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Evaluation of Handball Lectures in Physical Education and Sports Sciences through Some Physical and Functional Indicators in Light of the Corona Virus Pandemic

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Abstract

The research included an introduction and the importance of the research, dealing with physical education and sports science lectures, and the importance of physical and functional indicators for learning practical vocabulary on the development of physical fitness elements. And the levels through which it is possible to know the level of development in this aspect. The objectives of the research are to evaluate the parts of physical education and sports science lectures through some functional indicators. The researcher assumed the following:

1. There are differences in the pre-test and post-test in favor of the post-test in the physical and functional indicator and the second and third stages.
2. The fields of the research sample for students of the Faculty of Physical Education and Sports Sciences - University of Misan on the arenas, stadiums and laboratories in the same college for the period 2/2/2021 until 20/4/2021.
3. It included field research procedures that included the research methodology and a sample of research tools. The RAPO survey and its key should be a means of ensuring the statistics that the researcher uses to manipulate the search results.
4. And to display and analyze the results through which the objectives and hypotheses of the research were achieved.
5. As well as making sure that the conclusions and recommendations reached by the researcher through the objectives and conditions of the research.

Definition of research

Introduction and importance of research

The lectures on education, physical and sports sciences, like other scientific and human lessons, have developed into an effective tool for achieving the goals of modern society and reversing the trend scientifically and academically, whether in preparation or in the means and methods of education. Accordingly, it is an opportunity to develop students from the aspects of physical, technical, health and physiological skills as well as it achieves an important goal of guiding students and discovering their different athletic abilities and skills that correspond to these abilities and skills. Thus, we have achieved for him a special sports practice that helps him to occupy his spare time to be a good citizen in the society in which he lives, and since the current stage is difficult with the spread of the epidemic. Corona virus and the consequent suspension of sports activities and academic work, so it has become necessary to pay attention to choosing curricula and programs and using educational methods and methods that suit the needs and desires of students and provide them with earning opportunities. Experience and knowledge and their continued maturity and growth despite the spread of the epidemic in all countries of the world, and teachers of physical education and sports sciences should pay attention to preparing lesson

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plans and taking into account the formative characteristics of students. The individual differences between them and the gradual follow-up of the technical and popular methods carried out by Dr. Reiss academic and training to arouse interest, as it provides opportunities to enjoy and invest all available possibilities of equipment, tools and sports arenas. Within the corridors of the university and organized from outside the curriculum to achieve the objectives of activities c the paths of physical education and sports according to the trends and indicators required to achieve the goals of the educational process and the importance of the topic of scientific and field research, this study came to determine the extent to which students absorb these lessons and lectures in light of the Corona virus pandemic.

Research problem

Physical and functional indicators are those by which knowledge can assess the competence of an individual. These variables are important and must be followed up to know the extent to which activities contribute to influencing the internal organs of the individual to achieve the goal of physical education and sports sciences lectures, which is the link through which we can raise the level of individual performance and know his various abilities as well as contribute to strengthening the student's immunity to confront the Corona virus pandemic, and in order to To create the ability to work and achieve an advanced level of achievement, the proportions of this achievement must be known. Sports activities affect students' abilities and their physical and physiological levels, through which it is possible to know the level of development in this aspect, to know the training status of students, and to know the impact of academic vocabulary on the functional aspects of students. In light of the Corona Virus pandemic.

Research Objectives

The research aims to evaluate physical education and sports science lectures with some physical and functional indicators.

Research Hypotheses

The researcher assumes the following:-

There are statistically significant differences in the pre and post tests of physical and functional indicators in light of the coronavirus pandemic.

Research Areas

The human field: Students of the Faculty of Physical Education and Sports Sciences / University of Maysan

Spatial Domain

Arenas, playgrounds and a physiology lab at the Faculty of Physical Education and Sports Sciences / University of Maysan

Temporary field: from 2 1/2/2021 to 20/4/2021

Research Methodology

The researcher used the descriptive method in line with the nature of the research.

Sample

The research sample was chosen in a purposeful manner, and it consisted of (92) male and female students, (46) female students from the second stage, and (46) female students from the third stage, represented by the Faculty of Physics. Education and Sports Sciences at the University of Maysan for the academic year 2020-2021.

