

PERFORMANCE AND ITS RELATIONSHIP TO SOME PHYSICAL ABILITIES AND MOBILITY FOR MEN FOR FOIL PLAYERS HAVE FENCING

Noor Hatem

Faculty of physical education and Sport Science University of Baghdad

Email: Noorhatem23@yahoo.com

Abstract

The process of evaluating performance all the master craftsman in this type of sports is of great significance and capabilities center, including its doers curricula, and that access to high-level sports requires access to full and accurate information about the performance of the players and activity in all cases of play, which is through Careful research to assess individual performance master craftsman, which we mean to follow the performance of the group as a whole during the match From the experience of the researcher found the players who master the lever movements and legs and move to the stadium Forward and backward who brought the best level, therefore considered it a researcher studying the problem and identify the extent of the relation some physical mobility has played in special fencing, which reflected on the level of performance master craftsman to the game.

It is therefore felt that capacity researcher physical mobility has played in special fencing, which is reflected in the level of master craftsman performance to the game.

Research objectives - to identify the relationship between some physical abilities and performance master craftsman foil weapon. - Identify the relationship between capacity and performance kinetic master craftsman in foil.

Search assumptions: - The presence of Relation of link between physical capacity and performance master craftsman in foil. - A relation link mobility between capacity and performance master craftsman in foil.

Research approach was taking 16 good student in this game, who accounted for 10. 66) From the original community was the special testing capabilities under research and compilation of unloading forms master craftsman and assess performance a relationship between performance and capabilities master craftsman physical mobility under discussion.

-Conclusions: - the consensual capacity agility an important factor and effective in improving performance in the master craftsman Fencing. - The existence of a relation between each link from (the force of speed, muscular capacity Two Men) master craftsman performance in foil.

Recommendations: - the need for attention to the physical capacities and capabilities mobility when developing programs continuously for golfers albarzh in view of the importance of these two elements in performance master craftsman in Epee. -The necessity of holding capacities of other similar studies, which were used in the search. - taking into account the Capacity test when selecting player fencing.

KEYWORDS: Performance. Physical abilities. Mobility. Fencing.

1. INTRODUCTION & PROBLEM OF THE STUDY

The importance of physical education is part of the educational process and highlight its importance in the general development of physical and intellectual abilities, develop and improve the social, health and psychological well-being of players, as well as educational and scientific goals. Duel game is a game which has its requirements and objectives of the sports and social, psychological and pedagogical exercises according to certain laws and regulations especially control between the duel showdowns

. Therefore, the performance in this kind of great importance is the sports and physical abilities including effective curriculum, access to sports requires access to complete and accurate information about the performance and activity of players all playing situations and through careful research to evaluate individual performance and that we mean it track the performance of the whole team during the game. Herein lies the importance of research to identify the significance of this relationship being given a clear indication of just how important certain physical abilities and special motor duel game which is reflected at the level of performance in that game.

Problem of the researcher

as a court School of fencing found that performance evaluation depends on objective evaluation of experts through a performance without competition, is neglecting the performance during the competition, which includes time and performance time attack and points earned, points failures and recorded it as well as cruise, compatibility and accuracy in performance during the competitions are dueling game from games that require significant effort from the player, and must meet specific conditions were characterized by high fitness and ability to compatibility Because the motor performance is the result of slim synergies between physical capacities and capabilities. Through the experience of the researcher found that players who have mastered the arm and leg movements and move the pitch back and who are the best, so the researcher felt that studying this problem and recognize the relevance of certain

physical abilities and special motor duel game which is reflected at the level of performance in that game. So the researcher felt that physical abilities and special motor duel game which is reflected at the level of performance in that game.

Research objectives

- Identify the relationship between certain physical abilities and performance skills in fencing. 2. identify the relationship between motor capacity and performance skills in fencing

Hypotheses:

- The existence of a significant correlation between moral physical abilities and performance skills in fencing. 2. the existence of a significant correlation between the moral capacity and performance skills in fencing, research area: players who participated in the League among students. Temporal domain: from 12/05/2015-25/5/2015. Spatial domain: fencing Hall at the Faculty of physical education and Sport Science.

2. METHODOLOGY

Researcher used descriptive survey method lmlaemth research.

Community research:-sampling who participate in the College of physical education and Sport Science for the academic year 2014-2015, out of the total 150 community student of the third phase divided 30 student for each Division and was taking 16 good student in this game who accounted (10.66) from the original community.

