

Following Physical Exertion Training by Taking Ginseng Capsules in the Development of Lactic Endurance and Achievement for 1500 m Young Runners

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Introduction

The world is witnessing a development in various aspects of life as a result of the growth of scientific knowledge and practical laboratories and the reliance on various sciences and benefit from the results of studies and research in these fields, especially in the field of sports, which is currently witnessing development and progress in the digital achievements achieved both at the level of Arab, international and Olympic forums, and despite the scientific progress in the field of training, the functional adaptations that occur to the athlete as a result of continuing training and using the quality of exercises suitable the requirements of the athletics competition many and comprehensive for the members and functions of the athlete's body Especially the 1500-meter running competition with special physical specifications, foremost among which is the lactic endurance (Wang, 2007) And because the circumstances of those require the runner to be characterized by the status of lactic endurance, considering that the work falls within the system of axing (more than 3 minutes) so it is necessary for the trainers to develop the endurance of the runner through the events of changes in the organs and members of the athlete and from this basis the athlete to continue to perform despite the accumulation of lactic acid with his blood, the better the possibility of the athlete aerobic and anaerobic reflected directly on the level of physical and technical performance As nutrition science is now one of the applied sciences on which it depends in the field of physical education and sports, nutrition has been associated with exercise for health because it has an important role in weight control and control of body composition as it plays an important role in the ability of the athlete to withstand training and delay the onset of fatigue, (Qasim, 1990) As well as the speed of hospitalization, as evidenced by its important role in the competition to raise the level of physical performance. Since the capsules of the plant of the genosith plant is one of the most important medicinal plants that have an effect on many physiological and physical variables that are closely related to the physical and technical performance of the athlete , (Matthew, 2010) hence the importance of research in the development of lactic endurance and achievement of runners ran 1500 meters young through physical exercises to resist fatigue resulting from the accumulation of lactic acid and thus maintain the speed of performance for as long as possible during competition and training.

Keywords: *Physical Exertion Training, Ginseng Capsules, Development of Lactic Endurance and Achievement*

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Literature review

The training programs that can promote the development of various physical, physiological capacity in accordance with the correct scientific sports training bases, and the use of modern training means and methods that could be refined properly codified and these competitions specifically Contest 1500 meters in athletics is one of the competitions of the lactic high rate, which depends on the efficiency of the physical, physiological running, which makes it imperative for the trainers to choose the best means of influence in the development of the training capacity of the lactic to keep pace with the evolution in the level of achievement of this contest, **(Andrew, 2011)**

And that the upgrading of the lactic ability works to improve the processes of metabolism and the conversion of food into energy in muscles and through the experience of researchers being interested in athletics and its presence in the field was reached to the conviction that the lack of sufficient attention by some trainers training sought the physiological aspect, which reflects on the speed of performance of players, which often decreases especially in the last distances of the race in addition to the lack of focus on important supplements that have recently appeared, including the plant of jinsing capsules, which is a supplement Food that works to provide proper physical fitness and increases the vitality of the body, and helps the body to resist some difficulties, and helps to adapt the body and provide double vitality to the whole body and hence the problem of research and work to study it through the preparation of the effect of physical exertion exercises by taking the capsules of gesicle in the development of lactic endurance and achievement for the runners of 1500 m youth **(Qasim, 1990)**

The 1500-meter running competition is a 1500-meter running competition that relies on the lactic energy system, and that adaptation to lactic tolerance works to improve metabolism and convert food into muscle energy, and through the experience of researchers being interested in athletics and its presence in the field and follow-up results at the present time, **(Andrew, 2011)** has reached the conviction of insufficient interest by some trainers for training related to the physiological aspect, which is reflected in the speed of performance of players, which is often reduced in particular. In the last distances of the race in addition to not focusing on the important supplements that have emerged newly emerged, including the intake of genoese capsules, which is a dietary supplement that provides proper fitness and increases the vitality of the body, It helps the body to resist some of the difficulties it is experiencing, and helps to adapt the body and provide double vitality to the whole body, to reach the highest level of achievement. **(Abu Ala, 1997)**. And learn about the impact of physical exertion training by taking american genoese capsules in the development of lactic endurance and achievement for the 1500 m youth runners. The researchers used the experimental method of tribal and dimensional testing of the experimental and controlled groups to suit the nature of the research. **(Andrew, 2011)** The research community has been identified as young athletics players in the clubs of Babil province are four clubs each 3 players under the age of 20 for the 2019-2002 training season, which numbers 12 players. The sample of the research was selected in a comprehensive inventory method and divided the sample into two experimental groups and the control group by six players for each group where the experimental group used the capsules of the plant of genostic ation with the exercises and the control group used only exercises and the most important conclusions were reached, which is a development between tribal and dimensional measurement in (lactic tolerance and completion of 1500 meters) for the players of the experimental group and for the benefit of dimension measurement. **(Chieh-fu, 2001)**.