Data - Methods of collection, tools and research equipment

The researcher used the test data, measurements and monitoring of vessels, drugs and liquid to

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collect the research data, which are:

- Japanese electronic altimeter type (OSK).
- A sensitive scale for measuring body weight to the nearest 50 grams, a Japanese-made type (OSK).
- Stethoscope (stethoscope) made in Japan.
- German-made mercury thermometer.
- A central thermometer for measuring body temperature, bearing a Chinese brand (safety).
- Vital Capacity (CV))
- Blood Pressure Monitor.

Description measurements of physical and functional

Physical measurements

- Explosive power
- top speed
- endurance

Measurements of functional

Measurement of vital capacity

It is a device that measures many lung functions, including diagnosing an athlete's condition, such as FEV1 (forced expiratory volume in one second).Both expiratory volume per second (FEV1) and vital capacity (VC) (the amount of air an athlete exhales after most of the air in the lungs has been inhaled).Measurement of maximum expiratory and inhaled pressure (MIP & MEPT) to test an athlete's respiratory muscle strength.

Inspiratory pressure (MIP): A measure of the pressure an athlete reaches while inhaling from a closed tube.

MEP: - is the pressure gauge that an athlete reaches during exhalation (with cheeks bulging) in a closed tube.

Calculation of the body temperature measurement center:

The thermometer is placed under the tongue for 3 minutes, after which it is withdrawn and the temperature is taken taking into account the addition of 0.6 degrees. (Guyton, 1981, 886) The data is then erased in a specially designed form.

Heart rate measurement

Measuring the heart rate during the maximum oxygen consumption test is one of the main criteria to indicate that the laboratory has reached the maximum oxygen consumption value.This is done using a small clock-shaped scale that is placed near the laboratory or attached to the top of the hand. The meter includes a lens or photocell that senses the heartbeat in the form of a rate per minute.

Exploratory experiences

Try the questionnaire first

An exploratory experiment was conducted for the first time on 2/2/2021 on ten students representing the second and third stages of the research community and not participating in the research sample. All measurements, tests and procedures were applied to them, and the purpose of this exploratory experiment was as follows:

- Ensure the validity of the devices and tools used.
- Make sure you understand the measurement and how the Ltr DONC team works
- Determining the obstacles that may appear when implementing the procedures.

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Survey Experiment

The second exploratory experiment was carried out on 2/2/2021 on the same research eye and all measurements, tests and procedures were applied in meters. The aim of this exploratory experiment is to:

- Familiarity with the research sample with measuring devices.
- Avoiding the obstacles that appeared in the exploratory experience first.
- The team got a second practice of measurement methods and research procedures.

The Final Experiment

The final experiment was conducted and the first two phases were considered tribal testing for researchers, and the second phase was considered after six weeks of passing the post-test to ensure the accuracy of the test. Results between the second and third stages.

Test for tribal research sample

The tribal tests of the research sample were conducted on 3-6/3/2021, respectively, with a period of two days to prepare the second day and two days to prepare the third chewing gum, at nine o'clock in the morning. In the same post-tests of the research sample.

Dimensions of the research sample

The subsequent tests were conducted six weeks after the passage of 17-20/4/2021 in a row, with two days for preparing the second day and two days for preparing the third gum at nine in the morning, and the same prerequisites were met. . As much as possible.

Of statistical methods

The researchers used the statistical program SPSS.V (24) to process the research data and extract the following statistical means:

1. Arithmetic mean
2. Standard deviation
3. Test (5) independent samples
4. Test (t) asymmetric samples

Presentation, analysis and discussion of the research results

Display search results

Table (1)

It shows arithmetic means, standard deviations, calculated value (t), and value. Sig for physical and functional indicators, pre and post tests for second stage students

level indication	Values sig	Values(t)Hinted T ratio	The second phase				Physical and functional indicators	No
			post test		pretest			
			p	s	p	s		
D	0.001	3.88	1.41	1.73	0.19	1.97	Explosive force	1
D	0.000	4.34	0.23	7.19	0.34	7.46	maximum speed	2
D	0.000	3.91	0.31	1.47	0.59	1.65	endurance	3
D	0.002	2.87	3.56	420.83	3.17	440.86	vital capacity	4
Non - D	0.452	1.53	0.96	36.77	0.98	36.32	body center temperature	5
D	0.000	2.75	1.53	66.88	1.44	67.09	heart rate	6

Table(2)

