



## ▪ **Master Degree**

### **Title "Effect Of The Electrical Stimulation On Some Variables Of Muscular Strength And The Record Level Of The High Jump"**

Aims to determine the effect of using electrical stimulation on the muscles of the lower limb and oceans thigh and leg ability, and the researcher followed the experimental method to a sample of 50 students divided into two groups, one experimental and the other officer, and it was the most important results use of electrical stimulation to Atnumeih muscle strength and ability and increase Mohi muscle used and improved digital level to contest the high jump.

## ▪ **Degree of Doctoral (PHD)**

### **Title "Evaluation Of Track And Field Events National Athletes In The Arab Republic Of Egypt."**

This research aims to identify the difference Egyptian figures ratios for Arab, African, Mediterranean, Olympic and international numbers for senior men and women and young people, and questionnaires to identify problems faced by the players and coaches and management of national teams, through the use of descriptive approach to a sample of 48 athletes Bmentb adults, and the number (102) U, and the number (50) coach, and the number (50) administrative, and it was the most important results Tkdroali percentage difference between the Egyptian figures for men (30.91%) and women (83.91) and junior (40.58) and junior (25.37), you need competitions track and Field to support the political and media and material.



## ▪ **Research promotion to the rank of Assistant Professor**

1. Title **"The Effectiveness of a proposed program of cooperative education on moral values and Record level for some track and field Events for the students of the Faculty of Physical Education for Girls in Cairo"** Search to aim to build moral values scale, and examine the impact of a proposed cooperative education program for Alkhgavy values and digital level students fourth year, used the experimental approach to a sample of (60) students are divided into two groups experimental one and the other officer, and it was the most important final results show the construction of moral values scale, teaching helps manner Cooperative Education in the development of moral values and improve the digital level to fourth year students of the Faculty of Physical Education for Girls in Cairo.
2. **"Effect of program Using the method of task analysis to teach high jump saddle way for individuals with intellectual disabilities"** The research aims to educate the high jump competition the way saddle using the method of task analysis, the researcher used the experimental method on a sample of 30 students from mentally handicapped Meet learning, and it was the most important final results show Using the method of task analysis in the education of the mentally handicapped high jump way saddle positive Antaúj .



3. **"Impact of merger between the mentally handicapped and normal skills through athletics program and the program of educational media on the harmonic behavior of students with intellectual disabilities and students without disabilities trends toward them"** Research aims to design a proposed program includes "integrating the mentally handicapped (Bsaty disability) and misfits using athletics skills, educational and media school Moha represented in the (school radio and magazines wall and lectures short before the share consolidation sports) and the application of the athletic program built by twice a week, using the curriculum Trial on the sample of 39 students from misfits (9) of the mentally handicapped, and it was the most important final results show a positive impact on the physical level and the skill to students with intellectual disabilities and their peers without disabilities, and the harmonic behavior of the mentally handicapped, and the trends of students without disabilities about their peers from the mentally handicapped.
  
4. **"Effect of cupping and preliminary games on the physical and Record performance and skill (shot put - basketball) and some psychological traits and physiological variables among the mentally handicapped"** This study aims to develop a training program that combines the preliminary games for basketball and training skill shot put and cupping players mentally handicapped, to see their impact on the physical and the digital performance of the shot put, physical performance and Maha Re skills basketball (stumping - scrolling - correction), some psychological traits The variables physiological, using the experimental method is the design of



measurement tribal dimensional (three experimental groups and one group officer) on a sample of (20) player of the mentally handicapped, was proposed training program application after cupping twice, and the study found the positive impact of the proposed - the training program the shot put with preliminary games for basketball with the work of cupping players mentally handicapped (sample members) - the physical and the digital performance of the skill shot put, physical performance and skill of basketball skills and psychological characteristics and physiological variables.

