

Effect of strength endurance exercises on developing the level of stabbing movement for fencing players

¹Ass. Prof. Dr. Ishraq Ghaleb Oudah; ²Ass. Lect. Huda Edan Muhammad

Abstract

*In order to reach advanced results in the game of fencing, we, as workers in the field of fencing, had to stand at some important points that should be available to every fencing player, and since this game is rich in its important and necessary skills and abilities, through which the player can win over her competition, it was definitely a focus On the most important strengths, highlighting and showing them distinctly and clearly, weaknesses, and their diagnosis in order to avoid any obstacle in the way of development and achievement. The stabbing movement is one of the basics of dueling, which requires the player to make a great effort at a specific time with the possibility of reaching the competitor's goal in order to make a touch. This skill requires physical preparation Highly for their mastery and development through modern training curricula and various exercises, so they were exercises bearing strength, through which the player could face various resistances Which you encounter, whether in combat or training units with the same competence and ability while maintaining the stability of the level and not falling The research aims to prepare exercises for endurance of strength for the female athletes of the College of Physical Education and Sports Sciences team for girls. Identify the level of stabbing movement among the female athletes of the College of Physical Education and Sports Sciences for Girls. Know the effect of exercise holds the power to develop the level of appeal against the movement of the players elected College of Physical Education and Sports Science for Girls , was the use of the experimental method so as to suitability subject of the study, while the sample was players elected College of Physical Education and Sports Science for Girls of their number (16) player was selected purposively By (8) players in each group, the researchers prepared a set of exercises for strength endurance in the fencing game by (24) training units over a period of (8) weeks, at (3) training units per week at a rate of (90) minutes, while the time of the prepared exercises was (20) minutes of one training unit in the main section of the unit. **The researchers concluded** that endurance exercises have a positive effect on developing the level of stabbing movement in the experimental group. The two researchers recommend the necessity of using strength endurance exercises in the training units for fencing and in developing other abilities and skills.*

Key words: strength endurance exercise, stabbing movement

1-1 Introduction to research and its importance

The wheel of rapid and continuous development in sports activities has increased, as it has become important and necessary to improve the players' physical, skill and mobility levels, in order to keep pace with the development in play plans and skills. The fencing game is one of the most important individual games that have recently met with interest, desire and interest in practicing it, as it is characterized by rapid surprise and changing rhythm according to the situations of the fight and the position of the opponent and this requires a high level of ability in performance and this is what requires workers in the field of fencing sports to invent everything new and varied To develop the performance of players alike, strength endurance exercises were

^{1,2} University of Baghdad - College of Physical Education and Sports Sciences for Women
Ishraq@copew.uobaghdad.edu.iq, hoda.m@copew.uobaghdad.edu.iq

one of the most important training methods that are mainly concerned with maintaining the permanence of skill performance and its continuity at the same pace throughout the periods of the fight, and this gives the players a great adaptation on the level of skillful performance in particular, especially with a skill, task and crucial to the fight, such as the stabbing skill that It is one of the basic offensive skills in the game, which may decide the fight in favor of the player, as it has been mastered in the correct and sequential manner that guarantees victory over the opponent, and from here the importance of research is evident in preparing special strength-endurance exercises to develop the skill of stabbing and settling the result for the better player.

1-2 Research problem

Endurance is one of the necessary elements to maintain the performance of offensive and defensive movements in the sport of fencing and because the skill of stabbing is one of the basics of the attack in this game as it is called the decisive skill, that is, the skill that is decided by the outcome of the fight and in favor of the best player, so it was necessary for workers and those interested in the field of fencing to find Modern training methods and methods to develop this skill. Therefore, the researchers decided to prepare exercises for strength in their training units in order to maintain the permanence and continuity of the stab movement performance in high quality without fatigue or delay and thus develop this skill because of the ability of these exercises to maintain and develop the skill performance.

