

The impact of a training curriculum for the development of explosive force and the completion of its lifting (Bang Press) among weightlifters with special needs

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Abstract

Sports training aims to raise the level of achievement and the remarkable achievements in various sports came as a result of the use of modern methods and training methods based on scientific foundations that enabled athletes to reach the highest level in sports championships.

The use of unusual training curricula for the purpose of creating a qualitative breakthrough in the development of achievement, as well as the development of the physical qualities of players. Because I have been training in the weightlifting hall at Diyala Sports Club for three years, I noticed a weakness in the completion of the sleeping pressure lift (Bing Press) among players with special needs in Diyala province due to a weakness in the maximum strength of the muscles due to the departure of coaches and lack of interest in using different exercises from the usual for what the researcher sees through his modest and simple experience the development of a different training curriculum and different to classical training.

The researcher's training curriculum exercises in the development of the explosive power of players with special needs contributed to the raising of the Bing Press in addition to achieving the training mechanism for the different curriculum for classical exercises in the development of maximum strength in players.

Keywords: *Sports training, weightlifting, weightlifting*

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I. Introducing research:

1-1 The introduction:

The use of unusual training curricula for the purpose of creating a qualitative breakthrough in the development of achievement as well as the development of the physical qualities of players, and physical qualities receive great attention in the design of the training curriculum in addition to skilled, linear and psychological preparation as they constitute great goals in preparation and preparation of physical preparation for all sports. The importance of researching the development of the maximum force of explosive groups working in the effectiveness of the bang press (sleeping pressure on the terrace) in determining the sports center during the competitions, and the use of maximum force to overcome On the weight and achievement using the muscles of the arms and muscles of the chest and shoulder to achieve this effectiveness in the sport of properties. This study is directed at the development process of explosive force using a different approach in basic exercises and less or less assistance used by trainers, and if used in the exercises is not subject to scientific foundations by some trainers.

The poor achievement and technical performance of the Bing Press lift is one of the well-known and proven solutions on the ground and scientifically observed on the extent of the participation of players in local championships, and the weakness in achievement from the point of view of the researcher's freshness resulting from a palace in one or both workers (maximum strength or motor performance) requires Working to develop the maximum strength of the explosive groups working in this event, so the researcher adopted the development of a different training curriculum (non-traditional) assistance and performance at the level of maximum training intensity taking into account individual differences, and shows the researcher to raise the level of achievement using training and training assistance and appropriate equipment and training tools.

1.2 Search problem

The problem of research determines the lack of achievement in raising the sleeping pressure on the terrace (bench press) in players with special needs (disabled) for the effectiveness of weightlifting (binge press lift) in the Olympic bar diyala branch in Diyala province, which is the result of a weakness in maximum strength first and the lack of optimal investment of the physical characteristics of athletes second and third this Weakness in working muscles and assistance as a result of the departure of trainers from the use of different exercises from the usual or lack of use, then limited in training to only one exercise is the training of the bing press for competitions and sees that researcher through his modest experience and therefore developed a different training curriculum different from the usual training of players in order to avoid this weakness and to develop the maximum forces and achieve the raising of the bing press for competitions with special needs

1.3 Research objectives

1. Know the impact of the different training curriculum to develop the maximum powers of special needs players.
2. Learn about the impact of a different training curriculum for the development of working muscles and help develop the achievement of lift.

1.4 Force research

1. There are statistically significant differences between Pre- and Post-testing at the level of maximum strength and preference between these differences in favor of Post-testing.

1.5 Areas of research

1.5.1 Human field: The 5-quadrants of the 5 Olympic bar players of the Diyala special needs branch.

1-5-2 time field from (25/12/2019to 30/4/2020).

1-5-3 Spatial Field: Weightlifting Hall at Diyala Sports Club.

II. Research methodology and field procedures:

2.1 Research approach:

The researcher used the experimental method with the experimental and controlled groups to fit it with the research problem.

2-1 sample search:

The selection of the research sample is closely related to the objectives set by the researcher for his research, so the objectives set by the researcher and the procedures he uses will determine the nature of the sample he will choose and the selection of the sample should be an example for all and must be available in this sample a key condition is the possibility of circulating its results to the group from which it was taken. I received the research sample on(5)five quartets with special needs belonging to thediyala province team, and they practice in the hall of diyala sports club weightlifting under the supervision of the coach, and they were selected in the intentional way, and this sample is important because it has to stop many things so it stops all measurements and results through the tests conducted by the researcher. The research sample members are affected by the independent experimental variable (experimental method) subject of the research experimental method, the researcher conducts a Post-test and the decrease in the experimental group so that the difference in results on the Pre- and Post-tests is the result of its impact on the independent experimental variable i.e. the effect of the training method prepared by the researcher.