## ▪ **Research promotion to the rank of Assistant Professor**

1. **"Effect of core strength training on power and dynamic balance among kids athletics"** The "IAAF Kids Athletics" program aims to ensure a steady and sustainable policy of athletics development. The program is not intended only for clubs and member federations but also for schools and all institutions that are interested in the well-being of children. The IAAF seeks to popularize athletics in six areas through several competitions called "A Team Event for Children," comprising three event groups: Sprinting/Running Event Group, Jumping Event Group, and Throwing Event Group. Three age categories are targeted by the program: 7-8 years, 9-10 years, and 11-12 years. Core strength consists of the motor control and muscular capacity of the lumbopelvic-hip complex. The aim of the present study was to determine the effect of a 12-week core strength training program on dynamic balance, power, and program skills among child athletics. Thirty children were divided into two groups. The experimental group consisted of 15 children in the 7-8 year age group. The subjects in this group



underwent a core strength training program that consisted of body weight exercises, the Swiss ball, and the medicine ball for 12 weeks. The control group consisted of 15 children who were the same age as the experimental group. Height, weight, power, dynamic balance, and training age were assessed. All of the subjects were free of any disorders known to affect performance, such as bone fractures, osteoporosis, diabetes, and cardiovascular disease. All of the participants were fully informed of the aims of the study and gave their voluntary consent before participation. The measurement procedures were consistent with ethical human experimentation. All statistical analyses were performed using SPSS software. The results are reported as means and standard deviations. Differences between the two groups are reported as the mean difference  $\pm$  95% confidence intervals. Student's t-test for independent samples was used to determine differences in the parameters between the two groups. The results revealed significant increases in dynamic balance, power, and program skills between the pre- and post-measures in the experimental group. In conclusion, a 12-week core strength program can improve physical skills and dynamic balance in child athletics.

2. **"The Relationship Between Time to Exhaustion and CD34/CD45 Stem Cells Among Young Long - Distance Runners"****Purpose.** Bone marrow (BM) is the major reservoir for adult stem cells . Stem cells are localized in a microenvironment known as the stem cells “niche”, where they are maintained in an undifferentiated and quiescent state. Under “steady state- conditions” the normal oxygen tension in bone marrow is hypoxic, leading to a constitutive. The purpose of the present study was to identify The Relationship between time to exhaustion and CD34/CD45 stem cells among young long - distance runners.

**Methods.** Ten young athletics in the long competition, members of army club, Ismailia governate, each completed treadmill





running test to determine the time to exhaustion during Bruce treadmill test protocol; blood was drawn before and after the test ,all subjects were free of any disorders known to affect performance, such as bone fractures, osteoporosis, diabetes and cardiovascular disease. the participants did not report use of any anti-seizure drugs, alcohol and cortoon consumption, neither smoking cigarette. and all participants were fully informed about the aims of the study, and gave their voluntary consent before participation. the measurement procedures were in agreement with the ethical human experimentation. all statistical analyses were calculated by the SPSS statistical package. the results are reported as means and standard deviations (sd). differences between pre and post tests were reported as mean difference  $\pm 95\%$  confidence intervals (meandiff  $\pm 95\%$ ). Pearson correlations between all variables was used, the  $p < 0.05$  was considered as statistically significant.

**Results.** The results indicated that decreased significantly between the pre and post measures for the experimental group in accounting of CD34/CD45 stem cells and founded the relationship between time to exhaustion , vo2max and accounting of CD34/CD45 stem cells .

3. **"Impacts of Mental Toughness Program on 20 km Race Walking" Purpose.** Race walking is a long-distance athletic event. Although it is a foot race, it is different from running in that one foot must appear to be in contact with the ground at all times. Stride length is reduced, so to achieve competitive speeds, race walkers must attain cadence rates. The aim of this study was to determine the Effect of mental toughness program on 20km race walking.

**Methods.** 20 young athletics players .Subjects were randomly divided into two groups, experimental group (EG; n = 10) and control group (CG; n = 10). Mean age of all the participants ranged from 18 to 20 year. Subjects in experimental group participated in listening training program for 8 weeks, 3 days



per week. To develop their psychological skills (concentrate – self-adjustment), record level of 20km race walking, walking length and walking cadence.

**Results.** mental toughness program that used to development the psychological skills among 20km race walking athletes had positive effects in improvement of all variables.

4. **"Impacts of Training Program According to Biomechanical Variables in 200 m Sprint" Purpose.** The purpose of the present study was to identify the biomechanical systems which affecting the improvement of the record level for the 200-meter race and after that Design a training program proposal.