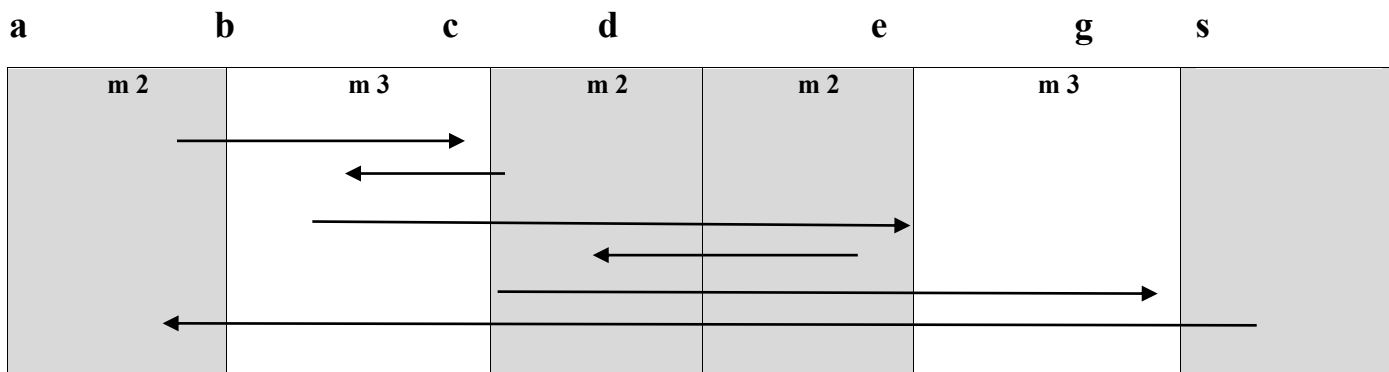
Search tools and appliances:-a device for measuring length. -Medical scales for measuring weight. -References and scientific sources. -Fencing. -Tape measure. -Stopwatch. -Chalk-registration form results.

Tests used in the search: 2.4.1-akhtbaralothb of steadiness (norhatm: 2009:56):-objective test: the explosive force measurement for men of alaonkard mode. -Performance specification: stand the player develop alaonkardkhlf starting line and when you hear the signal leap forward one. -Registration: measured distance (cm) between the inside edge of the starting line and another impact player legacy when touching the rear foot to the ground. -Give the player two attempts and record try better.

Test of strength with speed to jump from the alaonkard mode (alkhaqani: 1997:194) test: three strides forward together the development alaonkard. The goal of the test: measurement of force with speed for both men and aalaonkard performance specifications:-stand the player in standby mode with extended angles, front foot almost forward and the other heading to the side and the distance between them is 1.5 feet, double chins slightly, front arm armed form obtuse angle with the weapon with the weapon arm is parallel to the ground fault and introduction of arms heading forward to be a fly on the level of the eyes of the player. The rear arm is raised behind the head by placing loose. -Place the player presented the background behind the starting line. -Operate the player to extend the legs firmly and push the land with feet to jump forward and three consecutive strides beyond distance possible whilst in standby mode. Registration:-the distance is measured from the inner edge of the starting line until the last trace left by the player when touching the rear foot to the ground. -Gives the player the best distance record attempts.

Compatibility test (alkhaqani: 1997:87)-objective test: see compatibility through movement. -Tools used: weapon Shish (2), a measuring tape, a stopwatch, a format for recording results-performance: stand the player forward taking both her hands in order to force the front and side, the lab sits on a Chair malnabdaamel stopwatch is challenging the forward side and be time during the addaltrarat in the second tested the movement stops noand stopped work at and compute loop through (15) again.

Fit (Abdulhadi Al-Tamimi: 2004:18)-the name of the test: progress and retreat over less time as possible. -The purpose of the test: measuring fitness. -Tools: measuring tape and stopwatch. Performance description: stand the player on the starting line when the signal to start the stopwatch starts to work the player to progress from point (a) (c) and then retreat from (c) to (b) and normal (b) to (e) and then retreat from (e) to (c) and normal (c) to (g) and then retreat from (g) to (a) then stops working stopwatch and record the second attempt (s).



Performance was evaluated performance through its form paragraphs for each degree is divided into (3/1, 3/2, 1) gives form to each arbitrator * with video disc photography and works on the Tribunal evaluate the player knowing that each player has its own form.

	Paragraphs	3/2 Class The relative weigh	Full class	3/2 Class	3/1 Class
1	Invest the time game each time time 3D complete bout 5 touches aozmn 9 d complete 15 touch bout				
2	The time between attack word play and Word Whoa				
3	Use the appropriate type of attack positions play				
4	Use appropriate defense positions play				
5	The number of legal touches either attack or counterattack				
6	The number of touches (it)				

Exploratory experience:-the researcher conducted an exploratory test on a sample of adult students the number 5 for the following purposes:-to identify the sample. -See the elapsed time. -See team Assistant. -Know the cons and pros facing major experience researcher. -Know the validity of devices and tools used.

main experience has been testing research by conducting periodic b 5 days then when making the League including filmed and put on a CD and distributed to the arbitrators, and each game two one player left and the second to the left, so the number of alabat then after taking the forms of rulers the researcher by taking the arithmetic mean for each player to extract performance skills then the searcher to find the relationship between capacity and performance.