2-3 devices and tools used in research:

to	Devices and tools used	Number
1	Legal Weightlifting Device (Olympic)	1
2	Bing Press Special Facility for People with Special Needs	3
3	Hadid Shaftat (bar)	4

4	Iron dumbbells	2
5	Rubber belt	3
6	Top head terrace	1
7	Dell(p4) computer	1
8	Mobile phone with Galaxy camera	1
9	Electronic Balance	1
10	Record notes and test results	1
11	Safety belt for each player	5

Exercises and tests

to	Exercise name	Goal	Performance description	Registration method
1	Bing Press tight hole	Measurement of maximum chest forces	The player sits on the terrace holding the weight of a narrow opening 20cm leading the exercise to sit on the back	Three attempts are given.
2	Top Bing Press Exercise	Measuring the explosive force of the chest and arms	The player sleeps on a top head terrace that leads to a 60cm hole of sleep on the back	Three attempts are given.
3	Bing Press exercise with three lip-lowering positions on the chest of the hole 50 cm between the arms	Measuring the explosive force of chest muscles and arms	The player lies on the terrace and then the bar descends on the chest in three different locations.	You're given two tries for the difficulty of exercising.
4	The exercise of pulling the weight from the ground up and a	Measuring the force of pulling	The player sits on the terrace on his chest and then pulls the weight from the	Two tries are given.

	player sleeping on his chest from the terrace	weight from the gravity of the earth	ground up, unlike the Bing Press exercise.	
5	Spreading Dumbleus sitting on both sides and in front	Measuring shoulder muscles	The player sits on the terrace holding the dimples and then lifts the arms straight to the side and front	Two tries are given.
6	Spreading the arms to the side with the rubber belt	Measuring shoulder muscles and arms	The player sits on the terrace and the rubber belt is fixed to the ground, lifting and spreading the arms up and side and the player holds the grip of the rubber beams	One attempt is given.
7	Mid-Kil Bar Exercise	Measuring the strength of the muscles of the front arms of Bisps	The player sits holding the lip a medium opening 20 cm lifting the weight of the arms to the level of the chest	Two tries are given.
8	Inverted Iron Kil Exercise	Measuring the strength of the muscles of the rear arms forearm traces	The player sits on the weight lift terrace for a 10cm narrow opening player bending the elbow back and then lifting up	One attempt is given.

2.4 Exploratory experience

Implementation of the exploratory experiment: On the day (1/1/2020) the reconnaissance experiment was conducted inside the weightlifting hall of Diyala Sports Club on two young women with special needs due to the lack of more trained personnel than the number of research sample, i.e. from outside the research sample to ensure the safety of tools, sports hall and the duration of training in the implementation of the training curriculum.

2.5 Pre- tests

Pre- tests were conducted on the effectiveness of (Bunge Press) on the members of the research sample on (3/1/2020) at 4:00 p.m. in the weightlifting hall of Diyala Sports Club.

1. Explain what is required of the search sample members, as well as the members of the auxiliary team.

2. Conduct a full warm-up with the help of the auxiliary staff.
3. Install the sequence of players from the search sample through a special competition registration form for people with special needs.
4. Give three attempts to each player from the search sample.
5. Separate the results of the research sample members from the upload registration form and register them in a search form.
6. Give the player a chance to increase the weight and height up to the maximum muscle strength for him and under the supervision of the coach and researcher.

2.6 Training curriculum implementation mechanism

- The implementation of the training curriculum (2) takes two months and includes (16) training units.
- The experimental group begins with the implementation of the training curriculum under the supervision of the researcher and with the help of the competent coach at the rate of 4-3 exercises in the training unit.
- The training date for the pilot group is on Saturdays and Wednesdays of each week and the curriculum started from 7/1/2020 to (7/3/2020) for two months

The training curriculum exercises were introduced within the players' training unit for one hour and the training began to be carried out gradually from light and upward according to maximum strength because these exercises are new to the players.

2.7 The training unit

After preparing the new exercises and putting them in the training curriculum and then presenting them to the experts and specialists in this action and expressing their opinions and suggestions about the appropriateness of the exercises for the players, entered into the training curriculum defined by the researcher, and the training curriculum was implemented on (7/1/2020) after conducting some special tests.

