

# The Impact of the Use of Massage on the Reflective Points and Approximate Exercises of Running and Standing Phase according to some Bio-kinematical Variables for Front Jumps of Skill Hands on the Platform Jumping on the Arising National Team Technical Gymnastics

<sup>1</sup>Zinah Abdul Slam Abdul Razzaq; <sup>2</sup>Suad Abdul Hussein Waheeb

## Abstract

This research aims to prepare massage exercises and the use of the reflective points to improve approximate jogging and stage the advancement of bio-kinematical running variables approximate the advancement of skill hands leap forward platform jumping a sample search. The research also aims to identify the impact of the use of the reflective exercises massage to improve running points approximate phase and the advancement of according to some bio-kinematical variables jump skill hands headlights on the platform jumping. Prepared exercises and massages contributed to the reflective points in time (10m) and affected in walking distance and the seriousness of the glove and speed (4) steps and a positive impact in time to seek macroeconomic policies on the glove in accordance with the conclusions reached by the researchers recommends that attention recruited 1,872 scientific dealing with the modern methods of hospitalization and benefit from the results of this study and its application within other training curricula of other actors.

**Keywords:** Massage, Reflective Points, Exercises, Running, Standing Phase, Bio-kinematical Variables, Front Jumps, Skill Hands, National Team, Gymnastics

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## Introduction

The researchers aim at upgrading technical performance and keep up with the evolution in the game through the identification of some bio-kinematical variables approximate to running and advancement of the detection of weaknesses in this running exercises to improve it, then to avoid errors and to identify the extent of the impact of this exercise in accordance with the massage use reflexives (**Dragnea, 2002**) research aims to prepare massage exercises and the use of the reflective points to improve approximate jogging and stage the advancement of bio-kinematical running variables approximate the advancement of skill hands leap forward platform jumping a sample search. The research also aims to identify the impact of the use of the reflective exercises massage to improve running points approximate phase and the advancement of according to some bio-kinematical variables jump skill hands headlights on the platform jumping. (**Ahmed, 2020**)

## Literature Review

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<sup>1</sup> College of Physical Education and Sport Sciences for Women, University of Baghdad, Iraq, [zena@copew.uobaghdad.edu.iq](mailto:zena@copew.uobaghdad.edu.iq)

<sup>2</sup> College of Physical Education and Sport Sciences for Women, University of Baghdad, Iraq, [suaad@copew.uobaghdad.edu.iq](mailto:suaad@copew.uobaghdad.edu.iq)

Using the foot reflexology massage after a means most commonly used in the modern era to counter fatigue and stress and speed the restoration of healing and improve muscle tone and the elimination of the harmful effects of sports training is massage in a certain manner on areas in the body, especially the hands and feet in the circulatory, neurological technique massages reflexive points more than of electromagnetic energy which apply to ship vital body tissues and organs, as well as massages and reflexives lead to remarkable changes and continuous functional mobility devices, the muscle to normal and reduce the fatigue that accompanies the body after muscular effort and improving the work of the vital functions of the body as much as possible after training module and thus lead to improvement in the bio-kinematical variables which are the proceeds to improve performance Skill platform jumping through running approximate, which is considered the first phase of the success of the early stages of the sticky any skill of their importance in the access of the player the necessary acceleration and systematic (Yorkin, 1987) Gymnastics be the role of technical training is very important because there is a close correlation with other components, so the weak physical training gymnastics player leads to a bad and wrong, and thus the lack of success in the competition, so the good technical training based on physical training and psychological rehabilitative. (Doris, 1973)

### Methodology

The researchers used experimental approach for its suitability of the research problem where experimental curriculum change unintentionally timed conditions specified by the event, observe the realism in the discouragement and interpretation)) (Salem, 2000).

*A Sample Search:* Choose a sample search comes within the basic points adopted by the researchers' task to reach credible results of the implementation of the search steps because the process of selection of the sample from the main steps of data collection and reminds that the goals established by the researcher to discuss the procedures used by the will determine the nature of the sample chosen by)) (Jaber, 1996) was the selection of the sample of intentional ways arising national team technical gymnastics numbered (5) players the researchers used per group technique of conference.

*Bio-kinematical running approximate stage variables:* \* The advancement of: - the time of the approximate running (10 m). - The approximate speed of running (10 m). \* Within walking distance to the glove - Walking (4) steps. - The Time (4) steps. - The speed (4) steps. - Knee angle of the plan based on the glove. - A time to seek entirely on the glove.