1-3 Research Objectives:

- 1- Preparing exercises for strength endurance for the female athletes of the College of Physical Education and Sports Sciences team.
- 2- Identify the level of stabbing movement among the female athletes of the College of Physical Education and Sports Sciences for Girls.
- 3- Knowing the effect of strength endurance exercises on developing the level of stabbing movement among the female athletes of the College of Physical Education and Sports Sciences team for girls.

1-4 Research hypotheses:

- 1- Strength training exercises have a positive effect on developing the level of stabbing movement among the female athletes of the College of Physical Education and Sports Sciences team.
- 2- There are statistically significant differences between the control and experimental groups in favor of the experimental group in the post-tests.

1-2 Research Methodology:

The researchers used the experimental method in order to suit its suitability and the topic of the research, as the experimental method is the most important and accurate method used in scientific research, and this is what (Laila Khalil) confirmed, “ that the experiment within the framework of the experimental method, whether it is laboratory or field, is nothing but an accurate and organized observation through which the researcher controls the conditions of the phenomenon The surrounding environment and its many variables, so he can modify and change the circumstances or repeat the experiment within those circumstances, and the consequences of it are approved and considered.

2-2 Research Sample:

The research sample was chosen by the deliberate method by (16) female players from the College of Physical Education and Sports Sciences team for girls for the sports season (2019-2020), so the sample was divided randomly by the method of lottery in terms of (6) players for the experimental and control group, as homogeneity was made for them as shown in Table No. (1).

Table (1) shows the value of the arithmetic mean, the standard deviation, the mean, and the value of the torsion coefficient among the members of the research sample for the purpose of homogeneity

T	Variables	measuring unit	Arithmetic mean	Mediator	standard deviation	Coefficient of torsion
1-	Length	cm	181 , 2	181	1 , 2	0 , 50
2-	the weight	Kg	72 , 8	73	73	-0 , 27
3-	Age of training	Year	4 , 2	4	0 , 87	0 , 22
4-	Chronological age	Year	19 , 3	19	0 , 9	0 , 33

The researchers verified that the two research groups were equivalent in performing the accuracy of the appeal, as shown in Table (2).

Table (2) shows the parity between the two groups (control and experimental) in the level of performance of the accuracy of the challenge

Variables	Experimental group		Control group		The calculated t value	Sig	Statistical significance
	s	P	s	P			
The accuracy of the stabbing movement	9 , 18	0 , 726	9 , 04	0 , 847	0 , 281	0 , 086	Immoral

2-3 devices and tools used:

- 1- The artillery weapon, count (16).
- 2- Fencing waistcoat, count (6).
- 3- Stopwatch count (1).
- 4- Tape measure.
- 5- Fencing sign (dummy) count (1).
- 6- Tests and benchmarks.
- 7- Adhesive tape.
- 8- Arab sources
- 9- Electronic Calculator Type (hp).

2-4 Exploratory Experience:

The researchers conducted the exploratory experiment on Wednesday (1/8/2020) on a sample of the students of the third stage of the Faculty of Physical Education and Sports Sciences for girls in the fencing course, of which (5) students were randomly selected, and the exploratory experiment achieved its objectives after being identified. By the researchers on the most important obstacles facing the work, as well as identifying the vocabulary of the experience and the time required for performance and practical application, as well as identifying the elements of strength, performance, weaknesses and avoiding them, and the efficiency of the tools used in the research and the assistant work team before starting the implementation of the main experiment.

2-5 tests used in the research:

The test selection process is one of the most important procedural steps that must be available in scientific and applied research. The test is “ a set of exercises given to an athlete in order to identify his abilities , aptitudes , and adequacy ” (Muhammad, 1995). Therefore, the researchers decided to conduct a test to measure the level of stabbing movement.

2-5-1 Test of the accuracy level of the dueling stabbing movement: (Bayan, 1997)

- 1- Test name: stabbing movement.
- 2- The purpose of the test: to measure the accuracy of directing the attack from the stabbing movement.