2.8 Post-tests

The Post-tests of the sample members (experimental group) were conducted after the completion of the duration of the training curriculum from (9/3/2020) in the weightlifting hall of Diyala Sports Club and take all preventive measures of corona virus and the dress of protective gags And the use of protective rubber gloves throughout the implementation of the experimental method and thank and appreciation to the players to take this responsibility to complete this approach and their cooperation with the researchers, and the researcher took into account the installation of all the appropriate conditions for Pre- testing and its implementation as much as possible, and in the presence of the assistant staff as well as the competent coach and supervised by the researcher

2.9 Statistical means

The researcher used the statistical package (spss) to process the results of the tests in question.

III. Presentation, analysis and discussion of results

3.1 Presentation and analysis of the arithmetic middle and standard deviation of the experimental group in maximum strength tests for some exercises

Table (3)

Shows the mathematical circles, standard deviations, calculated value (t) and scheduling and the significance of the differences between Pre- and Post-testing in the test of the completion of the bing press lift for the members of the experimental research sample

audition	Pre- testing		Post-testing	
	A	STD	A	STD
Bing Press tight hole	31.703	0.173	1.794	0.259
High price bing	0.843	0.120	0.904	0.164
Kiel Hadid Imami	1.148	0.157	9.656	0.331

The table t value is (2,145) at the indication level (0.05) degree of freedom (t)tests.

1. In the Bing Press exercise test, a narrow opening in the Pre- test of the computational medium was 31,703 with a standard deviation of 0,173, while the results in the Post-test reached 1,794 and standard deviation of 0,2595.

2. In a higher bing press exercise test, the computational average in the Pre- test was 0,843 and with a standard deviation of 0,120, in which the results in the Post-test of the computational medium were 0,904 and with a standard deviation of 0,164.

3. In the Kil Hadid exercise test, the results in the Pre- test were 1,148, standard deviation of 0,331, and we note that there are moral differences between Pre- and Post-tests and in favor of Post-tests.

The researcher reinforces this moral difference in statistical significance, indicated the training method defined by the researchers in favor of the Post-test and this is what mufti Ibrahim Hammad stated that the player reaches the performance of skill and reaches the achievement in a way from khto permanent repetition in training.

From table6shows in the Bing Press test for theexperimental group, the moral differences in the results of the Post-test, if the calculated value (t) (4,483) while the scheduled value (t)was (2,145) at The level of indication (0.05) and in front of the degree of freedom (8) and since the calculated value (t) is greater than (t) scheduling, this indicated the morale of the differences between the Pre- and Post-tests of the members of the experimental research sample and in favor of the Post-test. The morale of the differences between the Pre- and Post-tests of the members of the experimental research sample attributed by the researcher to the impact of training

on training exercises training (prepared) by the researcher led to a change in the development of the maximum strength of all muscles such as the muscles of the arms, shoulders and chest muscles during the period of time of the experiment on exercises This is what Mohamed Reda supports that (coaches should be interested in training and improving the level of strength through different unusual exercises because they help the kinetic ability on which they depend to achieve achievement significantly..... Improving the explosive force led to an improvement in achievement () and this is what achieves the objectives of the research and its duties, if the differences in achievement in raising the bunge press for players with special needs research sample and in favor of the Post-test confirms this to both Jamil Mansour and others(1990)that the Russian coach was interested in the exercises of assistance unusual and different from the exercises practiced by players in the championships in order to stimulate and develop explosive force and achievement in lifts.

IV. Conclusions and recommendations

4.1 Conclusions

After statistical treatments and discussion of the results the researcher concluded the following:

2. The researcher's training curriculum exercises have contributed to the development of the explosive power of players with special needs in the bang press.
3. The training mechanism for the different curriculum for classical exercises has achieved the development of maximum strength among players.
4. The results of the Post-test exceed the Pre- test in the players of the experimental group.
5. The results of the Post-test showed the effectiveness of the training curriculum exercises in the development of achievement in the players.

4.2 Recommendations

Based on what the results of the test reached by the researcher to some of the following recommendations:

1. It is preferable to use different approaches than the usual exercise to stimulate working muscles.
2. The need to take care of a different approach during the period of general physical preparation from time to time
3. Take advantage of the current study and study the use of exercise within a different curriculum so that muscles are given an opportunity to prepare for growth and develop maximum forces.
4. The results of this study (research) are circulated to physical strength trainers as well as special needs trainers practicing bing press.

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