# THE EFFECT OF A PROPOSED TRAINING CURRICULUM IN THE LOW-INTENSITY METHOD OF DEVELOPMENT IN DEVELOPING SPECIAL CHARACTERIZATION AND PERFORMANCE OF THE ANTAGONIST OF THE EFFECTIVENESS OF 800 M.

**Ameerah Mohammed Daham, Zainab Hasan Flayyih**
University of Koya, Iraq, College of Physical Education And sports science
adahham@gmail.com

**ABSTRACT:** *The research aims to,*
*1 - Develop a curriculum in the form of training (low-intensity) to develop the character of the special handling of the players of 800 m activity.*
*2 - Knowledge of the effect of the method of training (low-intensity) in the development of special characterization of the sample in the research. The research hypotheses were: - The training curriculum in the method of low-intensity training has an impact on the development of the special processing properties of 800 m players. The two researchers used the experimental method in the method of the tribal and remote tests for one sample. The sample consisted of the average distance sprinters for the 800-meter activity as one deliberately chosen group of 11 players. Two of them were then excluded because they were not a commitment to the training, the number of the samples became (9) and another (2) samples were excluded to do an exploratory experiment. The number of the sample was (7) players and the two-researcher conducted homogeneity and equivalence among the sample using the torsion coefficient in the variables of weight, length, age, the age of training and achievement. Special: for the sprinters of 800 m The form was presented to a group of experts and specialists in the field of athletics and sports training, tests and measurement In order to determine the accuracy of the research work and its validity and to avoid obstacles that may appear when conducting the experiment, the two researcher conducted a pilot experiment and extracted the scientific basis for the tests: In order to enable the two researcher to start the implementation of the variables of the training methodology, he must apply the candidate tests for the research and the measurement of the characterization of the processing in the form (the processing of force, the processing of speed), the first test for the members of the research sample after the two researcher prepared a curriculum in the style of training reduced frequency intensity. The two researchers took care of the training level and the physical and skill of the research sample. Based on scientific sources and references related to sports training, in order to finalize the curriculum. The method included 16 training units at the rate of two units per week for 8 weeks duration. The tests were then carried out. The conditions and instructions for carrying out these tests were met and under the same conditions and capabilities used in*
*the initial tests. In order to deal with the results and in the form that serves*
*the research, the two-researcher used statistical bag Spss statistical means to extract the results of the search and after the results, analysis and discussion, and through what the results showed, the two-researcher concluded Maayati:*
*- The method of training (low-intensity) directly affected positively in the development of characterization of all forms (processing of force, processing of speed), in the players of 800 m applicants*
*- There are statistically significant differences in favor of the post-test among the members of the research sample in the physical tests*
*- There are statistically significant differences in favor of the post-test among the members of the research sample in the achievement variable*

## 1. DEFINITION OF RESEARCH

### 1.1 INTRODUCTION AND IMPORTANCE OF RESEARCH

The great achievements never resulted by accident, but through proper scientific planning and the recruitment of specialists in the field of sports for all sciences to serve achievement in sports events and sports. Such interest has made specialists always seek to develop games by raising the levels of players in terms of physical, technical and psychological. And athletics is one of the most interesting games, watching and follow-up to the multitude of fun activities that highlight the individual abilities and competition between players in achieving the best achievements in time and distance and height, and in order to reach those achievements must be developed special requirements for each of the effectiveness of public and private capabilities and basic skills for those events Providing training materials and using appropriate training methods, methods and methods and a systematic continuation of the training process. Ark ad's activities include short, fast, long, medium and long short circuits, each of which has energy systems and physical requirements that must be developed in order to achieve better performance. And since special handling is one of the most important elements of fitness that have an impact on the performance of art. Therefore, we find that any activity or sports game is not free of the component in the process of performing its motor duties and that the degree of this dependence depending on the nature of the physical performance of that effectiveness. The special handling of the basic qualities of the medium and long elbows. Of all the above, the importance of this research comes in the preparation of a proposed training curriculum in the low-intensity method of development in the development of special characterization and achievement of the players of 800 m.