Methodology

The researchers used the experimental method of tribal and dimensional testing of the experimental group and the control group to suit the nature of the research.

Research community and its appointed: *The research community was identified for the 1500-meter competition by the four players of The Babil Province (Al-Mahweel Club, Al-Qassim Club, Al-Musayib Club, Hilla Club) at the age of (under 20) years for the 2019-2020 training season, which numbered 12 players. The sample of the research was selected in a comprehensive inventory method and the sample was divided into two groups of the experimental group and the control group by six players for each group as the experimental group used the capsules of the genosic plant with exercises and the control group only used exercises.*

Homogeneity and equivalence of the sample: The researchers found homogeneity and parity between the two research groups in terms of physical measurements (length, mass, training age and time as well as " lactic tolerance and achievement of the 1500-meter competition using appropriate statistical treatments for this and as shown in table (1,2).

Table (1)
Shows the homogeneity of the sample

T	variables	unit of measurement	Nanomedicine seeks test (Leven)		significance of the difference
			Calculated	standard error	
1	Age	Years	1,243	0,385	Insignificant
2	Training Life	Years	0,612	0,674	Insignificant
3	Bloc	Kg	0,121	0,983	Insignificant
4	Length	Cm	2 weeks ago	0,413	Insignificant

Table (2)
calculation shows the standard deviations (t) calculated value and significance of the differences in the tests discussed between the two groups in the tribal code of the test pilot

variables	unit of measurement	Pilot Group		Experimental Group		value of t Calculated	percentage of error	significance of the differences
		Q	P	Q	P			
Carrying lactic	Minutes	1,292	0.354	0.334	0.216	0.845	See user's blog Forum posts Click here	Random
completion of the 1500 meters	Minutes	4.11	0.455	4.01	0.076	Totaled 1.242	0.081	Random

* significant when the level of significance (0.05) if the level of error is smaller than (0.05).

From tables (2.1) Random clear differences between the two groups ' 02-37487704 Statistics in the variables under discussion at the level of significance (0.05) when the degree of freedom of) 10), as it appeared the whole error levels greater than (0.05), which indicates the homogeneity and equality of the two sets of search in all of the tests in question .

The tools used in the search: a device for measuring height and weight. Games track legal powers. A measuring tape 30 meters. Common signs of the number 40. The number of hours of Electronic Timing (4). The sir animation (Tread mill (4)).

Lactic tolerance measurement: The researcher has looked at a lot of scientific studies that are concerned with the physiological field where the Coghams and Flukins test was nominated for lactic tolerance, where a questionnaire was distributed to a number of experts to clarify the validity of the tests and the suitability of the eye and after statistical analysis proved to be suitable for measuring the variables under study. (Abu Ala, 1997).

Test ran 1,500 meters:

- **The goal of the test:** the time measurement done to cut the distance (1500m).
- **Tools used:** the area ran at least 400 meters. Hours ago the timing
- **Test Method:** The Galloping stands behind the line beginning to high beginning, just 100 meters from the line of the end of the athletics competitions, after hearing the go as soon as possible to the finish line (cutting off the baton is 3 cycles and $\frac{3}{4}$ cycle) is measured as the time of cutting the distance to the nearest ten seconds. (Matthew, 2010)

Determining the doses of ginseng capsules: The doses of the genus plant used in the research were determined where the researcher conducted the reference survey of studies, research and scientific references (Chieh-fu, 2001) which dealt with the use of ginseng in order to identify the doses allowed and effectively affect the human body where the following was shown:

- 1- Effective doses for people aged 17-60 years should range from 50-75 grams to a ratio of ginseng (2-8) grams for a maximum period of (8-12) weeks.
- 2- The skin should be taken every 12 hours, twice a day.
- 3- It is best to take the skin before eating to speed up the absorption of nutrients and to take more advantage of them.
- 4- The use of genotype should not exceed 3 months because it leads to vitamin B6 deficiency in the body leading to feelings of lethargy and depression.
- 5- A good product of ginsenoside is the good product that contains 4 to 7 percent ginsenoside.

