



DESIGN AND LEGALIZATION OF TEST TO EVALUATE THE SPEED OF HOSPITALIZATION COMPENSATION IN TERMS OF SPEED AND ENDURANCE PERFORMANCE AND PULSE FOR PLAYERS OF BASKETBALL

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Abstract

The study aimed to design and legalize tests for knowledge, the speed of hospitalization and pulse for the players in the basketball in Basra Governorate, and the importance of the study comes as it aims to identify the maximum pulse and the speed of hospitalization through the pulse, that is, the return of the pulse to 120 z and the test time of 40 m for the speed. The researcher used the descriptive approach as it reached The total community of 40 player from Basra Governorate, or the sample, has reached 30 our players, which constituted a percentage of 75% That is, knowing the pulse during rest and reaching 120 beating. As for the recommendations, studies and research related to adapting the title muscle and hospitalization of basketball game The trainers depend on modern training means in the training process that facilitates the process of monitoring the pulse of the players

1 -1 Introduction and Importance of Research:

The world is witnessing a rapid pace revolution in development in all aspects and scientific, educational and civilizational fields in a tremendous way that the human mind does not imagine in a short period of time, and sports games in general and basketball are characterized by the need for high levels of training and mastery of



the various skills required by this game accompanied by excitement, enthusiasm and purpose. Upgrading this game to achieve the victory, the need to research the details of this game has emerged, and since the sports training process is one of the operations that seeks its goals to achieve the achievement and define these goals is not easy to work, it is directed to strength towards progress and behavioral determinants towards resisting fatigue and hospitalization, which is a disappointing state of hopes for many. Among the players and coaches, and the difficulty of the goals is not only in defining them, but there is an obstacle in its formulation, as the correct clear formulation that is based on accurate digital values resulting from reality prevents the possibility of conflicting interpretations and this will only come through the test process and hence the importance of the research as the tests are considered. And the measurement is one of the important means in the evaluation process that builds the validity of training programs in particular if it is. These tests are prepared for scientific numbers and the successful coach always needs to know the result of what he does during the training processes that will give him the clear picture that he reached in his training work so that he can then amend or change some direction of the training process to enable him to reach to achieve objective goals. The importance of the topic lies in the evaluation process using tests and measurement and how to obtain grades and convert them into real digital standards that reflect the status of the players, the level of training and adaptation in addition to that it is a scientific guide.

1-2 Research Problem

The researchers believe that through previous research and studies that the desired feasibility of scientific research in the sports field is the possibility of upgrading achievement by solving the problems facing this progress and there is no doubt that the use of everything new in the process of scientific and accurate diagnosis of weaknesses that emerge from the rest of science as science. The tests and measurement that have a great role in how to give the objective evaluation of the level of players, which is commensurate with the level of performance skillfully, physically, functionally and physically, and thus gives the coach to expect the result of the competition and through the foregoing the research problem lies that the evaluation process may be on self -standards and its provisions are decisions. Quick and it is a personal assessment that does not depend on scientific



foundations as the researchers design objective tests for the speed of the hospitalization in terms of speed and tolerate performance and pulse for players for the basketball.

1-3 Research Objectives:

- 1- Design and legalization of tests to evaluate the speed of compensation for hospitalization.
- 2- Learn about the results of the tests for the basketball players.

1-5 Research Areas:

- 1-5-1 Human Domain: Students college of physical Education Basra university 2021-2022.
- 1-5-2 Times field: from 20/11/2021 to 16/4/2022.
- 1-5-3 Spatial area: The Central Hall in the College of Physical Education and Sports Sciences.

Keywords: Legalization; Hospitalization Compensation; Endurance Performance.

1-6 Definition of Terms:

It is understood from legalization linguistically (the provisions of the thing), and the rationing includes determining the conditions for applying the test precisely according to the principle of taking into account the control of all factors that affect the phenomenon that is looking for, so the instructions of procedure and correction are established and the criteria are mentioned and it is advisable to determine the conditions of other procedures

The test is only a codified exercise, as (Ali Salloum Jawad : 2004) knows, quoting Croon Back as an organized method to compare the behavior of two or more people

- Evaluation: It is to issue a judgment on the value of things, individuals, or topics is one of the concepts of evaluation.

-Hospitalization is the time period that tracks the performance, during which all or some of the effects that the sports performance left and re -preparing the athlete again for the subsequent performance at the level required to achieve the objective goal is to achieve.



2 - Research Methodology

2-1 Research Approach:

The researchers used the descriptive curriculum in the survey style to suit it the nature of the research and the current study goals.

2 - 2 Sample Research:

The goal of the research and the procedures used by the researchers determines the nature of the sample that it will choose, which represents the study community, so the researchers defined the research community in the intentional way, and they are players of Basra clubs in the basketball, who numbered (40) players. As for the research sample, it was chosen in the random style and its number reached (30) Players, as a percentage of its amount. (75%) of the original community of research.

2-3 The devices and tools used in the research:

Scientific sources and references and the Internet

- 1- Medical Libra number (1)
- 2- Calculator (1)
- 3- Time hour (2)
- 4- Bit for measuring (2)
- 5- Tests and measurement
- 6- Huawei sports watch Chinese type

Table (1) shows the homogeneity of members of the research sample

Body measurements	Mean	Standard deviation	Differences factor
Length/ m	1.83	0.108	6.023%
Wight/ Kg	79	8.76	10.24%
Age/ year	24	.9575	4.5%

Table (2) shows the number of clubs for the advanced players in the Basra Governorate Center (Al-Menaa, South Oil, Al-Ithad)

Governorate Center	Clubs	Number of players
	Al-Menaa Club	15
	South Oil Club	11
	Al-Ithad Club	14



2-4 The Tests used in Research

2-4-1 (Ledger) test.