**1.2 PROBLEM SEARCH**:

The effectiveness of 800 m has special requirements and the development of physical capabilities is the most important because it is the basis in the development of all other aspects of the players. One of the most important features of the 800m sprint is to maintain its speed and strength throughout the race and this depends on the development of special physical abilities to suit those requirements. Through the experience of the two researchers as a former player and currently trained for athletics, especially the effectiveness of 800 m noted that some of the trainers still rely on training free of the stereotype and scientific methodology in their applications training. To illustrate the importance of the methodology in training, the The two researcher will attempt to use an important method in developing the special characterization method, namely the low-intensity method of training, in developing the special characterization characteristic through the programmed training stages with the selected research group.

**1.3 RESEARCH OBJECTIVES**

1 - Develop a training curriculum in the form of training (low-intensity) to develop the character of the special handling of the actual enemy 800 m.

2 - Knowledge of the effect of the method of training (low-intensity) in the development of special characterization and achievement in the sample research.

**1.4 RESEARCH HYPOTHESES**

1 - The training curriculum in the method of low-intensity infant training has an impact on the development of special antithesis and performance of the antagonist of the effectiveness of 800 m.

**1.5 RESEARCH AREAS**

**1.5.1 Human area**: 800m players in the category of applicants for the 2015-2016 sports season.

**1.5.2 Time domain**: Duration 21/11/2015 until 5/2/2016.

**1.5.3 Spatial Field**: Athletics Stadium at the Faculty of Physical Education and Sports Sciences in Jadiriyah

**2. FIELD RESEARCH PROCEDURES**

**2.1 RESEARCH METHODOLOGY:**

For the purpose of access to the two researchers to the characteristics based on the basis of the objective must be chosen for the appropriate approach to solve the problem of research and achieve its objectives. Therefore, the experimental approach was used in the tribal and remote test method for one sample.

**2.2 RESEARCH SAMPLE**:

The study sample consisted of medium-distance sprinters for the 800-meter elite as one experimental group with deliberately chosen ages of (11) players. Two of them were then excluded for lack of commitment to training. The number (9) The two researchers also conducted a study of the homogeneity and equivalence between the sample using the coefficient of torsion in the variables of weight, height, age, the age of training and achievement, as shown in the table (1).

**Table (1): The arithmetic means of the differences and the standard deviation of the mean and the value of the torsion coefficient of the members of the research sample in some variables for the purpose of homogeneity and equivalence.**

| Variables | measuring unit | Arithmetic mean | standard deviation | The vein | Torsion value |
|---|---|---|---|---|---|
| Length | Cm | 173.1 | 4.56 | 174 | 0.63 - |
| Weight | Kg | 68.06 | 6.09 | 44 | 0.87 |
| Age | Year | 20.06 | 0.91 | 20.21 | 0.15 - |
| Training age | Year | 1.688 | 0.29 | 1.5 | 0.72 |
| Achievement (800) m | Minutes | 2.21 | 0.02 | 2.20 | 1.34 |

**2.3 SEARCH TOOLS AND DEVICES USED:**

**Research Tools:**

The two researchers used the important means that fall within the experimental program and to achieve the research objectives:

• Arab and foreign references and sources. • Personal interviews. • Tests and measurements

• Expert feedback form. • Whistle. • Medical balance• Stopwatch type (Casio) number (3).

• Manual electronic calculator. • Computer type Acer1. Linen measurement tape.

2. Legal games court -- 3. Plastic compounds 4. -- - Manual electronic timing clock type CAS10 Japanese manufacturer for measuring and calculating the time (2).

**2.4 PROCEDURES FOR THE IMPLEMENTATION OF THE RESEARCH:**

**2.4.1 Nomination and selection of special handling tests:**

The most important thing that the two researchers need to choose the appropriate tests to measure the variables that are related to the phenomenon to be measured and based on that the two researchers prepared a form to poll the views of experts and specialists to investigate the adequacy of the tests used to measure the level of special antagonism of the enemy 800 m * This form was presented to a group of experts and specialists in the field of athletics, sports training, tests, and measurement. After the collection of the forms, the data provided by the experts were emptied. The two researchers used the tests that conform to the expert opinions (the most frequent) that are related to the measurement of the special handling of the enemy of 800 m. And Table (2) between the nominated tests and their respective percentages.