On this basis, doses of ginseng were used in the form of capsules (400 mg) and 5% ginsenosides, equivalent to 20 mg, so that the total ginseng of the program is (60 g) and the equivalent (3g) of ginsenoside, the following table shows this.

Table (3)

American ginseng doses used in the search

Substance	size of the capsule	dose per day	College of the Barbiturates (10) Week	total dose of the Program (GSM)
Ginseng (capsules)	400 mg	800 mg (2 capsules)	800 x 75day = 60000mg	60 g
ginsenosides	20 mg	40 mg	40 x 75day = 3000 mg	3 Gym

The exploratory experience: Researchers conducted an exploratory experiment on a sample of (4) players on Friday, 1/11 / 2019 4 :00 pm Sports Club Stadium in Al-Mahawel reconnaissance experience reported by researcher to identify:

1. The validity of the devices and tools used in the search.
2. The time it takes to perform the tests.
3. Stand on the difficulties experienced by the researcher when holding the principal tests.
4. The identification of training intensity through the implementation of the pilot tests on the totals.

The exercises used in the preparation of research: Researchers conducted several trainings to develop endurance lactic and delivery of 1,500 meters, with the knowledge that the period of application of the exercise was the duration of the Special numbers are as follows:

- The implementation of the exercise began on 9 / 11 / 2019 until 19/1/2020.
- The duration of the exercise for the weeks : (10) weeks.
- The total number of training units :) 30) Training Unit.
- The number of training units Weekly:(3) units.
- Training days weekly : (Sunday - Tuesday - Thursday).
- The total training unity time: (70) minutes.
- The time of the main section of the Training Module: (40 -50) minutes.
- The training method used: Training and high intensity periods.
- Training intensity used: (80 - 90 %). highest intensity of the performance of the player.

A Posteriori tests : After the completion of the implementation of the exercise vocabulary established within the scheduled time and then tests for research on Thursday 23 / 1 / 2020 at 4:00 pm on the playground of sports club of Mahaweel, took into account the researcher providing similar circumstances the tests tribal (time and place and the tools used and the procedure for the implementation of the tests).

Results

1. **Presentation of the results of the differences between the Pilot Group Conference in the variables discussed and analyzed**

Table (5)
specialist treatment of the results of the Conference
The pilot group in the variables under discussion

tests	The unit of measurement	Tribal Test		Posteriori Test		value of t Calculated	level of the Mistake	significance of the differences
		Q	P	Q	P			
A test of endurance and lactic	Minutes	0.334	0.725	2.842	0.477	4.918	0.001	Significant
completion of the 1500	Minutes	4,000	0.354	3.59	0.974	5.781	0.000	Significant

* Significant when the level of significance (0.05) if the level of error is smaller than (0.05)

Table (3) that the level of error that ranged between (0.001 to 0.000) all research variables, the smallest of (0.05) demonstrates the moral differences between the conference at the level of the Mistake (0.05) to the degree of freedom of (5) for the benefit of the Posteriori test.

2. Presentation of the results of the differences between the conference officer group in the variables discussed and analyzed.

Table (6)
specialist treatment of the results of the Conference
The control group in the variables under discussion

tests	unit of measurement	Tribal Test		Dimensional Test		value of t Calculated	level of the Mistake	significance of the differences
		Q	P	Q	P			
lactic Endurance	Minutes	1.291	0.128	1.899	0.388	Reached 3.995	0.000	Significant
The completion of the 1500 meters	Minutes	4.11	0.423	4.06	0.686	3.897	0.003	Significant

* Significant when the level of significance (0.05) if the level of error is smaller than (0.05).

Table (6) that the level of error that ranged between (0.000 to 0.003) all research variables, the smallest of (0.05) demonstrates the moral differences between the conference at the level of the Mistake (0.05) to the degree of freedom of (6) for the benefit of the posteriori test.

3. Presentation of the results of the differences between the posteriori tests 088-2354130 ÷ 02-37487704 Statistics in the variables discussed.

Table (7)
Individualized treatment posteriori Test Results
088-2354130 ÷ 02-37487704 Statistics in the variables under discussion

tests	unit of measurement	Pilot Group		The control Group		value of t Calculated	level of the Mistake	significance of the differences
		Q	P	Q	P			
Lactic Endurance	Minutes	2.741	0.334	A\$1.896	0.288	9.223	0.001	Significant
The time of completion of the 1500 meters	Minutes	3.57	0.994	4.02	0.686	8.983	0.002	Significant

* significant when the level of significance (0.05) if the level of error is smaller than (0.05).

