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***Effectirness of anaerobic exercises on the size of
the heart muscle and some of the physical,
physiological and biochemical abilities
for the young players judo***

A dissertation

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(The dissertation title)

Effectirness of anaerobic exercises on the size of the heart muscle and some of the physical, physiological and biochemical abilities for the young players judo

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This dissertation included five chapters: Each physical effort or sport activity has a special adaption for the various body organs for example, the high speed sport activities with ultimate force in a short time have responses and functional adaption differ from that which distinct with continuous speed for a long time .

For that reason the permanent sport training and making out the physiological adaption that takes place through it promotes the athlete to higher level which is the main goal to the sportsman in the competitions . the importance of the using anaerobic training in the ATP-CP research is to raise the ability and proficiency of the system and the system for th player it increases the resources quantities of the phosphates power and its special acids . it is also improve its ability in fission operation speed to produce power.

There is a weakness in the anaerobic physical level for the players and there is no ration to the load of the exercises like the instance , size and rest in a correct way according to the adaption and the changes that take place in the body's system , and the power system in addition to the ignorance of the trainers concern the anaerobic exercises impact on the players functional systems which are the basic exercise in judo game by making the movements fast and explosive in the training units and competitions and also because o f the small researches and studies in this field

Goals of the research :

- 1- Prepare anaerobic exercises for the young players in judo.***
- 2- Identify the impact of the anaerobic exercises on the muscles of the heart and some of the physical ,physiological and the biomechanical abilities for the young in judo .***

- 3- *Recognize the after work differences between the young groups of the research, the experimental and the standard , in the size of the muscle of the heart in some physical , physiological and biomechanical abilities .*

Duties of the research:-

- *There moral differences with statistical indications between the test and the measurements before and after in the size of the muscle of the heart and some of the physical, physiological and biomechanical abilities for the experimental group interest.*
- *There are differences with moral statistical indications between the experimental and the standard groups in the test and afterwards measurements of the variables of the research for the experimental group interest ,*
- *The researcher used the experimental method to solve the problem of the research. he determined the community which is the young judo players in AL-Nassirriyah district ,The-Qar province . for the year 2010 -2011 represented by the Nassirriyah and Thi-Qar clubs . The 40 players were divided into five weighs .the sample of the research was determined by 60kg which includes 12 players and then ten were chosen by the intentional way .it is 25% from the original community the sample was divided by the lot into two groups , experimental and standard . each group includes five players . the experimental group is represented by AL-Nassirriyah club while the standards represented by Thi-Qar club .the anaerobic training was applied to the first group whereas the second group , standard , was applied to the method that is used by the trainer . the proper statistical ways were used to find the results that fit the duties of the research .*

the researcher concluded the followings :-

- 1- *there is a positive impact for the anaerobic exercises on the size adaption of the muscles of the heart and some physiological changes for the players . that indicates the exercises vitality during the period of the experimental group preparation .*
- 2- *the anaerobic program has no effect in(GOT , GPT) for the players which indicates no vitality for the exercises program during the preparation period of the experimental group .*

the researcher recommended the following :-

we need to involve the physiological examinations and measurement by using modern devices and tools in assessing the progress of the training process .