**Table (2): Shows the total number of grades and percentages of the selected tests**

| Capacity | | Tests selected | number of total duplicates | Percentages(%) |
|---|---|---|---|---|
| 1 | Power Relay | Front Bend and Bend Arms | 7 | %100 |
| 2 | Power Relay | Of the position of the supine on the back Tie, the hands behind the head Lift the trunk and pressure on the knees | 6 | %84,66 |
| 3 | Power Relay | The continuous foot pedal to cut the maximum distance per minute | 6 | %84,66 |
| 4 | Speed Relay | Run 200 m from the low beginning | 7 | %100 |

To describe the most important tests, the two researchers will try to characterize them according to the following race:

**First: The first test**

(Oblique forward leaning and arm extension)

- Purpose of the test:

Measurement of the strength of the arms.

- Tools:

Electronic stopwatch number (2), whistle to start

- Performance Specifications:

After giving the starting signal from the team, the player will bend and extend the arms to the maximum number of times (repeat) per minute as shown in figure (1) and the registrar is one of the auxiliary team after the correct repetition and does not calculate the wrong repetition, each player has one successful attempt If the player fails to perform, the player will fall back while bending and arming.

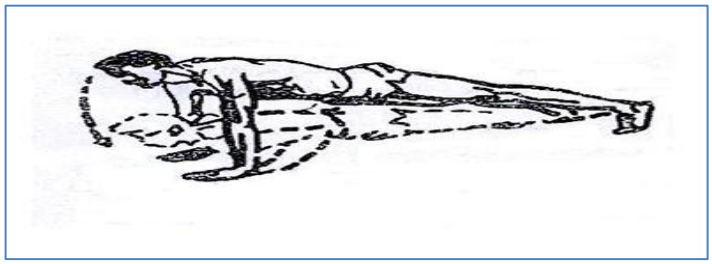

**Figure (1): The front-loading test demonstrates bending and extending the arms**

**Second: The second test [1]**

(From the position of supine on the back-clasping hands behind the head to raise the trunk and pressure on the knees alternately until exhaustion effort)

- Purpose of the test:

Measuring the strength of the muscles of the abdomen

- Tools:

A place to perform the test

Whistle to give the start and the end signal.

- Performance Specifications:

The player lies on the back with the knees bent and put the team adjacent to each other on the ground with the hands clasping behind the head and the assistant installs the feet well on the ground and then begins the temporary giving the signal to start the test temporarily until

Exhaustion of the voltage for the test and the player begins to perform quickly and by bending and tearing the trunk from the ground to where the player touched the knees and return to lie down on the ground again. This repeats the work until the exhaustion of the voltage for the test [2], as in figure (2)

- Test instructions: Only one attempt is given

- Testing Tool:

Registered: Call the names first and record the number of times of performance II

Timer: Give the start and end signal and observe the test performance with the count.

-Registration:

Record the correct number of times (until the voltage is exhausted)

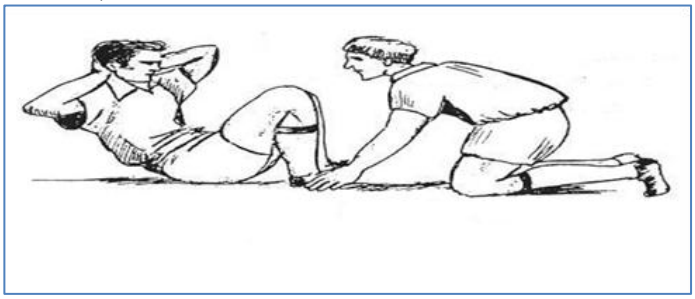

**Figure (2): Demonstrates the test of the strength of the muscles of the abdomen**

**Third: Third test**

(Continuous jumping feet together to cut the largest distance per minute)

- Purpose of the test:

Measure the strength of the muscles of the legs

- Tools:

Square strip, Jogging areas, Linen measurement tape

Electronic clock to calculate the time of the test.

- Performance specifications

After giving the starting signal, the player jumps both feet to cut as much distance as possible in figure (3) per minute and at the end of the specified time period (one minute), the player will calculate the distance traveled by the player.

- Test instructions:

Be jumping feet together

Each player has only one attempt

- Testing Tool:

The recorder will call the names first and record the distance of -Registration: The correct performance distance is calculated for a minute

**Figure (3): The continuous foot-jumping test shows the maximum distance per minute of the force (leg muscles)**

**Fourth: The fourth test**

(Running 200 m from the low start)

- Purpose of the test:

Speed measurement

- Tools:

Electronic stopwatch number (2), whistle to start.

