



A COMPARATIVE STUDY OF FLEXIBILITY AMONG YOUTH OF AL-A'DHAMIAH CLUB IN SWIMMING

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(Abstract):

Flexibility is one of the basic components of physical fitness and is necessary for practicing most types of motor activity in principle under the result of the output of a certain force to push or move a mass, as it is necessary for many sporting events. Flexibility is an important element of physical fitness necessary for human movement in general and for success in the work of the athlete in particular, as it has a prominent role in developing sports results and numbers in various diverse events. Flexibility has been defined by multiple definitions according to the opinions of scientists and researchers, as many researchers agree (Clark, Matthews), it is the range of movement in a joint or a successive group of joints.

The development that has taken place in all areas of life is the distinctive feature of our current era, which has given sports a prominent and important place in the lives of nations and peoples. Life has wanted to provide people with many activities and events in which they can show their abilities in various areas of life. We must develop these two.

The two basic elements, when developed, the individual gains great strength.

The research problem included, through repeated scenes of some players' performance, swimming, flow and movement in the water, and fluctuations in time between one swimmer and another, it was found that there was a clear decline in the level of some elements of physical fitness among swimmers. Therefore, the researchers decided to stand on the reasons for this weakness in order to treat it and reach high levels of physical and skill capabilities that contribute to raising their level.

Rich and will reflect positively on the level of time and achievement.

Research objective: To identify the differences in the level of flexibility among young swimmers of Al-A'dhamiyah Sports Club. The research hypothesis was: There are statistically significant differences in the research variables among Al-A'dhamiyah Club swimmers in the youth category.

The second chapter included references and sources used and discussed the topic of flexibility, its importance and role in the level of motor and skill performance in sports in general and in swimming in particular.

Its types and divisions.

The third chapter included the type of study and its methodology used, where the descriptive methodology was chosen to suit the nature of the study. It also included the research sample, which numbered 20 swimmers, the method of selecting them, the tools used in the research procedures, and the appropriate test to obtain the results of flexibility to compare them between the research sample.

Chapter Four includes the results obtained and the statistical methods through which the results of the tests conducted on the research sample were obtained, which will be presented and discussed in the final form as the results of the study.

Keywords: Flexibility, importance of flexibility, Flexibility Sections, Research sample, Search tools



(Recommendations, which were):

(Chapter Five included conclusions and Conclusions):

1 When conducting the research sample test, the results showed that there were significant differences in the research sample test for flexibility.

(Recommendations):

1- The researchers recommend providing flexibility training in the training program.

2- The necessity of paying attention to flexibility and agility, as they play a major role in raising the level of physical, skill and motor performance in swimming.

1- Definition of the research:

1-1 Introduction:

Due to the circumstances of modern life, human physical activity has become a result of modern technical development that has facilitated many of the physical tasks that were previously performed, as the human body needs motor activity to develop its vital and motor functions at high levels, and the role of physical elements comes to maintain them at a high level. Flexibility is one of the basic components of physical fitness that is necessary to practice most types of motor activity in principle under the result of the output of a certain force to push or move a mass, as it is necessary for many sporting events, and flexibility is an important element of physical fitness necessary for human movement in general and for success in sports work in particular, as it has a prominent role in developing sports results and numbers in various diverse events. Flexibility has been defined by multiple definitions according to the opinions of scientists and researchers, as many researchers agree Clark, Matthews, it is the range of movement in a joint or

A series of successive joints.

The development that has taken place in all areas of life is the distinctive feature of our current era, which has given sports a prominent and important place in the lives of nations and peoples. Life has wanted to provide people with activities.

And many activities in which he shows his abilities in various areas of life. We must develop these two.

The two basic elements, when developed, the individual gains great strength.

1-2 Research problem:

Through repeated scenes of some players performing the swimming and the process of flow and movement inside the water and the fluctuation in time between one swimmer and another, it was found that there is a clear decline in the level of some elements of physical fitness among the swimmers. Therefore, the researchers decided to stand on the reasons for this weakness in order to treat it and reach high levels of physical and skill capabilities that contribute to raising their rich level, which will be reflected

On the level of time and achievement and in a positive way.

1 - 4 Research objective:

Identifying the differences in the level of flexibility among young swimmers of Al-Adhamiya Sports Club.

1-4 Research hypothesis:

There are statistically significant differences in the research variables among the youth swimmers of Al-A'dhamiyah Club.

1-5 Research Areas

1-5-1 Human Domain

Al-A'dhamiyah Club's young players in swimming.

5-1- Spatial domain

Al-A'dhamiyah Swimming Pool / Al-A'dhamiyah Sports Club - Baghdad, Al-Rusafa.

1- 5- 3 Time domain



(2024/7/1) The period from (2024/1/26) until
2 Review References

1-2 The concept of flexibility:

2_1_1 Flexibility:

(Kundlach) defined flexibility as the ability to perform movements with a wide range, and it is considered one of the essential qualities of a human being as it gives him the ability to move freely in different ways, and flexibility is generally developed to gain general health as an important aspect of it, and some important principles related to intensity and load are adopted in flexibility training in football, as training is taken in groups ranging between (3-5)

Flexibility is an essential quality in all games. As for football players, they cannot perform flexibility in the correct technical way. Its value appears when training to develop the quality of strength and improve it.

Speed, and without flexibility in the body's joints, the range of movement is not determined, and this affects the effectiveness of the exercises given to develop physical qualities, as the flexibility of a football player contributes to performing physical movements.