*The exploratory experience:* exploratory experiment was conducted on 20/5/2019 10: 00 am. Identify the locations of the cameras. Adjust and identify bio-kinematical routes. Know the action team assistant. Ensure the clarity of the picture. Find out training units, leisure and work during the unit.

*Tribal tests:* tests in tribal 21/5/2019 10:00 am in the hall (Credit: IPC technician in the training center, where tribal Video cameras Video cameras have been portrayed by a number (3) and put the cameras filming the approximate running player during 10 hour approximate running steps promoting, hit the glove) and after (11:40) meters and was on the rise (130cm) First camera, either put the second camera on the side of the platform jumping and after (7m) was on the rise (130cm). After filming skill jump front hands and then tribal calendar technical level of performance, so the arbitrators watching video cameras and monitoring of the technical performance of the tribal and observe the performance errors committed by players, resolving the value according to international law and the technical gymnastics, and the work of the commission (E) brief extraction of special discounts only the commission on the technical performance (D) extract the value of the jump and then the commission (D) delete the highest degree less degree, then the middle means gathered on the degree is divided into (2) to extract the average getting technical performance and then put the output of (10) and then collect the gross remaining after the presentation with the

Degree Committee (D) to extract the final mark of the player for each jump, and collect the degree of the two jumps divided on (2) to extract the final mark for each player.

*The experience of the Chairperson:* The test was conducted as follows: chairperson - included stomach exercises on some special force exercises to improve approximate running. - The number of training units (18) Training Unit. -- It took the application of exercise (6) weeks. – the researchers took into account the severity and magnitude of the gradient, duplicates, and periods of rest. – The researchers used before exercises prepared to give the reflective points in each unit between (10-12) minutes.

*A Posteriori tests:* the tests 117 6/7/2019 10:00 am in the hall technical training center gymnastics and under the same conditions as that carried out the tests tribal skill test and evaluate the level of the technical performance of the dimensional.

## Results

**Table (1)**

T	variables	test	O P	P-3	(1)	percentage of error	level of significance
1	time of 10m	Before - dimensions	420/0	122/0	82/1	014/0	Significant
2	speed of 10m	Before - dimensions	848/0	About sql server 2000?	431/1	183/0	insignificant
3	Just a step glove	Before - dimensions	192/0	263/0	56/3	00/0	Significant
4	Distance (4) Steps to	Before - dimensions	092/0	018/0	821/3	004/0	Significant
5	time (4) steps	Before - dimensions	543/0	097/0	572/0	213/0	insignificant
6	(4) steps to speed	Before - dimensions	268/1	042/1	717/3	018/0	Significant
7	angle of the knee moment based on the glove	Before - dimensions	751/3	045/2	513/0	029/0	insignificant
8	time to seek macroeconomic	Before - dimensions	173/0	065/0	549/2	038/0	Significant

From the table (1) which shows the difference of the normative value of deviation circles, what does it mean (a) error attributed bio-kinematical variables research sample, where the moral differences in variables (time of 10m, a step the glove, a distance of 4 steps, the speed of 4 steps, a time to seek macroeconomic policies on the glove) attributed to the researchers' points and massage the reflective exercise used to improve approximate running and which affected in these bio-kinematical variables where contributed to acquire higher accelerated the speed required to jump as well as in the process of advancement in order to change the speed of the center of gravity of the body horizontal and vertical Speed high and exercise that contain all the elements of the skill requirements from the speed, power and agility, positively affect the development of the skills of jumping (Ahmed, 2020 ). Also reflective massages helped to identify the activity and vitality and feel rights immediately upon completion of the massage session and get rid of the

stress and fatigue and increase muscular activity of the joints and muscles and this was confirmed by the (Mohamed Sobhi Hassanein) ((increase training loads in the sports field physiological increased on the human body which has resulted in an increase of interest in sports massage as a means to help the speedy recovery of fatigue)) (**Mohamed, 2004**). How exercise helped the stomach for those before massages to increase the length of the muscle in the reverse direction of the movement of this length is the key to the development of the distinctive character of the force quickly and thus the development of speed and movements that lead platform jumping and this was confirmed by the (Nawar Abdullah Hussein) () the speed is the working group on the organization of the stage of upgrading and require force and speed needed)) (**Nawar, 2004**).

Prepared exercises and massages contributed to the reflective points in time (10m) and affected in walking distance and the seriousness of the glove and speed (4) steps and a positive impact in time to seek macroeconomic policies on the glove in accordance with the conclusions reached by the researchers recommends that attention recruited 1,872 scientific dealing with the modern methods of hospitalization and benefit from the results of this study and its application within other training curricula of other actors.

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