

TRAINING OF THE SLOPES IN THE WAY OF TRAINING INTERVAL FOR THE DEVELOPMENT OF PHYSIOLOGICAL INDICATORS AND ACHIEVEMENT OF THE 1500-M

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ABSTRACT:

Through the experience of the researcher in the field and follow-up to the Championships, especially the effectiveness of 1500 m and to inform her about some of the training curricula adopted by our instructors in Babil province noted the lack of use of training on natural factors including the slopes up and down and knowledge of its effect to develop some of the capabilities It is the same as the oxogenetic and non-oxygens (long and short) types of the 1500-m youth. The problem of research is highlighted by the practice of training the natural slopes up and down to influence the physiological indicators and the accomplishment of 1500 m for youths in Babil province. The search was applied to a sample of the 1,500 young runners in Babylon (8) running into two groups, one experimental (4) runners and one (4) runners. Applied to the experimental group the most important conclusions were the improvement of the oxo genetic and non-oxygens capabilities and the development of the digital level of the effectiveness of 1500 m for young people for the experimental group compared to the officer.

Keywords: slope, ATP, physiological indicators.

INTRODUCTION

It has become known that the high achievements and the achieved figures were not the result of coincidence, but as a result of the great overlap between the different sciences such as sports medicine, physiology and sports training science in order to deliver sports to the highest level of achievement and change the records for the better and to develop sports levels by harnessing all science and means Related sports, in order to find the best ways and means to develop the physical and physiological possibilities through the training methods and exercises that aim to that. The training in terms of physiology means functional development of the body In order to adapt it through the regular exercise of the high requirements for the performance of a work, and physiological changes lead to the improvement of the

digital level as there is a direct correlation between the functional improvement of the body's vital organs and athletic achievement, and progress in the level of sports is only a physiological adaptations occur in the internal organs , And depending on these adaptations the individual's physical abilities are increased. There are many methods and methods of training to serve this progress, and one of those means resorted to experts in the field of sports training and athletics, which has seen a remarkable development in recent years is the training of slopes through the enemy up and down as well as exercises on the surface level, and vary slopes of these surfaces Depending on their availability in the training environment, and have recently identified the slopes of these slopes empirically or according to their status in nature. And this requires the adoption of special training

methods and methods for the purpose of developing a lot of capabilities for the athlete of athletics, including the oxygen and non-oxygen capabilities. And since the effectiveness of running 1500 m is one of the types of intermediate distances in athletics in which the two oxygen and oxygen systems overlap, Especially physical development, as well as the development of some physical abilities. Access to high mathematical results in the run mid-distance needs to have a high speed sprint in jogging and preparation is technically and professionally integrated. The researcher considers that the use of natural slope training matches the performance of this activity, hence the importance of research by the impact of training curriculum in the method of training in a natural way of natural slopes for the development of oxygen and oxygen capabilities and the digital level of 1500m runners of our service to identify trainers working in this area.

And through the experience of field researcher and follow-up to the tournaments, especially the effectiveness of running 1500 m and the view on some of the training methods adopted by our trainers in the province of Babylon noted the lack of use of training on the slopes up and down and did not receive a lot of study in this area, and knowledge of their effects in some physiological abilities such as oxygen and oxygen Both (long and short) for 1,500 meters for youth. Hence the problem of research through the use of one of the factors of nature and the natural slopes and training jogging up and down and the impact on the physiological abilities and the completion of running 1500 m for young people in the province of Babylon. The aim of the research is to prepare a training curriculum in the form of training in the field of natural slopes for the 1500m runners of youth. And knowledge of the impact of this approach in the development of physical abilities and the digital level of 1500 meters for young people. The researcher imposed that there are statistically significant differences between the tribal and remote tests of the variables under study for the control and experimental groups of the research sample. There are also significant differences between the remote tests of the control and experimental groups of variables under study and for the benefit of the experimental group.

MATERIALS AND METHODS:

Field research procedures:

The researcher used the experimental method for its suitability with procedures. The research community included Rakhdi for running 1500m youth in Babil Governorate (12). The research sample was randomly selected by 8 runners, divided into two groups, one experimental and the number of each was (4) racers.

The researcher used sources and scientific references. Ray Gentlemen experts and specialists. Expert survey form. Measurements and tests as means of gathering information. We also used a weight measuring device, stop time clocks (number 4), and a level to determine the angle of the ramp and its accessories and the electronic calculator. The researcher developed tests in a questionnaire that included three axes: tests of oxygen capabilities. Tests of short and long oxygen capabilities. And the test of the digital level of jogging 1500 m was presented to the experts and specialists to choose the appropriate tests for the study and after the collection of questionnaires and unloading and arrange the researcher took the tests on the oxygen and oxygen capabilities signed by the test and the proportions of the agreement, which exceeds (75%).