A field of jogging or flat ground with a distance of (200 m) so that there are a starting line and another for the end

- Performance Specifications:

The player stands behind the start in the designated area and from the low start position and when the start signal is heard, it starts at full speed until the end line is crossed and as in figure (4)

- Test instructions:

To create the spirit of competition, tests are conducted for all players who are aware of the harmony between them

Only one attempt is given

- Test Management

Registered: Call the names first and record the test performance time.

Timer: gives the start and end signal with the timing and note the correct performance

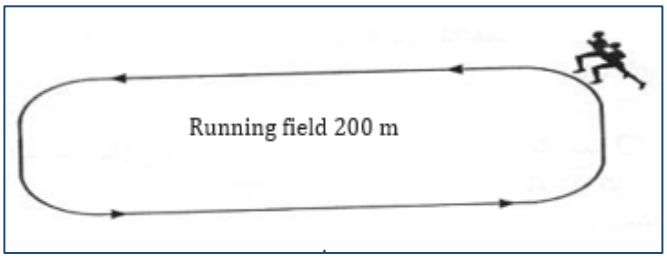


**Figure (4): The jogging test shows a distance of 200 m**

**Fifth: Test run 800 meters:**

• The objective of the test: measuring the achievement of the effectiveness of running 800 meters and was selected for this purpose to achieve the goal of research in measuring achievement.

• Tools used: yard, field, stopwatch (3) and registration form.

• Test procedures: The sample was called to the stadium of the Faculty of Physical Education in Jadiriya in the morning to conduct the test.

• The first test procedures were applied but two courses around the stadium and the results were recorded on their own for the previous test.

**2.5 EXPLORATION EXPERIMENT**:

In order to determine the accuracy of the research work and its validity and to avoid the obstacles that may appear when conducting the experiment, the two researchers conducted an exploratory experiment whose purpose was: to know the safety of the devices and tools used and their efficiency, to verify the validity of the tests and the stadiums; and to ascertain the scientific basis for the tests, Helping staff. *

The experiment was conducted on two players on Tuesday, 7-11-2017 at 4:30 pm and at the athletics stadium at the Faculty of Physical Education and Sports Sciences in Jadiriyah.; The exploratory sample consists of players from 800m players who are outside the sample of the main experiment.

As a result of the exploratory experiment, the equipment and tools used in the tests were found to be suitable.

- The validity of the selected tests that enable us to apply the vocabulary of the tests used in the research sample.

- The adequacy of assistants in the performance of their task during the tests.

**2.6 THE SCIENTIFIC FOUNDATIONS OF THE TESTS:**

For the purpose of ensuring the validity and validity of the candidate tests for the research and its validity, the two researchers conducted his tests on the survey sample, using the results in the verification of the following:

**2.6.1: Validate the test (sincerity of the content):**

In order for the two researchers to verify the validity of his tests in measuring the special character of the players of the 800 m, used this kind of honesty by presenting (tests) to a group of experts and thus verify the apparent honesty of the tests used, a kind of content validation.

**2.6.2 Test Stability:**

It means that if the test is repeated on the individuals themselves under the same conditions and variables, it gives the same conditions and variables, it gives the same results or maybe close (1).

The test and re-testing method were used to verify the stability of the group of candidate tests. The tests were applied to a sample of players on 7-11-2017. After 5 days, the test was repeated on the same sample on Sunday, 11-11-2017. Under the same conditions and variables, the simple correlation coefficient (Pearson) was extracted between the results of the first test and the second test to determine the stability of the test. The results showed that the correlation between test scores was high, as shown in the table (3).

**2.6.3: Objectivity of the test:**

Objectivity is defined as "the degree obtained from the set of results using the same test and the same set". 2 In order to obtain the set of tests for the application, the two-researcher used (two arbitrators) [3].

During the experiment and the second test (re-test in the measurement of stability) in particular

and after the results collected the statistical factor, where the relationship between the scores of the first arbitrator and the second arbitrator in high (i.e., the correlation coefficient between them) as shown in the table (3).