Table (7) that the level of error that ranged between (0.001 to 0.002) all research variables, the smallest of (0.05) demonstrates the moral differences between the a posteriori tests at the level of the Mistake (0.05) to the degree of freedom of (10) for the sake of the Pilot Group.

4. The discussion of the results

Based on the results of table 5. 6. 7) It is clear we have the moral differences endurance lactic and latency variables (1500 meters) Achievement of the Conference sets the Dimensional Research for the benefit of the test, the researchers attributed the cause to the evolution of the level of the players through the use of the exercises are supported on the basis of enumerate researcher studied scientific, which led to the physical, physiological adaptations to exercise which lasted (10) by (3) Week of training modules . As characterized by this group training exercise on the adaptation of a very high standard in the muscle groups working in the resistance of fatigue and endurance on such tests not because they originally adopted at distances are slightly less than the race distance and then they give the collection holds on the performance of the distance with redundancy more than the performance of the test itself, which gave a positive feedback in the level, carrying special performance) especially if trained within the concept of the nature and components of effective performance of basic kinesthetic track the effectiveness and intensity of muscular performance, it is up to the level of achievement (the most important elements of the development level of endurance is the capacity to endure hardship at the mileage and modalities of training) (**Qassem, 1990**).

The results showed the superiority of the experimental group on the control group and the researchers attribute that superiority to the effectiveness of the exercises prepared by the researcher with the use of the capsules of the plant of the genosal plant, which has a great role in the arrival of the athlete to the best levels, especially if built on a scientific basis organized through the use of appropriate and gradual stress and taking into account individual differences and this development reflected on the results of the time of 1500 meters. The development of the special galactic velocity tolerance of the experimental group members indicates that the exercises that have adopted the target time can be effective in developing the achievement and the likelihood that the improvement in this achievement will be based on improvements in speed results and your speed tolerance (**British Union for the Athletics, 2008**) . Andrew, 2011 indicates that The American Ginseng is very useful for athletes because it contains rh2 gensusides, which work to get rid of lactic acid in blood and improve the work of Bufffers organizations by increasing the activity of the enzyme Dehydrogenaze (L.D.H) This increases the effectiveness of functional organs and the ability of muscles to get rid of lactic acid and delay the appearance of fatigue, and contains gensuseds type Re) (responsible for regulating blood circulation and revitalizing the heart muscle where it works to make the heart beat regularly and increases its efficiency during physical exertion. (Wang, 2007) indicates that ginseng contains the element of iron and gensusids type (Rg1), which works to enhance the functioning of blood vessels and increase blood hemoglobin, and also supports the functioning of the respiratory system, which increases the ratio of oxygen to muscles during physical exertion.

Conclusions

1. The results showed the evolution between the instrument cluster (Endurance Conference in lactic) pilot group players for the benefit of the dimensional measurement.
2. The results showed the evolution between tribal conference in measurement (time of completion ran the 1500m) the Pilot Group players for the benefit of the dimensional measurement.
3. The development of the Pilot Group to the officer in the dimensional measurement of the variables discussed in the interests of the Pilot Group.
4. Apply physical exercises with the intake of genising capsules and according to recommended doses in daily workouts and competitions.
5. Adopting the exercises used in the study when training players to develop the lactic endurance achievement of the 1500 m event for young people.

6. The expansion of similar studies on vulnerable to another male and female applicants.

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Appendix (1)
Exercises used in the search

Traini ng Unit	Filed under: Lab	intensi ty 1	Redunda ncy	total s.	Comfort between		time redundan cy	time of the Lab	observati ons
					Duplicat es	The total s.			

1	Ran 300meters from the stand - Jump to 8 doubles the barriers up 90cm	80	4	2	2 d	4	45 tha	30 d	
		80	6	2	45 tha	2d	11.25secs	12.8d	
	The total							43.25d	
2	Ran 500 meters of park The side jumped on the Terrace distance 10m 10jumps up 30cm	80	3	2	2d	5d	93U Tha	31.3d	
		80	4	2	45 tha	2d	15 tha	10d	
	The total							41.3d	
3	Ran 1000meters of park	80	5	1	3d	----	3.13d	36d	
		80	4	1	2d	----	43U Tha	14d	

	Ran jumping 200meter s								
	The total							50d	