3- Tools:

- A person representing the legal target (a dummy) is fixed on an iron base by an iron lobe.
- The goal vest electric weapon blinds wear doll (pillar).
- German-made device is used for arbitration.
- Caldor to connect electricity to the chest and weapons.
- Electrical conductors to conduct electricity from the main source to the device and then to the doll (figure) and the player with the weapon.
- A wide colored adhesive tape, at the width of the chest, draws circles of (9) and (5) cm in diameter. These circles are cut to reveal the legal target behind it for the purpose of delivering the weapon fly to the target to determine the accuracy of the touch.
- Results recording form.

4- Description of the performance: The person places the (doll) on the playing field, then delivers electricity to it, then draws a line at a distance proportional to the length of the stab of the player, in order for the player to start the stab, as the player stands in front of the doll in the ready position carrying the weapon to start when the signal is given to start the stab by performing the direct straight attack in the direction of The goal (the circles drawn on the doll) gives the player (10) attempts within (15) seconds.

2-6 field research procedures:

2-6-1 Pre- tests:

The pre- tests were conducted on Sunday 12/1/2020 in the Fencing Hall of the College of Physical Education and Sports Science for Girls for the control and experimental samples and after fixing the conditions, time, equipment, tools, and the work team... and others so that we can create the same conditions and control them when conducting the post-tests.

2-6-2 Main Experience:

A set of strength endurance exercises in the fencing game have been prepared and applied in the training unit of the college team in fencing, as the team's training curriculum consists of (24) training units over a period of (8) weeks with (3) training modules per week. Strength endurance exercises are given in the part the main training unit has a time of (20 d). These exercises are applied to the experimental group without the control group, which is satisfied with what is given to it from its training curriculum by the team coach.

2-6-3 Dimensional Tests:

The post-exams were conducted on Sunday 26/4/2020 in the Fencing Hall of the College of Physical Education and Sports Sciences for Girls. The researchers were keen to provide the same temporal and spatial conditions for the pre-tests.

3- Presentation, analysis and discussion of results:

1-3 Presentation and analysis of the results of the pre-tests for the accuracy of the challenge for the control and experimental groups

Table (3) shows the arithmetic mean, standard deviations, and the value of t calculated between the pre and posttest of the experimental group to test the accuracy of the challenge

Variables	The pretest		Post test		Q q	P. P	The calculated t value	Sig	Statistical significance
	s	P	s	P					
Stab accuracy	9,18	0,726	4,96	0,958	4,22	1,281	8 , 030	0,00	moral

3-2 Presentation and analysis of the stab motion accuracy test results

Table (4) shows the arithmetic mean, standard deviations, and the value of t calculated between the pre and posttests for the control group in the challenge accuracy test

Variables	The pretest		Post test		Q q	P. P	The calculated v * value	Sig	Statistical significance
	s	P	s	P					
Stab accuracy	9,04	0,847	7,52	0,729	1,52	0,864	4,318	0,001	moral

* Moral if she is Sig<0.05

The tabular value of t is at the degree of freedom (5) and below the level of significance (0.05) = 0,352

3-3 Presentation and analysis of the results of the post-tests for the accuracy of the appeal for the control and experimental groups

Table (5) shows the arithmetic mean, standard deviations, and the value of t calculated between the two groups (experimental and control) in the post tests for the accuracy of the challenge

Variables	Experimental group		Control group		The calculated v * value	Sig	Statistical significance
	s	P	s	P			
Stab accuracy	4,96	0,958	7,52	0,729	4,758	0,001	moral

3-4 Discussing the results

After obtaining the research results already mentioned shows the remarkable development of the group experimental which received exercises carry power in units of the training as it attributes the researchers reason that the use of exercises carry power have a positive impact on the development challenge the accuracy of the armed arm through increased strength and accuracy over the armed arm to reach discount the goal of minimum possible time to register touches and the resolution as a result of bout in favor of swordsman and the most capable performance , and this was confirmed by (Mohammad, 2005) " that exercises carry power means the ability to apply and release force frequently and over a long period of time and this muscle to produce power continuously over long periods of time " (Mohammed, 2005) as well as regular workout and continuously increases the effectiveness of the motor performance and develops e, and consistent study (Abeer, 2020) Doing regular exercises and repetitions , because repetition is one of the important aspects in the training process and without it, the training process does not occur, and repetition or training on technical performance in the correct way helps to increase the motor experiences.