**Table (3): Shows the coefficient of stability and objectivity of the tests used in the research**

| No. | Tests | The nature that measures it | Stability coefficient | Objective coefficient |
|---|---|---|---|---|
| 1 | Forward tilt and bend the arms | Arm length | 0.81 | 0.81 |
| 2 | of the position of the back on the back of the hands clasping behind the head lift the trunk and pressure on the knees | The strength of abdominal muscles | %88 | %83 |
| 3 | The continuous foot pedal to cut the maximum distance per minute | Foot Power Height | %80 | %87 |
| 4 | jogging 200 m from the low start | Speed Relay | %81 | %83 |
| 5 | Testing the completion of 800 m | Measurement of achievement | %87 | %89 |

**2.7 TRIBAL TESTS**:

In order to enable the two researcher to start implementing the vocabulary of the training methodology, he must apply the candidate tests for the research and concerned with the measurement of the special characterization of the form (power handling, speeding), where the two researcher on 14-11-2017 and the playground of the Faculty of Physical Education and Sports Sciences in Jadiriya The first test of the members of the research sample consisting of (7) players representing the enemy of the Iraqi team effectively to 800 m category of applicants and in the light of the results of the tests as we note in the following.

**2.8 TRAINING CURRICULUM**:

The two researchers prepared a curriculum in the form of low-intensity training, which had a duration of 8 weeks. From 18-11-2017 until 14-1-2018. The two researchers took into account the training level and the physical and skill of the research sample. Based on scientific sources and references related to sports training, in order to finalize the curriculum.

The course included 16 training units at the rate of two units per week (Saturday - Tuesday) and divided the time of the training modules into three sections.

1. The preparatory section and its time is (20%) of the time of the training unit
2. The main section and its time is (70%) of the time of the training unit
3. The final section and its time is (10%) of the time of the training unit

The main section consisted of general physical exercises and special physical exercises for the development of (force handling, speeding), and exercises that take into consideration the theoretical aspects and psychological preparation by explaining the method of work in the exercise and its requirements in terms of intensity, size and density to be linked to the objectives of the exercise.

During the preparation of the training modules, the two researchers took into account the following:

- Time for the module. --- Number of training units per week--- Number of repetitions per exercise in the training module------ Rest periods between repetition and another Graduation in difficulty from one exercise to another

The training curriculum began on 18-11-2017 and lasted until 14-1-2018

**THE CURRICULUM INCLUDED TWO PHASES:**

1. The first phase for a period of (2) weeks, including (4) training modules including general preparation.

The second phase consisted of 4 training modules, which included the first period and the second period included 4 units.

**2.8.1** Establish the status of exercises in the training curriculum

The bases adopted by the two researchers in the development of training in the training curriculum, which aims to develop the special handling of the 800 m players using the method of training Vtri low intensity of the comprehensive in the goals and flexibility in the application and ability to develop the capabilities of the enemy in multiple aspects and achieve more than one goal. The two researchers the following things when applying the curriculum:

- Follow the rotation principle for work and rest. So that each player can perform all exercises with high efficiency
- Achieving the level of relationship between the components of the training load (size, intensity, density), which helps the enemy to maintain the highest level in the implementation of movements from one frequency to another.
- The appropriate number of repetitions of the exercise and another
- Gradually increase the performance of the exercise.

**2.9 POST-TESTS:**

The tests were carried out on Tuesday 16/01/2018 for the sample of the research at the stadium of the Faculty of Physical Education and Sports Sciences in Jadiriyah. The conditions and instructions for the implementation of these tests have been taken into account and under the same conditions and capabilities as are used in the preliminary tests.

**STATISTICAL MEANS:**

For the purpose of processing the results and in the form that serves the research, the two researchers used the statistical bag. Statistical means (arithmetic mean - standard deviation - percentage - simple correlation coefficient Pearson - T-Test)

## 3. PRESENTATION, ANALYSIS, AND DISCUSSION OF THE RESULTS:

### 3.1 PRESENTATION OF RESULTS:

In order to achieve the research objectives and hypotheses, the two researchers will try to discuss the results after presentation and analysis according to the following context:

#### 3.1.1 Presentation of the results of the tribal and remote tests of the physical tests in question:

In order for the two researchers to know the effect of training in the low-intensity method of training in the development of the special treatment for the members of the research sample, it is necessary to highlight the contents as shown in the table (4).

