

The Impact of Special Exercises Using (Jump Trainer) to Develop some of the Physical Abilities of the Completion of the 100m

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Abstract

The high level of achievement and sports record during sessions of the Arab and Asian Olympics year after year, a large number of researchers interest in the study of training means and search for the best means of increasing the effectiveness of the trainee to create a renewal in training, from the interest of the researcher in this effectiveness being a coach in the events speed found low use of modern training means (Trainer Jump) including resistance exercises muscles working class youngsters effectiveness (100m), which is the problem, no doubt, as well as the need for diversification in the training means an incentive or motive to raise achievement in this category and the researcher uses (Jump Trainer) as a means of new training courses in raising the efficiency of sports obese runners (100m) and serve those sports events especially short running for giving new results. The use of the (Jump Trainer) was an effective influence in the development of some of the physical abilities through the application of special exercises, which were affected in the development of the special force and speed, which led to the development of achievement in a positive manner and must be the focus in the selection of appropriate exercises, according to modern training methods for all events speed.

Keywords: Special Exercises, Jump Trainer, Physical Abilities, Completion

Introduction

The sportive achievements made in the present time, the high-level sport in the world in general was the result of a considered scientific planning sports training and scientific research and experience, and is the reason behind the achievement, the world today is looking for the most effective and most useful with the achievement of economy in time, effort and money. Training varied means and trends strong games players especially speed and trainers and researchers looking for the best that can serve the training process and increases the development of numbers (Khairat, 1996) and that the use of the means of the training courses aimed at the development level of sports performance to achieve high levels of achievement, and there are several training tools and differing impacts stimulate trainers to choose the means of training courses, may be the most impact on the development of achievement, one of the uses of researcher headed the new training means (JumpTrainer) and use a resistance force of the muscles working for runners, short distances and means of development of the special force, as well as maximum speed of effectiveness (100m) for juniors is one of the modern methods of training courses, to improve access to the best of achievement (Abu El-Elah, 2010) the importance of Training in the use of research to develop some physical abilities (force explosive, distinctive force speed, and speed) and focus training on the development of those building the fact that play a major role to improve delivery, thus the

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researcher was the preparation of the special exercises training means helped in this subject this category which aims to good effect in the physical abilities and achievement (**Abd-elfattah, 1999**).

Literature Review

The high level of achievement and sports record during sessions of the Arab and Asian Olympics year after year, a large number of researchers interest in the study of training means and search for the best means of increasing the effectiveness of the trainee to create a renewal in training, from the interest of the researcher in this effectiveness being a coach in the events speed found low use of modern training means (Trainer Jump) including resistance exercises muscles working class youngsters effectiveness (100m), which is the problem, no doubt, as well as the need for diversification in the training means an incentive or motive to raise achievement in this category and the researcher uses (Jump Trainer) as a means of new training courses in raising the efficiency of sports obese runners (100m) and serve those sports events especially short running for giving new results (**Sareeh, 1986**).

Long Jump test unchanged: the objective of the test: a measure of the explosive power of the two men, stands behind the start-line, laboratory are afar with averaged over a little so that it touches the noticeable increase feet beginning line from abroad. register best is achieved by the player in an attempt to the nearest centimeter so that measured the distance of the nearest impact player laboratory (**Ali, 2008**).

Test ran by jumping five steps: The objective of the test: measurement of force as soon as the two men, each player stands behind the starting line so that one of his feet, amama and one in succession, and then begins to jump straight forward payment on the basis of man and landing on the man forward, any of the Yemeni man to left or vice versa with the repetition of these leaps down to fifth in the hole the two men together, measured the distance to the nearest recorded after the player leaves the laboratory in the hole in the fifth and hold it until the beginning line (**Azaad, 2019**).

Test ran 50 yards from the bird: the goal of the test: measurement of the maximum speed, running hostility as quickly after crossing the line of the 100m is one of the action team assistant to cut his arm a signal timer reset to turn the clock running animosity most speed until the end of the distance of 50m in the Rectum temporary stop time (**Wafaa, 2009**).

Test completion ran 100m: the objective of the test: measurement of achievement superiority by the 100m championship.

Methodology

Researcher uses experimental approach to the design of the per group to solve the problem of the search.

Presumably Search: there are significant differences between the results of the tests and expost assessments in some physical abilities and achievement of 100m a sample search for the benefit of a Posteriori tests.