1-4 Conclusions:

The researchers concluded that endurance exercises had a positive effect on the experimental group of stab accuracy.

4-2 Recommendations:

- 1- The necessity that training units in fencing contain strength exercises and give them adequate space for practical application.
- 2- Using this type of exercise in developing other skill abilities.
- 3- Conducting similar studies on other age groups and other skill sets.

References

- 1- Abeer Dakhil Hatem Al- Selmi; Mostafa. S. Hosen, The :Effect of Motor Sense Exercises for Developing Motor and Physiological Abilities of Backstroke and Forward Stroke Service Skill in Badminton, International Journal of Psychosocial Rehabilitation, Vol. 24, Issue 01, 2020 ISSN: 1475-7192p. 5619

- 2- Bayan Khaqani; determinants fundamental to choose youth in the duel between the ages of (12-14) years, thesis PhD is unpublished, Faculty of Education, Sports, University of Baghdad, 1997, p. 188.
- 3- Laila Khalil; Principles of Psychology, 2nd Edition, Damascus, Al- Akhwain Press, 2001, p. 50.
- 4- Mohamed Jaber and Ihab Fawzi; System integrated in the training of strength and endurance muscular, Alexandria, plant knowledge, 2005, p. 2.
- 5- Mohamed Subhi Hassanein; Measurement and Evaluation in Sports Education, Part 1, 3rd Edition, Cairo, Arab Thought House, 1995, p. 213.

Appendices

Strength training exercises

- 1- From standby, jump forward twice and advance with a time of 60 seconds.
- 2- From the standby mode, jump in front once, side once, and back again, then back to back, Romanian, with a time of 60 seconds.
- 3- From the standby position, jumping with legs and arms open and joining 10 times, then moving forward once and backward with a time of 30 seconds.
- 4- From the standby mode, jump forward 3 times, and then advance 3 steps forward and go back 3 steps back with a time of 60 seconds.
- 5- From the standby mode, jump forward twice and then perform the stabbing movement with a time of 60 seconds.
- 6- From setting ready to front jump and behind twice and then perform the appeal motion a time of 60 seconds.
- 7- From the development of preparedness front jump and behind twice and then progress once challenged a time of 50 seconds.
- 8- From setting ready to front jump and behind twice and then progress once and return once challenged a time of 40 seconds.
- 9- The vertical jump from the squatting position 3 times, then took the standby position with a time of 30 seconds
- 10- The vertical jump from a squatting position 3 times, then take the standby position with advancing 3 steps forward with a time of 30 seconds.
- 11- The vertical jump from a squatting position 3 times and take the ready position while advancing 3 steps forward and reversing 3 steps back with a time of 50 seconds.
- 12- He made the stabbing movement 6 times in succession on the person, then took the standby position and performed the stabbing 2 times with a time of 40 seconds.
- 13- He made the stabbing movement 6 times in a row on the person, then returned, took the ready position, and performed the stabbing movement twice, with a time of 60 seconds.
- 14- He made the stabbing motion once on the person, then Dubni made 3 consecutive times with a time of 40 seconds
- 15- Once the person was stabbed, and *Dubni* made 3 consecutive stabbings and performed the stabbing movement once on the person with a time of 50 seconds.
- 16- Stabbing once against the person and Dubni made 3 times with jumping once and taking the standby and stabbing position against the person with a time of 60 seconds.
- 17- He made the stabbing movement 3 times in succession on the person, and Dubni made one time, progressing one step and returning two steps, then stabbing with a time of 60 seconds.
- 18- From the standby mode, jumping right and left, then taking the standby mode and stabbing 3 times with a time of 50 seconds.
- 19- From the standby mode, jumping right and left and taking the standby mode, moving one step back and making a stabbing motion with a time of 50 seconds.
- 20- From the standby mode, advance once, return twice, advance twice, and perform the stabbing movement 3 times with a time of 60 seconds.