**Table (4): Shows the computational and standard deviations and the calculated and tabular T value of the research sample by the pre- and post-test of the physical tests in question**

| Variables | Test (tribal( | | Test (post-t( | | Calculated T | Table T | Significance |
|---|---|---|---|---|---|---|---|
| | S | P | S | P | | | |
| Forward bending and bending of arms | 45.43 | 2.132 | 55.67 | 1.143 | 4.88 | 2.44 | Morale |
| From the position of the back on the back of the hands behind the head and raise the trunk and pressure on the knees alternately | 43.8 | 1.223 | 56.98 | 1.298 | 5.98 | | Morale |
| Continuous pedal of the feet together to cut the largest distance of the minute | 56.98 | 1.99 | 68.99 | 1.34 | 5.32 | | Morale |
| Jogging 200 m from the low start ) (s)( | 26.7 | 1.042 | 25.6 | 0.612 | 5.91 | | Morale |

At the degree of freedom (6) and the level of significance (0.5)

Table (4) shows that the value of the arithmetical computation in the pre-test for the forward-bias test was 45.43 with a standard deviation of (2.132) while the mean value of the post-test was 55.67 with a standard deviation (1.143) (4.88), which is greater than the value of (t) the scale of (2.44), indicating that the differences that have emerged are significant differences.

In Table 4, we found that the value of the computational environment in the pre-test for the test of the supine position on the back of the back of the head, the trunk and the pressure on the knees alternately reached (43.8) with a standard deviation of (1.223), while the value of the mathematical mean of the post-test (56.98) With a standard deviation of (1.298) and a calculated value of (5.98), which is greater than the value of (T) of the scale (2.44), indicating that the differences that have emerged are significant differences.

Table (4) shows that the value of the computational environment in the pre-test to test the continuous index of the feet for the largest distance of the minute reached (56.98) with a standard deviation of (1.99) while the mean value of the posttest (68.99) with standard deviation (1.34) The value of (t) calculated (5.23) is greater than the value of (t) the scale of (2.44) indicating that the differences that have emerged are significant differences.

Finally, the value of the arithmetic test in the pre-test for the jogging test was 200 m from the low start (tha) per minute (26.7) with a standard deviation of (1.042) while the mean value of the post-test was 25.6 with a standard deviation of 0.612 and the calculated value of (5.91) ), Which is greater than the value of (T) the scale of (2.44), which indicates that the differences that have emerged are significant differences.

**3.1.2** Show the computational arithmetic and standard deviations to test the completion of running 800 meters in the tribal and remote tests

**Table (5): Shows the computational circles and standard deviations in the tribal and remote tests in the variables under consideration**

| Value (T) | Value (T) | | Post | Tribal | | measuring unit | variable |
|---|---|---|---|---|---|---|---|
| Table | Calculated | P | s- | P | s- | | |
| 2.44 | 5,987 | 0.033 | 2.03.8 | 0.082 | 2.13.8 | minute | Run 800m |

Table (5) shows that the arithmetical computation in the pre-test to test the completion of the run of 800 meters (2.13.8) seconds, by a standard deviation (0.082), while the mathematical mean for the post-completion test (2.03.8) minutes was a standard deviation of 0.033 (5,987), which is greater than the value of (T) of the scale (2.44), indicating that the differences that have emerged are significant differences

**3.2 DISCUSSION OF RESULTS:**

In our study of the contents and details of Table (54), we found that the members of the research sample, which followed the method of low-intensity infant training, were subjected to tests to measure the special handling capacity of the 800 m players. In both the two tests (ie before and after the training curriculum) (Descriptive and standard deviations) in which he can describe the results accurately and clearly. Note that these parameters vary from one test to another. The computational circles of all the tests for measuring the special calibration characteristics of the 800 m (research sample) are different in the remote tests than in the tribal tests (before applying the training curriculum) Are significant differences that lead to the fact that the method of training (low-frequency intensity) has a clear effect in changing the status of special characterization of the members of the research sample (subject to this method) and this image suggests development and improvement

The two researcher finds that it is not surprising that these results appear in its current form, as the method of training (low-tensile strength) has the ability to develop and improve the level of the special characterization of the antagonists of 800 meters, as confirmed by many scientific references. Derwish quoted Strand, Hedman and Fox as saying that reducing fatigue during the performance of the low-intensity training program could lead to an increase in the intensity of the training and the size of the training work. This is particularly important for the junior training program, Other training.

Hence the importance of the possibility of the impact of training on the increase in the size and intensity of training, which has a positive impact in upgrading the level of achievement.

