tube extends through the magnet, the patient lies down on his back on the special bed which passes slowly through the tube inside the magnet. There is no need to insert the entire body the magnetic cavity, but it depends on the required exposure type, MR devices are different according to the body's size and form, to know how the MR device is working we must know the magnetic field which used in the device which has a word "magnetic" in its mane, the source of the magnetic field is the main component of the device, and constitutes the largest part of the composition, the strength of the magnetic field which used in the device up to more than 2 Tesla, and Tesla "it's a

measurement's unit of a magnetic field's strength which is equal to 10,000 gauss " Note. Earth's magnetic field's strength is 0.5 gauss; this is an indication of the hugeness of the magnetic field which used in the MR device. (Callaghan: 1991, 46)

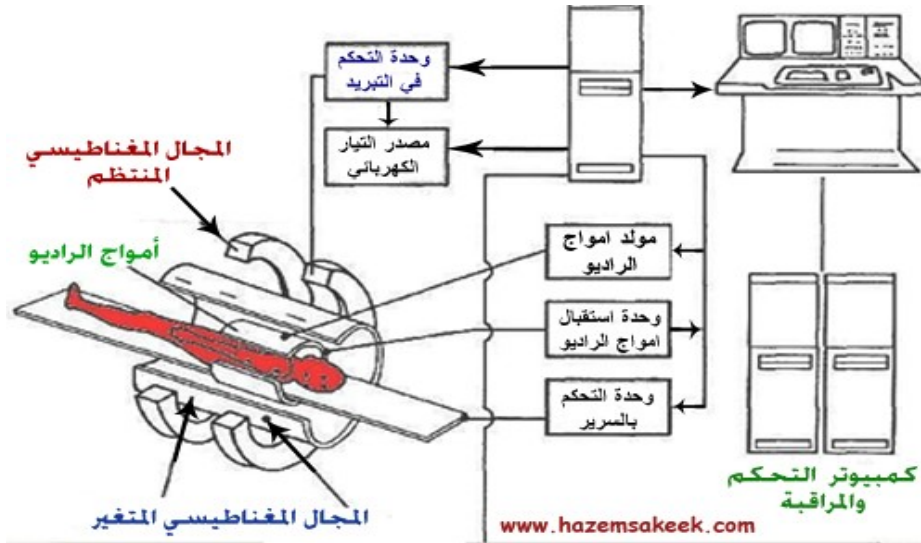


Figure (1) illustrates the magnetic resonance device

The most of those Protons, its magnetic efforts are cancels each other and it remains only a few as in the figure (1), the distinctive Proton is red, and there is no another proton in opposition of its direction to cancel its magnetic effort, so its affected by the field increasing in his direction.(Dunhill Woiser,2006, 23), it's contributes to the magnetization of bodies, including the human body because it contains protons in the cells and give it a magnetic field.

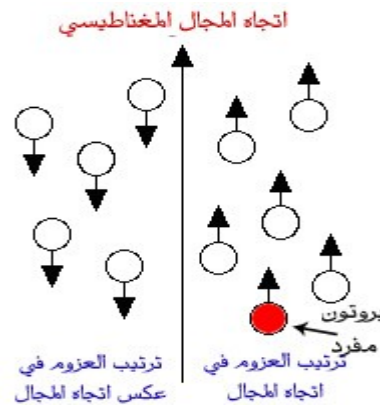


Figure (2) illustrates how to magnetize the biological bodies

Prior tests: The players exposures to a magnetic field (1) Tesla a minute back in opposition of Earth's gravity, or from the bottom to up and that's what permitted by the doctors to once a week, then the sample is weighed again and test their achievement.

Magnetization approach:

The two researchers refer to an Arab and foreign sources and references which specialized in the magnetism and the magnetization then they are put a curriculum using the sample's approach and insert the magnetization units for a 4 weeks and within the following parameters:

1. Applied the approach in the preparing period of the research's sample.
2. The magnetization approach's period was 4 weeks.
3. Every training unit's time ranged (from 80 to 120) minutes, including 10 minutes magnetize.
4. The number of the training units is (4) units per week and the researchers targeted only one unit from the rest of the training week's days; this is a low-strength unit.
5. Magnetization approach's execution was beginning From 06/20/2014 until 07/18/2014.
6. After the unity of the evening light training, the players are given a session magnetize as follows:
7. First week : (1) Tesla for one minute.
8. Second week :(1) Tesla for one minute and half the time increasing here is slow the progress of the magnet on the body.
9. Third week :(1) Tesla for two minute.
10. Fourth week :(1) Tesla for two minute and half.

11. After each magnetizes session the iterative weight index is taken.

Posteriori tests: After the completion of the magnetization curriculum’s vocabulary applying, the two researchers conducted a post-test on the sample at 04:00 AM of Thursday, 18/07/2014, with the same conditions of pre-test to test the achievement and body’s weigh.

3. RESULTS AND DISCUSSION

Table 1: shows the averages and standard deviations and the calculated (T) value and indication of the differences to test the achievement and body's weight of the pre-test and post-test on the sample.

Empirical group	Pre-test		post-test		T value		Freedom Degree	Error probability	Differences indication
	average	standard deviation	average	standard deviation	calculated	tabled			
Body's weight	52.50	5.1	48.57	6.02	6.75	2.35	3	0.05	moral
The achievement	11.56	0.45	11.05	0.06	2.96				

At the pre-test and post-test to the achievement and body's weight showing a marked improvement in the achievement and in the post-test and for both variables the two researchers attributed this development to a number of reasons:

The use of the training curriculum plus the magnetic units to improve the performance of players so” the systematic and programmed training by using a types of a rated strength of a training and using a kinds of an optimal comfort between duplicates which leads to the development of the achievement” (Imad Eddin Abbas Abu Zaid: 2000.22) the training by using magnetization worked to reduce the burden on the kinetic units that would increase the overcoming the resistors which will lead to intensify work to getting rid of the burden and working on the repulsion principle between Earth’s gravity and the player’s body thus increases the ability of the internal organs to working as comfortable as possible, which was confirmed by (Knight and Jones), "The bodies in nature are gaining and losing their magnetism by outside influences, including the human body" (Knight, Jones: 2007,815)

the training by using magnetization led to the speed of the body's response to the physical training, it is noted here that the period of four weeks enough to change the player’s adaptations quickly this was because that he magnetization leads to returns the players to their normal state quickly which speeds up the process of preparation and this was confirmed by (Fitzgerald and other) “the human body consists of trillions of cells, which will be a various body’s tissues and blood later. These cells working accurately and seamlessly, the activity or inactivity of these cells depends on the magnetic energy, Since each cell of the body is a small magnetic generator and the body sends pulses of electromagnetic energy from the brain through the nervous system to the cells to make them perform their functions according to the body's need, this complex biological processes done very quickly, its helps the body to repair itself without going on the disease stage, when the body’s shipments be in the event of an equality, this kind of internal biological balance is called a bio-magnets”. (Fitzgerald, A.; Charles Kingsley, Alexander Kusko: 1971, 3)

4. CONCLUSIONS

The body’s magnetism is of the basic influences on the achievement and the body’s weight

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