The purpose of the test: measuring and carrying performance in terms of pulse
Tools used: basketball field, destinations, a tape indicating the beginning and end for the distance of 40 meters

How to perform: The laboratory stands behind the starting line and when he hears the start signal, it is launched at the maximum speed to turn from behind the person and then again does the same work, i.e. 40 meters go and return.

Method of registration: We record the time that a piece in running 4 x 40 meters and the pulse of the player after running

2-4-2- Hospital Time:

The hospitalization time for the players was measured immediately after the completion of the pulse to 115 to 120

Measuring the oxygen debt for hospitalization.

The debt is measured by using the following equation:

$$\text{Religion oxygen} = \text{amount of oxygen consumed} \times \text{vo2 max time taken to restore recovery}$$

2-5 The scientific basis for the tests.

Where Sami Muhammad (tests is a means that helps to evaluate performance and compare their levels with its objective goals, as you must have high rates of honesty, stability and objectivity)

Stability Tests:

Stability is (consistency in the results and is considered fixed if we get from it the same results when re -applying it to the same individuals conditions) (Mustafa Al -Imam and others: 1990).

The objectivity of the tests:

Objectivity Clear and easy to understand and apply by the sample members



2-6 The main experience

The main experience was applied by applying the tests and measurements used in the research on the members of the research sample represented by the advanced basketball players in Basra Governorate, who number (30) players exactly at three in the afternoon and the halls of the College of Physical Education and Sports Sciences and in the presence of the assistant work team where each club has set two days for two days On the first day, measurements, experience were taken and the test was explained. On the second day, physical tests were performed.

3- View and Discuss the Results:

Table (3) shows the calculations, standard deviations, standard error, the highest value and lowest value for research variables of basketball players in Basra Governorate

NO	Tests	Measurement Unite	Mean	Standard deviation	Differences factor	Max degree	Min degree
1	Length/ m	Cm	1.83.1	10.8	6.87%	189	174
2	Wight/ Kg	Kg	79.2	8.7	8.65%	81	65
3	Age/ year	year	24.3	.5.7	4.34%	29	20
4	Oxygenic debt	L/M	8.78	1.83	%17.09	10.01	6.46
5	Pulse after the test performance	H/M	166	10.9	%12.44	175.2	158.8
6	Hospitalization	Sec	51.22	6.81	%14.12	59.4	45.1
7	Achievement	Sec	16.3	2.9	%2.67	14.2	18.2

The researchers also believe that the existence of the link relationship is due to the fact that the more this physical ability and adaptations of the heart muscle develop, the more the player's ability to perform better in the matches, and this leads us to the level of training and adaptation to the players, as it is the decisive factor in achieving achievement, so the coach's knowledge of the characteristics of this ability is What is the effect that this ability plays as it gives a high indication of a high indication through which you can know the time of hospitalization, and the



oxygenated debt, and this indicates the efficiency of the periodic and respiratory bodies in carrying out the tasks required of them during the performance.

The researchers agreed with what was confirmed (Jabbar Rahima: 1995) in order to develop the speedy table. The appropriate training must be used that has a direct impact on the production of the Leucoxene energy (ATP - PC) and the system of cable decomposition, as these exercises result in an increase in muscle ability to use Luxurious energy sources as high efficiency and increased muscle efficiency to work in conditions of hypoxia and carry high concentrations of lactic acid in the muscles and blood and the accompanying biochemical changes (PH) such as acidic catastrophic blood balance (Merciful: 1995)

The researchers attribute the reason for this to the high and logical importance that the hospitalization time plays in giving the true indicator of the player's condition and the condition of the body, where the slightly the hospitalization time means a rapid return to the natural state and adaptations and thus the high possibility to restore energy sources, and the hospitalization time is highly related to an average indicator The pulse and the size of the strike, where whenever the heart works at a pulse rate according to the best productivity for it, this is a positive and fast factor and whenever the opposite is, this indicates that the heart works in the critical state or the story With physical work, thus connecting the body cells to oxygenated blood through cardiac payment is an important factor for the continuity of the sustainability of muscular work.

The researchers agreed with what (Kamal Zaki: 2018) referred to, "The hospitalization time is an indication through which the player's efficiency in the game of basketball and performance can be built, so he must be built on scientific foundations during his training, when completing the effort or training must be given The time for a suitable hospitalization for the effort made, so giving the time of the hospitalization of the most amounts in which the specified leads to the lack of adaptation to the player, as well as when giving the time of a few hospitals not to return the pulse to 120 strikes leading to the player's stress when performing subsequent exercises.

4- Conclusions and Recommendations:

4-1 conclusions:



- 1- appeared there is a variation between members of the sample during the tests in obtaining hospitalization rates
- 2-Knowledge of the hospitalization time, i.e. knowledge of the pulse during the rest, was reached to 120 strikes
- 3-The maximum pulse was known during the performance of the test and the time to perform each test

4- 2 Recommendations:

- 1- adopting the results and conclusions that appeared in the research in order to improve the status of the players or pay attention to the adaptation of the device to rotate
- 2- Conduct studies and research related to adaptation of the title muscle and hospitalization of basketball game
- 3- The trainers' dependence on modern training means in the training process, which facilitates the process of monitoring the pulse of the players

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