

The Effect of Some Proposed Physical Exercise to Develop Technical Performance for Movement Stand on Hands and Human wheel in Gymnastics Game

Researchers

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Abstract

The study aimed at identifying the impact of the proposed physical exercise on technical performance for movements to stand on the hands and human wheel at students of the second stage at the Faculty of Physical Education, Basra University for the academic year 2021/2022

The most important conclusions: the experimental group used physical exercises on the control group in motor skills on the ground movements.

The researchers recommended: the use of proposed physical exercises in developing special physical capacity in terrestrial movements as well as skillful performance.

Keywords: physical exercises, technical performance, stand on hands, gymnastics game.

1 - Definition of Research:

1-1 Introduction to research and importance:

The ground movements are the basic events in the game of your jeweler, whether women or men for this type of performance of performance that requires physically and very highly prepared to deal with the laws of nature that appear during performance, including the strength of the earth's attraction and the strength of external and internal friction. The movement was difficult whenever of these forces ...

The College of Physical Education and Sports Sciences is one of the general sports educational institutions, which has a distinctive role in teaching all sports for student and working on the numbers of scientific and theory in all games and sports events and the game of the games. The student is the best ways in the educational process and prepares the movements of standing on hands and hIH. It can not perform properly because each of them is complementary to the other so there must be a good physical level that is true that there is a performance level in which it has a good evaluation of the student and here