

THE IMPACT OF NON- OXYGEN PHYSICAL EFFORT TO CHANGE SOME OF THE SALTS OF THE BLOOD AND THE ACCURACY OF SOME TYPES OF CORRECTION BASKETBALL FOR MEN

Omar Abdul Ghafoor Abdul Hafiz Ahmed Hassan Yas ** Ali Abdul Ghafoor Abdul Hafiz****

, **, *College of Physical Education - University of Mustansiriya*

Abstract

Impact of physical effort unaoxigini to change some salts of blood and some types of correction basketball for men

The basketball game from games that require and need aerobic and anaerobic indicators measure the reverse efficiency of physical preparation and development achievement .The researchers headed to the shed Physical effort and unaoxigini effect in changing some blood and salts (calcium, potassium, sodium) and a precision shooting skills in basketball players Mustansiriyah University basketball team.

We used descriptive research sample consisted of 10 players from the squad as selected Mustansiriyah University deliberately researchers applied a training effort anaerobically was Kiss measuring salts of potassium, calcium, sodium and strictly anaerobic workouts then applied correction, and the researchers concluded The concentration of salts in the blood plasma were within normal limits in both the MRDS and tribal walbadi sample research and increasing the concentration of salts is directly proportional with the amount of sweat suit is lost. The researchers recommended that functional and chemical tests for legalization and building training programs in addition to other variables and the need to use functional tests and chemical Straighteners training status.

KEYWORDS: Non-oxygen. Salt .Blood. Basketball.

1. INTRODUCTION

Basketball game an accredited Olympia mass games that require exercise performance skills of high requirements and performance and accurate mass and follow the tactical ways accredited aspect of physical and role of senior and important during the games, especially when the level is a close between the players of both teams contenders in the tactical and technical skills aspects through continuous training exercise special which is similar to the cases of play, taking into account the gradient in order to ensure absorption of the players have been good and ensure harmony physical performance and skill and the level of training to withstand fatigue and speed of performance in the circumstances and situations that require it while retaining their ability skills and mental abilities on the realization of the matches in the same endurance capacity. As well as knowledge of the weaknesses and strengths of the players of the opposing team and their ability to act in the positions of variable play and dissuade fatigue.

The correction by jumping from the more commonly used types of correction to the fact that basketball player performed to get rid of guns using the jump and then correction. The balance of the key factors for the success of this type of correction, this skill depends mainly on the strength of vertical jump at the player scorer and the extent of its focus and its potential to avoid the defender, who is in a state jumped with him, however, the "strength jumped scorer and height depends on the length of the guns and the high jump and the extent of his reaction towards the top scorer of the movement and its distance from the basket." (1). In all cases, if the correction of jumping or stability we can achieve through two points if the shooting from inside the arc of the three points, and we can achieve three points if convicted of shooting from outside the arc, and is aiming to jump one of the most effective offensive weapons due to its gameplay defensive adjacent continuously during the games (Red Holman and Leonard 1972 Lewis (the performance of this skill can be the status of stability, or after the end of the performance of another movement, the movement will be after the end clapotement (conversation) or after receiving the handling of the colleague of movement or after fooling followed by scoring movement (Mohammad Abdul Rahim 1995). For this, the skills development associated with the functional capabilities of each player so the body was able to continue the physical performance, and form the metal and one of the basic materials needed by the body to complete the salts jobs physical accurately, such as sodium chloride and iron in the blood (Brian Coleman 1995) . in addition to the presence of mineral salts in the body small quantities because they are vital operations of a great importance in the body needs a lot of elements such as: - sodium, potassium, iron, calcium , magnesium, phosphate because of its important functions that enters the installation of the body's cells, and the formation of red blood cells, and regulate the heart rate and achieve the acid balance of the body, as well as it helps in the osmotic pressure of the cells and body fluids stability. It is noteworthy (1984, david r. Lamb) body loses about (1-5 liters) of water in each module as a result of out of race who siphoned off him about (1.5 - 8), sodium, and the loss of sodium and potassium may cause shortages Muscle Spasms (Ibrahim of sugar et al. 2003). For this is the importance of research to find out the effect of non-oxygen physical effort to change some of the salts of the blood (calcium, sodium, potassium) and its impact on the performance of some skill correction basketball .search goals to know the effect of non-oxygen physical effort to change some of the blood salts such as (calcium, potassium, sodium) with the players team Mustansiriya University basketball. And some accurate shooting skills of basketball.

Research Hypothesis:

1. There are significant differences between tribal and dimensional measurements in some blood salts in a sample search members
2. There are significant differences between tribal measurements and dimensional accuracy for certain types of correction basketball.

2. MATERIAL AND METHODS

The researchers adopted a descriptive approach Society and the research sample represents the research community ten players from the team Mustansiriya University basketball men who represent the research sample, has been chosen the way intentional, and they represent 80% of the original community.