The experiment was conducted on 15/8/2017 on a sample of 4 runners. The objective of this experiment was to verify the validity of the equipment and tools used, the ease of applying the tests and their suitability to the sample level. The extent of the players' response and their interaction with the tests And to ensure the times set by the researcher in the implementation of exercises in the training unit and according to the energy systems working, and ensure the intervals of interruptions. Be sure of the intensity of the exercise through appropriate frequencies and their compatibility with the pulse.

The tribal tests were conducted on 28-29 / 8/2017 for two days and as follows:

The first day included:

. - Test ran 45 m to measure the short oxygen capacity
Test run 1500 m to measure the digital level (achievement) -

The second day included:

. Step test to measure long oxygen capacity -
Test ran (1.5) miles to measure the oxygen capacity (VO2MAX). -

The program included exercises based on the specific distances we adopted on the time of the first, second and fourth regions of the training areas in the virtual table of the smart Fox and Matiz suitable for the effectiveness of running 1500 m, which is based on the energy systems (PC-ATP, LA & O2) Because "the energy system of any physical activity is determined in light of the time of effort and the rate of energy consumption in this activity and the basic principles for the construction of any training curriculum need to determine the system of production of energy used to distribute physical loads in light. (Talha, 1994, 224)

The training curriculum was carried out on 1/9/2018 until 30/10/2018 with three training units per week during (8) weeks. In each training module, training was conducted in two areas of the training areas. Exercises were developed to develop the oxygen and laxe capacities On the basis of time and according to the energy systems in proportion to the effectiveness of running 1500 m, each of each of the three areas of a special exercise and the exercises were distributed in the training units in a consistent manner taking into account

the ratios of agreement reached by experts for the variables of research in a manner that ensures the development of all The variables are commensurate with the level of the research sample and the stage The training modules were designed by taking half of a quarter of the total repetitions in order to ensure that the training unit completed its exercises in two areas of the selected areas and each area of two parts and different times.The curriculum was applied in the special preparation stage. The researcher used low-intensity infant training and intensive high-intensity training, as well as the use of the intelligent training based on Smart Table 1 divided into four regions, representing the first ATP-CP, the second ATP-CP-LA, the third ATP-O2-LA and the fourth O2, Inter-comfort and style of resting periods.

The post-test was carried out after the completion of the training curriculum in order to determine the level of the physiological variables they reached for two days and for the period (1-2 / 11/2017) in the same context used in the tribal test.

RESULT AND DISCUSSION:

Table (1) Statistical parameters of the tribal and remote tests of the physiological variables of the two groups

Level of significance	Moral level	The value (t) is calculated	Post-test		Tribal Test		Collection	Variables
			P±	s-	P±	s-		
Non-D	0.214	0.69	0.15	8.47	0.53	8.50	Officer	Oxygen capacity (d)
D.	0.003	7.69	0.20	7.59	0.10	8.45	Experimental	
Non-D	0.068	0.69	0.28	6.04	0.30	6.20	Officer	Short oxygen capacity (w)
D.	0.008	3.69	0.23	5.50	0.24	6.12	Experimental	
Non-D	0.0954	1.27	35.4	591.8	27.8	535.22	Officer	Long Oxygen Capacity (Watts)
D.	0.0412	4.94	27.08	716.17	51.5	550.01	Experimental	

Significance at wrong ratio (0.05), degree of freedom (3)

Table (2) Statistical parameters of the remote tests of the physiological variables of the two research groups

Level of significance	Moral level	The value (t) is calculated	The experimental group		Control group		Variables
			P±	s-	P±	s-	
D.	0.000	6.11	0.20	7.59	0.15	8.47	Oxygen capacity (d)
D.	0.021	2.84	0.23	5.50	0.28	6.04	Short oxygen capacity (w)
D.	0.006	3.88	27.08	716.17	48.35	591.8	Long Oxygen Capacity (Watts)

Significance at wrong ratio (0.05), degree of freedom (6)

Table (3) Statistical parameters of the tribal and remote tests of the digital level of the two groups

Level of significance	Moral level	The value (t) is calculated	Post-test		Tribal Test		Collection	Variables
			P±	s-	P±	s-		
Non-D	0.0668	0,27	0.08	4.50	0,32	4.55	Officer	Achievement (d)
D.	0.001	4.50	0.09	4.32	0.08	4.59	Experimental	

Significance at wrong ratio (0.05), degree of freedom (3)

Table (4) Statistical parameters of the remote tests of the digital level of the two research groups