**Methods.** Three high level players in the competition of 200 meters, members of Al-Ahly club, where three players to perform competition 200 meters, the sprint of all players inside the lane in the area were selected out of the blocks start and the three first strides, three strides in a straight line and the curve for the analysis of motor (9 attempts) to stand the problems of the sprint to legalize the program and place it on an objective scientific basis.

**Results.** The training program according to biomechanical variables in 200m sprint affected and improvement of the record level of 200m sprinting race

5. **"differing periods of decline carry training before the competition for scarce minerals and digital level effect For marathons "** Many runners fail to realize that one of the most important aspects of marathon training is the taper phase. Reducing weekly and long run mileage during these final two weeks is vitally important so that you will be fully recovered from previous workouts while at the same time, be completely rested for the big event. The purpose of the present study was to assess the effects of taper variation on trace elements and record level of 12km race. Ten runners from army club . were classified by two experimental groups (the first experimental



group contain five runners (practiced tapering to one week ) , and the second experimental group was practiced tapering for one week to two weeks , the Baseline results showed that the second experimental group had significantly improvement than the first experimental in vital capacity, Systolic Pressure , magnesium level and the Record Level of 12km Race.

6. **"The impact of the program Hypermedia tutorial using the track and field events scheduled on the first band at the Faculty of Physical Education"** The aim of this study was to investigate the effectiveness of a program using Alhiebermedia for track and field events scheduled on the first band of the Faculty of Physical Education for Girls in Cairo, used researchers experimental method on a sample of 60 students, the researchers organized the program content and taking into account the learning characteristics Alhiebermedia in a manner which is as follows:Introduction It is a display (Quranic verse - Title Search - welcome - the instructions and the instructions for the students - basic) list, which displays on the computer screen in succession behind them without the intervention of the learner during the show. Second, educational content, and this part is a set of pages that is displayed on the computer screen can be for the student to control tracking and forking you choose willingly, as well as the exit from the program whenever you want it, and includes educational content for competitions scheduled under discussion, and it was the most important conclusions are that: a tutorial using Alhiebermedia has a positive impact on the level of performance skills and digital contests (100 m enemy 0.200 m enemy, 4X100 m relay, long jump, shot put), tutorial using Alhiebermedia him a positive impact on cognitive achievement level, the use of Alhiebermedia technology that helps students to learn self.



7. **"profile Egyptian girl in high school sports in the light of the requirements of the colleges of education"** The research aims to identify the characteristics (skeleton, anthropometric, physiological, physical, psychological, social and economic) of the Egyptian girl in high school, and used the researchers descriptive method on a sample search-strong (10955) girl, were identified variables searching deviations skeleton, Alantherubomitria variables , measure the thickness of skin folds, physiological variables, physical variables, psychological variables, and it was the most important results that the first class learned factors indicated that the search variables (deviations of the spine, lengths, ocean, symptoms, fitness physiological, the thickness of the fat, fitness, variables psychological and social level and economic) can be expressed in a range of variables for which she received the highest saturation in each worker to be the profile of the Egyptian girl of 15-18 years, according to the requirements of the faculties of Physical Education, namely, (lumbar concavity angle, the total length of the body, abdominal circumference, width pelvis, pulse, fish when abdominal fat, flexibility, the total list of Freiburg).
8. **"the reality of Physical Education amended schools Intellectual Education in Egypt and other Arab countries "** This research aims to identify the positive and negative aspects and problems of that class and to develop proposals to resolve the problems, has been using the descriptive approach on a sample of physical education teachers in schools Intellectual Education Egypt's (39) and (8) of the physical education teachers in schools Kuwait, Saudi Arabia, United Arab Emirates and (14) of the directors of Physical Education, and was the most important results first: an agreement both Egypt KUWAIT UAE, KSA in the absence of clear objectives Educational sports amended schools intellectual education in Egypt and the Arab states. Second, marked by Egypt for states Arab presence in the



program for each degree of disability, the share allocated to physical education in Egypt time (45 minutes) and the Arab States (30 s).

9.