

THE USE OF (REFRESHMENT WATER) AS A MEANS OF HEALING BETWEEN THE DUPLICATES AND ITS IMPACT ON SOME OF THE BASIC PHYSICAL ABILITIES AMONG CHILDREN BETWEEN (8-10 YEARS)

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Abstract

The means of healing are one of the methods which helping the athlete to returns for his normal state and reduce the energy spend on the athlete's burden, through the observation of the researchers and their followed up to the physical training, they noticed a problem there is no focus on the using of a means of healing, including the (water) in all of the training cases which to return the athlete to his normal state or close of the normal state, which has prompted researchers to make this study through using the means of healing in order to rapid return the athlete to what it was substituted, The aim of this study is to identifying the impact of using (Refreshment Water) as a means of healing between the duplicates on some basic physical capabilities of the sample's members . The researchers used the experimental approach in their research's problem's solving they were applied the curriculum's variables on the Research's sample which selected intentionally of the children between (8-10 years) they are (30) divided into (15) athlete for each group (experimental and control group was Researchers conclude the following:

The emergence of a positive effect on the variables of the study and the experimental group used(Refreshment Water)

KEYWORDS: Refreshment Water, healing, physical capabilities and basic capabilities.

1. INTRODUCTION

"Refreshment Water" is one of life's necessities after Oxygen is also the Water is an essential of the food ingredients in human life, the improvement of the athlete's performance today doesn't come by the training of physical abilities and the training's affection on the functional parts and the components of the training's load at the achievement, but increased the need for to look for other means to help in raising the athlete's level and keep on his performance during the training, the training of basic physical abilities among children at an early age is one of the structural training cause the athlete's building to the training stages is affecting on the physical preparation in a words, the preparation's improving mean's an improving at the level of capabilities and the opposite is true also its evolution aims to the integrated growth process of children physically and mentally.

At the ages (8-10 years) training, training program is general, the performance is competitive through the use of kinetic and rhythmic exercises and the child's movements at this age are good movements, also the child is eager to joining at the races and in the more kinetic exercises, to shows his capabilities to their coaches, based on the foregoing came the importance of research, and manifested the research's problem through continuous observed to the training process in a several sport's activities, including the track and field sports it is found that coaches are interested largely in the side of the training process and the components of its loads which will lead to increased training pressures on children and refrain from continuing the process when the duplicates are doing in a good form and maintain the optimal performance as well as the complaining of injuries and muscle pain therefore dropping in the children's level, from here comes the research's problem at using a means of healing during the training cases to keep the athlete going on in the training's doses for the longest possible period of time, The research aims to know the impact of (Refreshment Water) as a means of healing between the duplicates on some of basic physical capabilities of the sample's members.

2. MATERIAL AND METHODS

The researchers used the experimental approach, which includes (Survey the causal relationship between the variables which responsible for the formation of the phenomenon or indirectly with the aim of knowing the impact and the role of each variable of the variables) (Zaki Mustafa Alian and Osman Mohamed Ghoneim: 2004.51). With the manner equal groups (experimental and controled) for the purpose of comparison so the both of two groups (equals in properties of all respects except the experimental variable which affects the experimental group) (Amer Ibrahim Guendhilji: 1999.17).

The research's sample:

The researchers selected the sample from the children between (8-10 years) whose belonging to the specialized care athletic talent's school, they have been chosen intentional and distributed according to the random method, by the same method, the sample was divided into two equal groups (one is experimental and the other is control) at a rate of 15 athletes for each group so the sample consists of (30) members, out of (90) athletes the sample formed (33.33%) of the original community.

The sample's homogeneity and equality:

To avoid the impact of the factors which affect the experiment's results of the individual differences which existing among the sample as (age, the measurements of length, weight and physical variables) the researchers handled the pre-test's results for the two experimental and control groups with the appropriate statistical means to ensure of the sample's homogeneity and equality, if the researchers used the coefficient of variation to find a sample's homogeneity, according to the table (1) and the coefficient between (0.874, 1.126, 0.004) this values between(-3:+3) that refers to the sample's homogeneity, and to find the sample's equality among the two experimental groups before the experiment , the researchers used the (T.test) which showed that there were no statistically significant differences between the group's members at the research's variables, table (2) shows the results of the tests.