It shows the arithmetic means, standard deviations, the calculated (t) value, and the value of .sig for the physical and functional indicators and for the pre and post tests for the third stage student

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level indication	Values sig	Values(t)Hinted T ratio	third level				Physical and functional indicators	No
			post test		pretest			
			p	s	p	s		
D	0.000	3.82	0.77	2.11	0.19	1.78	Explosive force	1
D	0.000	2.19	0.34	4.55	0.94	5.26	maximum speed	2
D	0.001	3.18	0.42	1.65	0.55	1.28	endurance	3
D	0.000	6.972	10.99	423.33	12.55	424.41	vital capacity	4
Non - D	0.624	0.388	1.21	36.44	0.98	36.21	body center temperature	5
Non - D	0.735	0.83	1.73	67.22	1.53	67.77	heart rate	6

Table(3)It shows the arithmetic means, standard deviations, the calculated (t) value ,and the value of. sigFor physical and functional indicators and for post-tests for students of the second and third stages

level indication	Values sig	Values(t)Hinted T ratio	The second and third stages				Physical and functional indicators	No
			third level		The second phase			
			p	S	p	s		
D	0.001	3.66	0.77	2.11	1.41	1.73	Explosive force	1
D	0.003	2.23	0.34	4.55	0.23	7.19	maximum speed	2
not significant	0.571	3.94	0.42	1.65	0.31	1.47	endurance	3
D	0.000	2.35	10.99	423.33	3.56	420.83	vital capacity	4
D	0.001	2.07	1.21	36.44	0.96	36.77	body center temperature	5
D	0.000	3.09	1.73	67.22	1.53	66.88	heart rate	6

Discussion results

The grandfather is clear from the well (1-2-3) the arithmetic mean standard deviation of the study of the variable data and when comparing it with its value it was found that there is a significant difference in favor of most of the variables.

The reason for this is due to the researchers due to the increase in the volume of training in the performance of lectures as a result of the exercises given to students during practical lessons and this is in line with (Volkov) in 1979 (the coach who takes into account when training the players' abilities through enjoyment, they turn into blood in an excellent way that helps them not to accumulate lactic acid and obtain On the necessary oxygen can return to its normal state after the completion of the performance of physical exertion with high efficiency)

The researchers also attribute to the exercises contained in the vocabulary plan of the lectures that were active and influential, causing an increase in the results of passing in the subsequent measurements and thus contributing to the coronavirus pandemic, developing students' performance and increasing the modification status obtained in a sample. Members of the research as a result of the repeated practical lessons implemented by the research sample that brought the state of development, and this is consistent with what (Matthews Tyler) 1976-1970 indicated that "the Walt of systematic doubt leads to a moral increase." The moral pulse rate, which exerted a field effort, which led to an increase in the heart's ability to grow and expand, and in addition to the size of the working muscles.This is consistent with what was indicated by (Muhammad Ali Al-Qat 1999) "Educational or training curricula whose success is measured by the extent of progress achieved by the student or player in the type of activity he practices through the skillful,

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physical and internal professional level".

Conclusions and Recommendations

Conclusions

In light of the statistical treatments reached by the researchers, the following was concluded:

1. There are statistically significant differences between the pre and post tests for the post test and in most of the tests that are not used in the research for the benefit of the subsequent tests.
2. There are statistically significant differences between the post tests in favor of the third stage students.
3. The impact of physical education and sports science lectures on the physical and functional aspects of the research.
4. Increasing the effectiveness of exercises in practical lectures to activate the internal organs to raise the level and dynamism of performance.
5. The tests that have been identified have the ability to evaluate in the field using direct measurement methods during the spread of the Corona virus pandemic

Recommendations

In light of the researchers' conclusions, the Secretary did the following- :

1. Emphasis on increasing focus when giving practical lectures to students and emphasizing general and specific physical abilities because of their importance in developing functional aspects.
2. Paying attention to the physical level of students because of its impact on the adaptation of internal organs and avoiding infection with the Corona virus.
3. Attempting to conduct similar research to study the effect of scientific lessons on other functional variables.
4. The necessity of adopting the principle of total evaluation of physical and functional performance, through the use of the tests used or other tests after the return of sportsmanship to its normal state and the end of the Corona virus pandemic.
5. The faculty members must emphasize the practice and training of physical attributes and skills and link them to job requirements.

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