Tests and measurements used in the research:

Anaerobic power tests (Falah Hassan, 2008)

First test: - Koonjham and Vlawkins test

Second test: measuring the ability to delivery and clapotement (Interviewing high) ended

Peaceful correction. (Sammy Knight 2006)

The third test: Measuring the proportion of mineral salts in the blood: the blood is withdrawn from the sample before the performance physical effort and are modeling after blood tubes withdrawn, and then the laboratory performance of physical effort, and upon completion of the effort pulls him to the blood sample and also placed tubes and then isolating serum (serum) from for the necessary tests .oetm measure the concentration of calcium, potassium and sodium content in the blood ratio.

Main experience: the researchers conducting the President of experience to search on 11/20/2014 at ten o'clock in the morning and took into account the researcher same circumstance in which the exploratory experiment was conducted, where the Assistant Team conducted a tribal tests of salts and accurate scoring tribal under study for the research sample were taking blood samples for players by (5cc) and then placed tubes and then you make anaerobic physical effort (Konnenjham and Volkz test), which measures the anaerobic capacity, where the players make a proper warm-up on the machine for the duration of (5-10) minutes, and then the device (14 km / hour) and the degree of Milan 11 degrees to climb after the other player on the device to the test as he got off and made the process of drawing blood and then placed in test tubes and then scoring accuracy performance.

3. RESULTS AND DISCUSSION

Table 1: shows the circles and standard deviations and the value (t) calculated and tabular variables search effort before and after the effort:

| No | Variables | before | | after | | (T) value | | level of significance |
|----|---------------------|--------|-------|--------|-------|------------|-------------|-----------------------|
| | | C- | A-+ | C- | A-+ | Calculated | Error level | |
| 1 | Potassium | 4.05 | 0.48 | 4.36 | 0.46 | 3.80 | 0.030 | Moral |
| 2 | Sodium | 133.2 | 16.19 | 146.40 | 13.69 | 1.837 | 0.000 | Moral |
| 3 | Calcium | 8.65 | 0.46 | 9.65 | 1015 | 2.82 | 0.010 | Moral |
| 4 | Correction jumping | 6.72 | 0.66 | 5.85 | 0.65 | 1.819 | 0.072 | Not significant |
| 5 | Correction peaceful | 6.01 | 0.76 | 4.78 | 0.71 | 1.73 | 0.130 | Not significant |

df (9) below the level of significance ≤ (5%)

Condoles researchers individual differences moral to increase fluid loss process, especially sweating during high physical effort intensity, leading to an increase in the concentration of salts in the blood plasma but remain within normal limits, and the excess of the case satisfactory, which is consistent brought by each of the (Saad Kamal Taha and others in 1988) (Ahmed Ali Hassan al 1990) in studies and research they conducted and concluded to increase the proportion of salts in the plasma volume after training at high intensity.

This view emphasizes the experiment conducted by the (wilkerson) on fixed degree temperature (30 ° C) in the time period of (20 minutes) and the types of distress are (30% -45% - 60% - 75% - 90%) received a researcher in the significant differences on the concentration of calcium in the intensity (90%) only, and did not get on the significant differences in other Bbakh Cdd. As the user's physical effort by the researchers will arrive to level the maximum intensity, which means the agreement results and this is consistent with his findings Abul-Ela Ahmed Abdel Fattah (1985) and Ahmed Ali Hassan (1990) that the increase in the concentration of potassium linked directly proportional to the intensity of the exercise, due to increase focus to the electrical activity of the muscle force during training. And further agree Search with what brought him Results (Huda Badawi 2009) The moral differences for each of Potassium, sodium and calcium variables due to high internal temperatures by the resulting chemical reactions and different degrees of heat generated in the intensity of training load and the length of time of the performance, where the higher the intensity high heat load was faster production and thus it was necessary to get rid of the heat produced by the work of sweating, which is one of the physiology mechanisms for the disposal of high-temperature (Huda Badawi, 2009)....

This was confirmed by (Rafe Saleh et al. 2008), causing more loss of fluid from the body through sweating, which leads to raising the amount of sweat glands of (2-3 million) ethnic gland on the surface of the skin so it is considered one of the most efficient mechanisms of heat loss through physical activity in hot weather about the test. As the correction of the colon and a jumping test correction peaceful results have been insignificant and researchers attribute this to the increase of salts in the blood has led to the

emergence of fatigue causing a negative impact on the basketball shooting accuracy. This is consistent with the view of many scientists.

4. CONCLUSION

- 1- The concentration of salts in the blood plasma were within normal limits in both the two measurements and pre and post in a sample search.
- 2- Physical effort anaerobic affect increase the concentration of salts in the blood Plasma.
- 3- To increase the salt concentration is directly proportional to the amount of sweat that is lost.
- 4- The increase in the concentration of salts in the blood may impact negatively on the basketball shooting accuracy.

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Address for correspondence

Authors: Omar Abdul Ghafoor Abdul Hafiz College of Physical Education - University of Mustansiriya

E-mail address: Ahmed-has20@yahoo.com

Second Authors : Ahmed Hassan Yas College of Physical Education - University of Mustansiriya

E-mail address: Umarz6031@gmail.com