Table 1: shows the homogeneity tests at (length, age and weight) & the coefficient of variation among the sample's members

variables	Measurement unit	Mean	Intermediary	Mode	Torsion Factor	indication
length	Cm	126.2	125.00	120.00	0.874	random
weight	Kgm	36.53	38.00	38.00	1.126	random
age	year	8.39	9.00	9.00	0.004	random

Table 2: shows the Means, standard deviations, (T) calculated value & (T) tabled value and the indication of the differences between the two groups (experimental and control) at the research's variables to the pre-tests (equality)

variables	Physical Tests		Measurement unit	experimental		control		Tabled T	Tabled value	Indication's level
				s	rate	s	rate			
Power	Special power (5) partridges by the speed of the both of legs to the farthest distance	Right	Cm/ meter	7.00	0.40	6.76	0.59	1.30	2.76	Non significant
		Left	Cm/ meter	6.52	0.55	6.55	0.64			0.18
Speed	Maximum speed (30 meters)		Second	5.35	0.27	5.34	0.22	0.13	2.76	Non significant
Bearing	Bearing (540 meter)	Minute/second	Minute/second	2.16	0.07	2.15	0.06	21%	2.76	Non significant
	the trunk's force to bearing for	Abdomen	Time/No.	40.53	3.60	40.80	3.54	20%		Non significant
		Back	Time/No.	30.53	4.24	32.00	4.32	93%		Non significant
	Bearing the work & performance and attached on the horizontal bar to a longer time		Time	48.26	5.90	46.13	5.27	1.06	2.76	Non significant

(*) tabled T is (2.76) at the freedom degree (n-2) on the Indication level(0.05)

It is noted from the table that all the (T) calculated values at all of tests to the both of groups are less than the tabled value (2.76), freedom degree (28) and the Indication level (0.05) as it indicates that the members of both groups are equivalent in these tests.

The research's Field Procedures:

Prior tests: The prior tests made on the both of groups (experimental and control) on the basic physical capabilities to the sample's members (at 3:30 PM from Monday, 25/8/2014 to Wednesday, 27/8/2014) and applied the following tests:

First day Monday, 25/08/2014:

1. Special power by the speed of the both of legs (Qais Naji and Bastawisi Ahmed 1987.345).
2. Maximum speed (30 meters) with the time (Mohammad Hassan Allawi and Mohammed Nasr-eddin Radwan: 1994.240).
3. Bearing (540 meter) with the time (Qais Naji and Bastawisi Ahmed 1987.345).

The rest between the tests were (15-20) minutes.

Second day Wednesday, 08/27/2014:

1. The ability of the trunk's bearing (Resan Khribt Majeed: 1989.44).
2. Bearing the work and performance (Mohammad Hassan Allawi and Mohammed Nasr-eddin Radwan: 1994, 131).

The rest between the tests were (15-20) minutes.

The used approach: The researchers prepared the suggested means of healing during the training between the duplicates and during the rest periods they were used the (Refreshment Water) depended on their training field's experiment and the permanent observation for the children at the specialized school for track and field sports. They assisted by the opinions of specialists in the field of training, the sport's philosophy, scientific sources and Arabic training. This added an enough scientific immunity to make its using is suitable to this age group and to the purpose of knowing its impact on some of the basic physical capacities among children at (8-10 years) in the following:

- The researchers whose prepared the (Refreshment Water), it's a bottle of sterile water which saved at cooler degree (20) ° C.
- A bottle (Refreshment Water) used by athletes (1-2) liters and to experimental group.
- This method used between the duplicates of the training curriculum and during periods of rest of which prepared by the coach in the specialized school for track and field.
- The training contains a set of exercises to the basic physical capabilities of the children and its featured by the capacity (speed-strength-endurance) and trained according to the types and forms).
- The force of this exercises which used to trains these capabilities in accordance with its training's load.
- The amount of the used dose (water) from (5-10) CC according to the instructions and the follow-up of the coach and the assistant team.
- All of these doses used in the main section of the approach during the period of the training.
- It's applied for two months (8 weeks), on (4) training units per week, the total of training units is (32) unit, the training with the means of healing is made at these days (Friday, Saturday, Monday and Wednesday).
- Began the experiment's applying on Monday (01/09/2014 and lasted until Saturday, 01/11/2014) to the experimental group but the control group was without using the water only after the training unit or between long periods of up to (30 minutes).

Posteriori tests: After it has been applied the curriculum and the use of the means of healing within the period prescribed, the researchers conducted a posteriori tests on Monday (3/11/2014 and on Wednesday, 5/11/2014) with the same manner and conditions in which at the pre- tests.

3. RESULTS

Display the research's results in the pre and post tests and of the experimental group:

Table 3: shows the Means, standard deviations, (T) calculated value & (T) tabled value, the indication and the evolution 's rate of experimental group of (pre and post-tests) in the study's variables

variables	Physical Tests		Measurement unit	Pre-tests		Post-tests		Tabled T	Tabled value	Indication	evolution's rate
				s	rate	s	rate				
Power	Special power (5) partridges by the speed of the both of legs to the farthest distance	Right	Cm/ meter	7.00	0.40	7.12	0.36	7.01	1.14	significant	-1.714
		Left	Cm/ meter	6.52	0.55	6.63	0.51			4.88	significant
Speed	Maximum speed (30 meters)		Second	5.35	0.27	5.16	0.22	7.89	1.14	significant	3.551
Bearing	Bearing (540 meter)	Minute/second	Minute/second	2.16	0.07	2.08	0.26	4.00	1.14	significant	3.704
	the trunk's force to bearing for (60 seconds)	Abdomen	Time/No. times	40.53	3.60	51.00	4.22	16.98	1.14	significant	25.833
		Back	Time/No. times	30.53	4.24	40.73	4.8	11.32			-33.41

	Bearing the work & performance and attached on the horizontal bar to a longer time	Time	48.26	5.90	62.13	5.64	6.14		significant	-34.685
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(*) tabled T is (1.14) at the freedom degree (n-1) on the Indication level(0.05)

Table 4: shows the Means, standard deviations; (T) calculated value & (T) tabled value, the indication and the evolution 's rate of the control group of (pre and post-tests) in the study's variables

variables	Physical Tests		Measurement unit	Pre-tests		Post-tests		Tabled T	Tabled value	Indication	evolution 's rate
				s	rate	s	rate				
Power	Special power (5) partridges by the speed of the both of legs to the farthest distance	Right	Cm/ meter	6.76	0.59	6.82	0.58	4.46	1.14	significant	-0.888
		Left	Cm/ meter	6.55	0.64	6.61	0.62			5.55	significant
Speed	Maximum speed (30 meters)		Second	5.34	0.22	5.30	0.20	2.65	1.14	significant	0.749
Bearing	Bearing (540 meter)	Minute/second	Minute/second	2.15	0.06	2.12	0.04	6.10	1.14	significant	1.395
	the trunk's force to bearing for (60 seconds)	Abdomen	Time/No. times	40.80	3.54	43.13	4.76	5.85	1.14	significant	-5.711
		Back	Time/No. times	32.00	4.32	34.86	4.25	8.52	1.14		8.938
	Bearing the work & performance and attached on the horizontal bar to a longer		Time	Time	46.13	5.27	60.40	7.19	19.69	1.14	significant

(*) tabled T is (1.14) at the freedom degree (n-1) on the Indication level(0.05)