Flexibility is one of the important physical qualities that has a direct impact on skills that require a wide range of movement of the relevant joints. It can be defined as the ability to perform movement with great depth and breadth. It is measured in degrees as well as centimeters. It is therefore the physical quality that ensures the greatest range of movement and is an important factor in achieving athletic results in any type of sport. Since flexibility is concerned with depth and breadth in the range of movement and is related to the joints that make up the body, which can be included: (shoulder joint, hip joint, spine, knee joint, ankle joint, elbow joint).

2-1-2 The importance of flexibility:

Many researchers have confirmed that flexibility is one of the important qualities of motor performance, as flexibility plays a role.

It plays an important role in determining the athletic level in many sporting events. It is also an important element of physical fitness. Its requirements differ from one game to another, and are especially imposed by the requirements of the specific activity of the game. Harrah and Harrison defined it as the ability of the joints and the entire body to perform movements.

Easy and natural.

2-1-3 Flexibility Sections:

Flexibility has been given multiple forms and divisions by specialists in the field of sports, and its division is divided by Qasem.

Hassan Hussein and Mansour Jameel to:

1- General flexibility: includes all the joints of the body. 2- Specific flexibility: includes the flexibility of the joints involved in a specific movement.

Bourke divided it into:

-1- Dynamic flexibility: It refers to the strength within the range of motion in the joint during its movement. How far that joint goes

2- Static flexibility: It refers to the range of motion in the joint and which it can reach with the possibility of... Joint stability for that period of time.

As for Hilmi Hussein, he divided it into:

-1- Passive flexibility: It is the range of movement of the joint when its movement is the result of the influence of external forces.

It is not the result of the surrounding muscles moving it.



2- Positive flexibility: It is the range of movement of the joints resulting from the muscles that move them, i.e. it is a movement.

Joints that an individual performs voluntarily without outside assistance.

3 - Research methodology and field procedures: -

3-1 Research Methodology:

The descriptive approach was used because it is appropriate to the nature of the problem.

3_2 Research sample:

The research sample included a group of swimmers from Al-A'dhamiyah Club for the youth category, numbering (20) swimmers, who were chosen intentionally.

3- 3Search tools:

Registration form for Arabic and foreign sources and references - Laptop - Measuring ruler - Video camera - Bench

3-4 Tests used in the research:

3-4-1 Flexibility test:

Standing trunk flexion test to measure the flexibility of the trunk and thigh in forward flexion movements from a standing position.

procedures :

The scale (ruler) is fixed to the edge of the platform so that the middle of the scale is on the edge of the platform and the other half is below the edge. Note that the graduation point (zero) is at the level of the edge of the platform, and that the deviations of the degrees that are located at the upper level are negative and those located at the lower half are positive.

How to perform:

The swimmer assumes a standing position on the edge of the platform with the feet touching the sides of the scale.

The player bends the trunk forward and down so that the fingers are in front of the scale. From this position, the player tries to bend the trunk as far as possible forcefully and slowly, noting that the fingers of the hands are at one level.

3-5 Exploratory experiment:

The exploratory experiment was conducted on 1/28/2024 on a sample of 4 players from the same research sample who were selected randomly. The aim of conducting the exploratory experiment was as follows:

- 1- Knowing the obstacles facing the researcher when applying the test.
- 2- Ensure that players are able to perform the test correctly.
- 3- Identifying and preparing the support team.
- 4- Calculate the total time required to conduct the test.

3_6 Main experiment:

Completing the procedures that qualify the main experiment through the use of the standardized candidate tests

Research variables and validity of devices and tools. The test was conducted on a sample of (20 players) who are:

Al-A'dhamiyah Club Youth Swimming Competition on 1/30/2024.

3- Statistical methods

The statistical package (SPSS) was used to obtain the results.

4 Presentation and discussion of results:

4_1 Show results:



Table (1) shows the arithmetic mean of the differences, the standard deviation of the differences, and the calculated t-value. Flexibility test

Test	S f	A f	T value	T value calculated table	Importance level
Flexibility	2.9	1.49	6.17	2.26	moral

From Table 1, it is clear that the arithmetic mean of the differences for the flexibility test reached (209) and the standard deviation of the differences reached (109). When applying the (t) test, the calculated value for the test reached

Elasticity (6.17) while the tabular value (1) is (2.26) at a degree of freedom (9) and a significance level (0.05), which means that the difference is significant.

4-2 Discussion of the results:

Researchers attribute this development to continuing training, because stopping training increases muscle stiffness, which in turn leads to the loss of some muscle elasticity and thus limits the movement of the joints that the muscles work on. Perhaps stopping training increases the player's weight and as a result of increasing the storage of nutrients in the body due to not expending a large amount of energy like the one the player used to spend in training, which leads to the accumulation of fat in the body, which has a negative effect on the quality of flexibility, and increasing the storage of excess nutrients in the body leads to a decrease in the level of flexibility, which is confirmed by (Harah), as training "must be comprehensive" and its goal is to develop and improve all qualities of physical, skill, motor and psychological abilities in a balanced manner with the necessity and focus on special and comprehensive exercises to build a good basic foundation to develop the athlete's ability because it maintains the level for a longer period and improves the ability to coordinate movement and helps to strengthen and build the body in an integrated manner, and this comes by giving sufficient attention to choosing the appropriate daily exercises and sufficient time for training, as it is not possible to obtain a high level of performance unless you have

The young person has all the physical elements and vital organs developed.

5_ Conclusions and recommendations:

5-1 Conclusions:

1 - When conducting the research sample test, the results showed that there were significant differences in the research sample test for flexibility.

2-5 Recommendations:

2- The researchers recommend providing flexibility training in the training program.

2- The necessity of paying attention to flexibility and agility, as they play a major role in raising the level of physical performance.

And the skills and movement in swimming.

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