The effectiveness of 800 m requires the hostility of physical strength and strength of the arms and this means that the vocabulary will be very different because the characteristic exercises proposed training curriculum diversity in the performance of exercises fast and strong and the quality of physical exercise used depends on the content of the movements of movements include the strength of jumping and jogging speed and the performance of exercises combined with The effort is close to the maximum, if not short, which leads to resistance to the repetition of the movement contains a rigorous training distributed and divided scientifically accurate lead the player to a good performance is an inevitable result highlighted by the type of intensity used for the exercises performed by players, A new and complex mechanism is required, which requires the player to use his or her potential strength more closely to the kidney after the body has taken adequate rest. The nature of the curriculum determines the level of the ideal relationship between the components of the training load (size, intensity, density) and commensurate with the objectives set for the training units as well as the comprehensiveness and complementarity of the training curriculum and its attention to the different aspects of preparation. The results showed that the training method (low intensity) was appropriate in the development of this physical fitness of the players of 800 m,

**4. CONCLUSIONS AND RECOMMENDATIONS:**

**4.1 CONCLUSIONS:** Through the results of the research, the two-researcher concluded Maayati:

1- The method of training (low intensity) has a direct positive impact on the development of the special character of all forms (power handling, speed handling) in the 800m players and the limits of the sample.

2- There are statistically significant differences in favor of the post-test among the members of the research sample in the physical tests

3- There are statistically significant differences in favor of the post-test among the members of the research sample in the achievement variable

**4.2 RECOMMENDATIONS:**

1 - Emphasis on the use of training (low-intensity) because of its great importance in the development of special facilities for players 800 m.

2 - Confirmation of the adoption of the principle of gradual increase of the training load because of its impact on the development of the level of special treatment.

3 - Adopting the components of the training load applied during the implementation of the training curriculum when training levels corresponding to the level of the research sample

**ANNEX (1)**

The model of the training modules in the special preparation period (low intensity)
The first module in the preparation period Date and date: Saturday 18/11/2015
Week: I and III --- Training Module: First------- Objective: Speeding
Time: 90 minutes, Unit severity: 60%

| No | Sections of the module | Time in minutes | The exercise | Time or repeat performance | Rest time | Aggregates |
|---|---|---|---|---|---|---|
| 1 | Preparatory Section | د15 | | | | |
| A | Organizational aspect | | Meet with the sample and talk to her about the organizational matters and the curriculum prepared by The two researcher | 2m | | |
| B | General Warm Up | | Walking and jogging with harmonized exercises in addition to physical exercises for all members of the body | 7m | | |
| C | Warm up your | | Gradual start-ups with speed, with the exercises of the calves, and the gradual start-ups | 6m | | |
| 2 | Main Section | ـ65 | -1jogging at a gradient speed of 10 m and walking back. | 8s<br>8s | 90 seconds rest<br>After all the duplicates | 2<br>3 |
| | | | .2The same exercise (75%( | 8s | After all the duplicates | 3 |
| | | | .3The same exercise as above (100%( | | | 2 |
| | | | -4Running strongly (90%) for a distance of 15 m | 10s | 3s | 2 |
| | | | .5Jogging heavily (100%) for a distance of 15 m | 10s | | 2 |
| 3 | Final Section | m10 | Breathing, relaxation and stretching exercises | | | |

**ANNEX (2)**

| No | Sections of the module | Time in minutes | the exercise | Time or repeat performance | Rest time | Aggregates |
|---|---|---|---|---|---|---|
| 1 | Preparatory Section | 20m | | | | |
| A | Organizational aspect | | Entering the stadium and introducing the training unit, while ensuring the seriousness of the exercise | 3m | | |
| B | General Warm Up | | Walking and jogging with tonic exercises as well as physical exercises throughout the body | 10m | | |
| C | Warm up your | | Gradual starts with speed with jumping exercises | 7m | | |
| 2 | Main Section | 60m | Jogging distance 200 m<br>Jogging distance 200 m<br>Jogging 50 m<br>Jogging 50 m<br>Breathing, Retraining and Retraining Exercises | 30s<br>30s<br>7s<br>10s<br>One frequency is 90 seconds | 30s<br>75s<br>30s<br>60s<br>Rest between groups is given 5 minutes | |
| 3 | Final Section | 10m | | | | |

**REFERENCES:**

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