Level of significance	Moral level	The value (t) is calculated	The experimental group		Control group		Variables
			P±	s-	P±	s-	
D.	0.004	3	0.09	4.32	0.07	4.50	Achievement (d)

Significance at wrong ratio (0.05), degree of freedom (6)

From the results of the previous tables, there are significant differences between the tribal and post-experimental tests of the experimental group of the physiological indicators as a result of the scientific use of building the vocabulary of the proposed training curriculum which was based on the time based training of the energy production areas in the Foucault and Matiz tables using the natural slope method (Baha El-Din, 1999, 17) "Running on the sloping and high ground falls

under the anaerobic physical effort on the one hand and against gravity on the other, which has led to a significant increase in oxygen consumption." As well as the period in which the implementation of the training curriculum prepared had an impact on the evolution of the device in the periodic and respiratory result of increased vo2max. "This indicator is one of the most important indicators that reflect the high pulmonary efficiency and muscle efficiency of energy houses. This is indicated by Abu Ala 'Abd Al-Fattah and Hassanein

(1997, 154)." It is the maximum amount of oxygen consumption the human ability to perform muscular work depending on oxygen consumption during work Direct, "and the short oxygen capacity was significant and this is due to the use of natural slopes, according to a training curriculum according to the energy systems and the effectiveness of running 1500 m for young people. (Sakhl, 1987, 96)" The ability of non-oxygen is dependent on the production of energy in Lack of Oak Which requires a work of extreme intensity and very short performance time. "The activity of the physiological enzymes essential to the formation of ATP was improved during the performance of the semi-maximal physical exertion at a very short performance time, Borez and Fox (Samira Al-Orabi and Ghazi Al-Kilani, 1996, 140) reported that "enemy training and high-intensity infant training methods develop both antenna and antennae." As for the long non-oxygen capacity, the results also showed significant differences, This variable is used by the VCL training curriculum The increased efficiency of the capacity of long anaerobic led to delay the onset of fatigue, as "delay is fatigue within anaerobic endurance activities by three important ways, including (reducing lactic acid) pool (increased elimination of lactic acid) (increase carry Lactic)". "The fact that organized sports training contributes to the development of long-term (non-tactical) leuksenic capacity," said Abbas Ali Adab, quoting both Fox 1984 and Lamp 1978-125.

The results show that there are significant differences between the results of the remote tests of the two groups and this is evidence of the progress of the experimental group as a result of training exercises, as "access to achieve and install skills will result in the organization of the tools and materials available and invest them appropriately and systematically exploited so training must be organized according to the correct rules and Which ensures optimal development "(Qasim Hassan, 1976, 86). Therefore, the components of the training load of the curriculum have been used correctly and this is the result of the training method used in the application of the training curriculum of the training of the young with the training slopes, S with what he referred to (Abou El Ela Fattah, 1997, 181) "that he can diversify into training by using aids such as to make it difficult positions competitive performance or training in the highlands or in unusual weather conditions." This is in line with the study by Bahaeddin Ibrahim Salameh

(1999, 17) that "training on the sloping and high ground is necessary for the development of the element of speed that is relied upon in the final stages of the race and affects To increase the effectiveness of physiological variables to achieve the best results in different competitions. "(1999), 228 (2000), both of Cole and Reindel, 172 and others Ratified ratios for each of the refining R and resting periods that are linked and determined by sexy training are represented in intensity.

It is clear from the previous tables that the differences were insignificant between the tests of tribal and dimensional in the digital level of the effectiveness of running 1500 m for the control and the moral of the experimental group and the reason for this is due to the training curriculum used by the control did not improve the efficiency of internal organs and raise internal capacity to work, The results are good below the level of ambition in the 1500 m running. The training aims to "create the body to improve the condition of its organs and organs so that it works in suitable conditions to help it raise the physical level." (Hafez, 1996, 276)

The researcher attributed the development of the experimental group in achievement to the use of the futuristic training in the proposed training curriculum, which helped to develop the digital level of the research sample. "This method can not be neglected in sports training to achieve the desired goal and achievement" (Kassem, 1988, 266). As has been shown before that the use of slopes in this method of training has an impact on the development of variables and better than work on the ground level. Therefore, the curriculum followed by the experimental group has played a major role in developing the digital level of 1500 meters for young people through the exploitation of the components of the training curriculum in a proper and orderly manner.

"The objectives of the training unit can not be achieved if they are far from the applications of the energy production system" (Abu al-Ela, 1996, 30). The physiological side has a direct and effective relationship with the digital level of athletics racers and physiological adjustment between the muscular effort and the functions of the body "The occurrence of physiological changes through the regular training in the functions of the body organs occur adaptation to those devices through the effort of muscle and continue to perform this.

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