The Research Society appointed him: the researcher to select a sample of intentional search the way they racers National Center for Care Sports Talent strong games Baghdad youth category sports season 2018- 2019 of the effectiveness of the 100m numbered (4) runners, which represents 100% of a society of origin.

The tools and equipment used in the search: Calculator Laptop hP Number1, CD-ROM (CD) type (Imation). The metric number,1 the launch of a number (1), golf athletics international legal dimensions. Hours Chinese Electronic Timing; (4), (Jump Trainer) number (4)

Tribal tests: Tests a sample tribal at 3:00 pm for two days as of 16/1/2019, which falls on Wednesday until 17/1/2019 day on Thursday in the boxed specialized school the Ministry of Youth, the

researcher sought to codify the conditions concerning all the tests of time and of the tools and method of implementation of the tests in the same stage of a Posteriori tests, where the tests from the first day of the physical abilities in the second day of achievement.

The training program: the implementation of the training curriculum prepared by (3) training modules in the week (Saturday, Monday and Wednesday) for a total of (24) training module for the duration of the search and the time of each module (30-35) minutes of the training Unit of the research sample. The use of recursive training researcher training unit have been developed the training curriculum and sample search racers national center for Care strong games sports talent and effectiveness of 100m 0 based on this category, as adopted, a researcher on the duration of the reconstruction effort of peak performance ratio of work to rest and they are built on the principle of training undulation in pregnancy training program in the weekly units this through the application of the principle of diversity in intensity and size and comfort that "the principle of wave mode in the formulation of the training curriculum will lead to better results tilted rise and drop is intended to carry training and follow the pace of one or one level of the gradient in carrying the training curriculum and training through the application of the principle of diversity in intensity and size and comfort (Nouri, 2004).

A Posteriori tests was conducted tests on the sample researcher Dimensional Research tests heart conditions itself.

Results

Table (1)

Statistical treatment of physical capabilities and achievement of the Tribal exams has passed Conference

Variables	Pre-test		Post-test		Mean difference	SD difference	Calculated t	p value	Signif.
	mean	SD	mean	SD					
Jump from Static	2,37	0,04	2,52	0,02	0,15	0,04	9,01	0,0	Sig
Ran jumping5 leaps (m)	10,74	0,05	11,66	0,8	0,92	0,12	11,8	0,0	Sig
ran 50m from 5/tha	5,74	0,03	5,63	0,02	0,11	0,01	31,00	0,0	Sig
Ran 100m of achievement/tha	12,11	0,8	11,94	0,06	0,17	0,07	37,00	0,0	Sig

The degree of release of 4.1= 3 the level of significance of 0.05

Conclusion

From the table (1) shows us the results of the jump from flat research group at the median in tribal test (2.37) (0.04) normative spiraling out, the value of the Median in the dimensional Test (2.52) standard deviation (0.02), after the use of the test (T) of the differences between the Conference reached a value (T) calculated (9.01) while the real significance (0000), the smallest of the value of the level of significance (0.05) under the degree of freedom of (3), which refers to the moral differences between the conference in test jump from unchanged for the sake of the dimensional test. clarify the special exercises prepared in accordance with the use (JumpTrainer) such as jumping exercises had influenced the development of the results of the long jump flat incorporeally reaffirms the importance of jumping exercises most studies in the development of the explosive force The distinctive strength and speed when used accurately measured scientific manner in accordance with the requirements of the distribution of the right training during pregnancy period of time taking into account the capacities of the sample in the application of the appropriate exercise according to center. We note the relative development of the sample as a result of the

