

"The Effect of Assisted Training Tools on Selected Components of Physical Fitness and the Handstand Skill in Artistic Gymnastics for Juniors."

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Abstract:

The importance of this research lies in designing a set of exercises using assisted training tools aimed at developing the physical, motor, and technical components of artistic gymnastics athletes. These exercises play a vital role in building muscular strength and enhancing technical performance. This is attributed to the importance of linking exercises to the physical and motor components associated with the skill being performed. Accordingly, exercises were selected to align with the motor execution of the handstand skill on the parallel bars, contributing to improving the technical level and achieving better performance in artistic gymnastics.

The study aims to investigate the effect of exercises using supportive tools and equipment on the development of certain physical fitness components and technical skills specific to artistic gymnastics. The researcher hypothesized that there would be statistically significant differences in the post-test results between the experimental and control groups, in favor of the experimental group, in terms of physical and skill-related requirements on the parallel bars apparatus.

The researcher adopted the experimental method with a two-group design (experimental and control). The special exercises were applied to the experimental group within a training plan consisting of ٢٤ training units, at a rate of three sessions per week.

The results of the study indicated that the use of assisted tools in skill development contributes effectively to saving time and effort for both the coach and the athlete. Furthermore, the experimental group showed a significant improvement across all research variables compared to the control group.