Statistical means:-the spss statistical pouch used to extract results.

3. RESULTS AND DISCUSSION

To present, analyses and discuss the results of strength with speed and muscle men and their relationship with performance fencing:

Table 2: shows the mean and standard deviation and the value of the correlation coefficient calculated and indexed level indication of the search variables.

Data tests	Arithmetic mean	Standard deviation	The calculated value (r)	The tabular value (r)	Level indication
Performance skills	72,8	1,09	0,78	0,497	moral
Power plus speed	3.35	0.53			
Muscle power of men	1,8	0,25	0,73		

Under the level of dlalh (0, 05) can be seen from the table (2) that values performance covariance master craftsman for fencing Had the (7 , 8) with a standard (1, 09) Either covariance values to test the speed of 1, 8) with a standard (25) , and for the purpose of testing the hypothesis of a relationship between performance bdlalh master craftsman and distinctive force as quickly as was the use of correlation coefficient simple Pearson, it was clear that the values (\$) Calculated had reached (0 (73) The values (r) Tabular trend display when a him a free access 14 (and possible error) (0.5)had reached (0 (497) and the (r) calculated the largest of its values (r) Tabular trend display, this means that there is a relation between link The force of the speed and performance master craftsman. because when the use of force and speed of before fencer In that one become (r) force of speed, which is one of the components The key to successful performance in practice many sport activities such as the clash (Kemal Dervis: 1999:45). the arithmetic ability muscle men (8, 12), standard deviation (1.25) (r) calculated (0.82) value (t) indexed at freedom (14) and the probability of error (0, 05) amounted to (0, 497.) as (r) calculated is greater than the value of (r) table there is a relationship between muscle and performance skills in fencing this is consistent with the findings of Ashraf massad to a relationship link ICH between muscle and the level of performance in the sport of fencing (Ashraf massad: 1998:28). This achieves the second purpose of the search. The researcher attributes to that muscle men is one of the physical requirements for the sport of fencing performance skills both ears offensive and defensive requires muscle power of men to give the player the opportunity to surprise performance.

To present, analyse and discuss the results of agility and interoperability and performance relationship by fencing:

Table (3) shows the arithmetic mean, standard deviation and the value of the correlation coefficient calculated and indexed level indication for the search variables.

Data tests	Arithmetic mean	Standard deviation	The calculated value (r)	The tabular value (r)	Level indication
Performance skills	72,8	1,09		0,497	moral
Fitness	18.775	1,25	0,89		
Harmonic capacity	16,21	0,89	0,77		

Under the level indication (0,0 5) can be seen from the table above that the value of the arithmetic mean of performance (7, 8) and standard deviation (1, 9) the value of the arithmetic mean of the test harmonic capacity reached (16, 21) and standard deviation (0, 89) for the purpose of hypothesis testing concerning the significance of finding the relationship between performance and capacity, interoperability is the use of simple Pearson correlation coefficient, it turns out that (r) calculated amounted (0 89) (r) indexed at freedom (14) and the probability of error (0, 05) amounted to (0, 497) as the value of (r) calculated is greater than the value of (r) this table There is a correlation between performance and moral capacity, interoperability and the researcher attributes this to the harmonic capacity effective level of performance and the results of the tests show that featured this assertion (Ellen depository) compatibility hwhadi motor power components that are important in determining the level of performance it is integrating multiple movements with each other (Allen meek: 2003:256) and confirmed (Bassam Abbas) the need for compatibility between the movement of the arm movements and armed men in attack and defence. (Bassam Abbas: 1981:70).

Either the mean fitness (8, 12), standard deviation (1.25) (r) calculated amounted to (0, 77) (r) indexed at freedom (14) and the probability of error (0, 05) amounted to (0, 497) as the value of (r) calculated is greater than the value of (r) indexed there is moral relationship between performance and agility, and due to the agility is important in most sports activities in General and in particular fencing and attributed this to the fact that the researcher duel games that require the ability to change the conditions of the body as a whole Or some of it and maybe change the direction of the body to achieve a touch the duel you need to lightly smooth and high performance, all achieved in the case of developing agility to win and reach the level of achievement required. Recalling (Mohammed Subhi Hassanein: 1987:362) agility is an important factor in the performance of all sports, it is the ability to change body positions, whether on land or air to win.

4. CONCLUSIONS

1. Interoperability and agility is an important factor in improving performance in fencing.
2. The existence of a correlation between (power plus speed, muscle power of men) and performance skills in fencing.

5. RECOMMENDATIONS

1. The need for attention to physical abilities and motor capabilities when establishing training programmes for duel players in view of the importance of these elements in performance skills in fencing.
2. The need for similar studies of other abilities are not used in the search.
3. Taking into account the test these capabilities when selecting player dueling.

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