conduct of the training curriculum, the researchers applied exercises have been organized special vocabulary vocabulary exercises jumping curriculum using rubber bands to develop this capacity of the focus during the special training to give maximum nature produces high performance in turn stimulate muscle fiber maximum power delivery strongly filled explosive calculated very short time researcher attributes this development is the training curriculum as (Anaad Girgis and Kamal Salman) to improve the level of the long jump from the consistency of the run was the result of jumping exercises which have had a positive impact on the development of muscular strength (**Gergess, 1999**) Researchers believe through the development of capacity for the effective performance of any gym certainly contributes to the development of the level of achievement of those effectively in a positive and effective manner. (**Kamal, 1998**) From the table (1) shows us the results of ran jumping (5) search group jumps as it reached the median in tribal test (10,74) normative spiraling out (0.05), the value of the Median in the dimensional Test (11,66) standard deviation 0.8) After using the test (T) of the differences between the Conference reached a value (T) calculated (11.8), while the real significance (0000), the smallest of the value of the level of significance (0,05) under the degree of release of (3) through to notice the presence of moral differences between the results of the tests and expost assessments for the benefit of a Posteriori tests this proves that the exercises, which have been applied to the The research sample have contributed greatly to the basis of the chief in the development of the distinctive force as soon as the members of the sample and that the application of this approach to the vocabulary according to the use of a training course in the course of training, which in turn highlight different Greated certainly increase the resistance on the muscle groups produce adapted to serve the dynamic routes to perform required the urgency to be developed, and that the test run jump depends on the ability of the muscles to complete job through regular exchange between the processes of the tension of relax working on cutting the greatest distance possible as a result of this harmony between muscle action and muscles working. Also, the development of the distinctive force quickly is due also to the development of explosive power through special exercises, commensurate with the requirements of the skill of certain frequently, as "the process of overcoming the resistance by performing certain movement and delivery to the maximum speed or the shortest possible time check in the service of the explosive power of duration and increased effectiveness of the force of the speed, as the force of the speed is a group of several powerful explosive." (**Atheer, 1980**), and that the exercises, which were used during the training curriculum, which depends on the number of times the redundancy and speed of movement as well as the use of different jumping exercises and repetition of jumping from a man to another positive call to strengthen the muscles of the two men and the thigh and leg, thus leading to the development of the distinctive character of force as fast as reflected on the development of achievement The effectiveness (100m) beginners as most of the stages of this effectiveness depends on this capacity, he said Frank Abdul Karim" to the development of the distinctive force as soon as the individual sports are important factors in the assistance in the development of urgency" (**Sareeh, 1986**) from the table (1) shows us the results of the bird ran 50 research group at the median in tribal test (74.5) normative spiraling out (0.03), the value of the Median in the dimensional Test (at 5.63) standard deviation (0.02), after the use of the test (T) of the differences between the conference reached a value (T) calculated (31,00) while the real significance (0000), the smallest of the value of the level of significance (0.05) under the degree of release of (3) improvement in the time of the performance of this test came as a result of improved ability of Speed Most give an indication on the development of explosive power and strength both men quick search sample because they are subject to special exercises which emphasized the development of muscles working in the ran (100)m and training various resistances inevitably lead to increasing the efficiency of the Working muscle exposed to these resistors, and this shows that the muscles will increase the adequacy and electrical activity to cause an increase in speed which reflect the results of speed" (**Abdelfattah, 1999**) This is consistent with most of the workers in the field of training in the short distances so jogging events

confirm the importance of strength training to develop the urgency resistance short distances and the researcher considers the development of both the speed and strength of explosive power appeared clearly in the maximum speed" to the development of speed usually high intensity always used in the sense that the severity of the performance of the exercise at least the maximum speed, or the maximum speed, or using a means to help the fast performance of the maximum speed, and this helps to train the nervous system to the fast performance" (**Abu El-Elah, 2010**) from the table (1) shows us the results of the test of achievement of 100m research group at the median in tribal test (12,11) normative spiraling out (0.08), the value of the Median in the dimensional Test (11.94) standard deviation (0.06), after the use of the test (T) of the differences between the Conference reached a value (T) calculated (37), while the real significance (0000), the smallest of the value of the level of significance (0.05) under the degree of release of (3) through the implementation of the curriculum The curriculum vocabulary The evolution is the result of logic, focused on implementation and on according to the correct scientific foundations, focused approach to the passers-by that special capacity development related to the completion of the greatest achievement during the focus on working with the assistance of the training muscles Al-Wasail (Jump Trainer) and increase the burden on the muscles working so that more production job to cut the specific distance least relative time in accordance with the poor training, making the differences in the values of these variables tend to the results of the tests of a Posteriori reflected on the development of the ran (100m) not individuals research sample, as "the use of appropriate training to be more effective in achieving the target user training"(**Khairat, 1996**) Researchers believe that the exercises, which use practical exercises by training means, headed toward the development of the The speed and strength of explosive power and speed, as evidenced by the results of the differences that have been referred to by the researchers that are an efficient and effective manner in the development of achievement run rapidly and provide the level of capacity building for effective performance skill or gym certainly contribute to the development of the level of achievement of those skill or effectively in a positive and effective manner.

The use of the (JumpTrainer) was an effective influence in the development of some of the physical abilities through the application of special exercises, which were affected in the development of the special force and speed, which led to the development of achievement in a positive manner and must be the focus in the selection of appropriate exercises, according to modern training methods for all events speed.

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