Table 5: shows the Means, standard deviations, (T) calculated value & (T) tabled value and the indication of the differences between the two groups (experimental and control) at the post-tests in the study's variables

variables	Physical Tests		Measurement unit	experimental		control		Tabled T	Tabled value	Indication's level
				s	rate	s	rate			
Power	Special power (5) partridges by the speed of the both of legs to the farthest distance	Right	Cm/ meter	7.12	0.36	6.82	0.58	1.68	2.76	Non significant
		Left	Cm/ meter	6.63	0.51	6.61	0.62			0.133
Speed	Maximum speed (30 meters)		Second	5.16	0.22	5.30	0.20	1.709	2.76	Non significant
Bearing	Bearing (540 meter)	Minute/second	Minute/second	2.08	0.26	2.12	0.04	2.595	2.76	Non significant
	the trunk's force to bearing for (60 seconds)	Abdomen	Time/No. times	51.00	4.22	43.13	4.76	4.514	2.76	Non significant
		Back	Time/No. times	40.73	4.8	34.86	4.25	4.386	2.76	
	Bearing the work & performance and attached on the horizontal bar to a longer time		Time	Time	62.13	5.64	60.40	7.19	4.802	2.76

(*) tabled T is (2.76) at the freedom degree (n-2) on the Indication level(0.05)

4. DISCUSSION

Tables (3-4-5) shows that, there are significant differences for the benefit of the experimental group in the study's variables (Special power (5) partridges by the speed of the both of legs to the farthest distance, Maximum speed (30 meters), Bearing (540 meter), the

trunk's force to bearing for (60 seconds) and Bearing the work & performance and attached on the horizontal bar to a longer time) the researchers The researchers attributed this significant a result of using (Refreshment Water) between duplicates when performing the exercises during the training unit as well as its using during the performance and the rest periods between the duplicates at a regular rates among the sample's members, which helped them to regain their healing thus reduces the water shortage, which lost as a result of sweating which contains sodium and delay the delay the onset of fatigue during the training units and this is consistent with which refers by (Robergs) that (the increasing of intake fluids is reduces the appearance of muscle contractions during the process of higher training exercises, Sodium also plays an important role in the restoring of the missing water and maintains plasma volume during training. (1997, 230: Robergs) and he believes that the water intake process during the training leads to an optimal achieving of the mineral salts, water and carbohydrate (Abu Alaa Abdel-Fattah: 1999.150) this is what shows by the test results of the experimental group, cause they had a clear level of performance of the study's variables if we follow up the evolution's rate we'll see there is a positive and clear difference from the control group, Although there is a significant evolution at the Means this is due the use of the training's variables which appropriated to the member's age by the coach, but the posteriori tests were clear evidence to the experimental group, especially in the tests which featured by fast performance, despite the approach of standard deviations among the two groups.

The researchers believe of the need to taking the enough, regular and rated doses of (water) during the training at the suitable time that (to be blood contain the suitable amount of water has a quantity of a big role to get rid of carbon dioxide, which is one main result of the energy's interactions as a result of a bilateral interaction dioxide (70%) interacts with the water component to return by the Rponik acid which decomposes to get the positive hydrogen ion acid, the negative alkaline of bicarbonates ions increase in the hydrogen ion acid leads the motivate breathing center in the brain, which increases the speed of breathing and this increase will help to rapid elimination of the a bilateral dioxide (Amer Fakher Hgati: 2014: 198-199). The researchers believe that whenever the amount of water is increased in the blood during the training process, the speed to get rid of a bilateral dioxide is increases)

5. CONCLUSIONS

1. Emergence of a positive effect on the variables of the study and the experimental group that used (Refreshment Water) as a means of healing between a duplicates with the sample's members.
2. Emergence of significance tests of physical capacities under study and to the experimental group that used (Refreshment Water) as a means of healing between a duplicates with the sample's members.
3. The use of water between duplicates helps to regain the healing quickly, which reflects its effect on the rate of evolution of the basic capabilities of the children the experimental group.

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