

Summary

The Effect of the program (physical - diet) in reducing the average of biological age and some physical variables and functional efficiency of the different organs of the body ages for Teachers the University of Dhi Qar

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1.1 Introduction and importance of research

The importance of research occur in recognizing the causes and the true treatments to this problem by identifying the biological age and study the activity markers that finally give an accurate measurement can relied on it and put correct processes that enable the researcher and specialist to make programs that could assist in determining first the deterioration that happens in biological age and then move on to the phase of develop the efficiency of devices that signal to this degradation.

And when we see the positive results of the search, it will reflect on the ease of inspection and rehabilitation of people through the straighten tool provided by the search where there is no such this tool to realize the above purpose.

1-2 research problem

The health aspect is one of the important objectives of the Sports and countries seek to develop programs and support as well as a lot of studies in this area to develop appropriate solutions to create generations have public health and are free from diseases, especially diseases such as obesity, blood pressure and sugar ... Etc.. The researcher believes that this phenomenon is reflected in the ages after forty largely to the fact that the demolitions after this age overcome the construction operations which affect the vitality of functional organs and a range of its indicators is measured to determine biological age which is, in most cases, greater than the actual age calculated for humans since his birth in days, months and years. this indicator often leads to shortage of productive and healthy human age.

The research aims to the following:

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- 1 - Determine the needs of members of the research community who have high rate of the biological age of physical nutrient program .
- 2 - build a physical nutrient program according to the needs of members of the research sample who have a high rate of biological age.
- 3 - to know the effect of physical nutrient program in the rate of biological age for members of the research sample.
- 4 - to know the relationship between the rate of biological age and some functional and physical variables among the members of the research community.
- 5 - know the magnitude of the impact of each program on the three groups

1-4 hypotheses of research

- 1 - The physical nutrient program has an impact on the rate of biological age of members of the research sample.
- 2 - There is a relationship between the rate of biological age and some functional and physical variables among the members of the research community.
- 3 - the size of the effect in the second group with physical nutrient program is higher than the other two groups.

The researcher has used the experimental method because of its suitability to the nature of the research took place on (45) teachers of University of Dhi Qar were divided into three groups by (15) members to each group, and after achieving parity and homogeneity between the three groups of research in these attributes (age, height, and weight) and appeared there are No significant differences between the three experimental groups.

research procedures Included pre-tests to biological age and some variables functional adopted in the search and then three programs were performed (physical program, and nutrient program, and physical nutrient program) and that took (12) weeks, (3) training periods in the week, and after the completion of performing The program, post-tests were done to the same variables that have been in the pre-test.

The researcher concluded the following:

- 1 - exercises that used a positive impact in improving the life and development of some biological variables functional sample.
- 2 - The presence obvious effect size between tests before and after the second in most of the variables studied sample.

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- 3 - the lack of a clear impact of the food program on a variable diastolic pressure between pre and post tests second.
- 4 - The presence of disparate impact size of biological life and the three groups in favor of the program of physical food.
- 5 - There is a high correlation between Instrument measuring biological age device and scale.
- 6 - the lack of correlation between the biological age and some physical variables for members of the research sample.
- 7 - members of the research sample interaction with recreational exercises more than motivation to traditional physical exercise.

The researcher has presented some of recommendations, as follows:

- 1 - Adoption of the outcomes of this study as a first nucleus for measuring biological age in the country of Iraq.
- 2 - a similar study on the different layers of society, including the feminist element.
- 3 - to undertake a similar study to measure the rate of biological age in accordance with other functional variables.
- 4 - To conduct a similar study to see the change in the rate of biological age using educational programs for groups of society.
- 5- the researcher recommends to prepare sportive floors, fields or swimming pools for 40 ages up to exercise relaxing sport which is advantage to the healthy side.