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The relationship between the strong strength of the lower extremities and the skill of the fixed squat (half-squat) in the youth group

Kanaan Imran Musa, Hussein Khamis Hussein, Mustafa Saleh Mahdi

University of Baghdad, Faculty of Physical Education and Sport Sciences, Iraq

kanaan.omran1104b@cope.uobaghdad.edu.iq,
Hussein.rameed@cope.uobaghdad.edu.iq, mustafa.s@cope.uobaghdad.edu.iq

Abstract. The study aimed at identifying the value of failed and successful Olympic lifts biomechanical variables using smart analyses technology and its effect on elite weightlifters achievement. The researcher used the experimental method by comparing between failed and successful lifts and their effect on elite Iraqi weightlifters participating in Arab weightlifting Championship 2019. The subjects were (8) Iraqi national youth and advance weightlifters league. The pretests were conducted on snatch and clean and jerk three attempts were given for each lift and weightlifter according to national competition procedures. The beast sensor weightlifting technology was used to video tape the lifts. After analyzing the data the researcher concluded that beast sensor weightlifting contributed in analyzing biomechanical indicators for each weightlifter. A set of values were given to team coach so as to benefit from the data and design exercises to improve weak values. In addition to that, beast sensor weightlifting provided information about failed attempt of each weightlifter analyzing the path of the weight as well as providing accurate database for elite weightlifters' Olympic artistic performance. Finally the data provided by the apparatus and motor analysis helped providing each weightlifter with corrections and suitable exercises. The researcher recommended that coaches specially national weightlifting elite leagues' coaches should use this apparatus and the motor analysis program

Keywords. failed lifts, successful lifts, biomechanical variables, weightlifting technology, elite weightlifters

The introduction:

The increasing importance that weightlifting receives from all circles and in various countries, both developed and developing, has made those with experience and specialization and those working in the field of the game think about how to improve the individual and collective work of the team to achieve victory, which has become no easy matter to achieve, especially in front of countries that rely on scientific methods in numbers. Its players during regional, continental and Olympic tournaments

And internationally, where the honorable sports struggle rages in order to apply what was learned in the training stages. Competition has recently become more difficult and complex compared to the methods of competition decades ago. The explosive power that the player needs

now has become high and the implementation of the basic principles has become fast. According to what was mentioned, the game Weightlifting is one of the games that requires exceptional effort in the physical abilities represented by the explosive power of the lower limbs. To lift a weight requires explosive power to push the weight upward.

Explosive strength is one of the elements of the special physical preparation of the weightlifter, as it makes a significant and decisive contribution to his success and improving his level of achievement through competition, whether in the half squat for weightlifting or the regular jerk (split).

This type of explosive power is very necessary for the weightlifter, and such power appears in cases of strong and fast half-squats and jumping upwards.

The research aims to identify the level of students in the half-squat skill of lifting weights for the first stage in the College of Physical Education and Sports Sciences, University of Baghdad.

The countries of the world seek to achieve the best victories in the game of weightlifting by participating in various tournaments, and for this reason it is noted that they are making great efforts, whether material or moral, to achieve this, whether through proper planning or saturating modern scientific methods during training and preparing teams or organizing various tournaments as well. What distinguishes weightlifters from others in other sports is their variable and continuous muscular effort due to their exposure to situations and stimuli of various shapes and directions.

The problem of the research lies in the fact that during this game the researcher found that there was weakness in the student's legs for half-squat in the first stage. Therefore, we find a researcher who in order to study the problem to raise the level of students in the next academic stages.

The importance of the research lies in the fact that this type of explosive power is very necessary for the weightlifter, and such power appears in cases of strong and fast half-squats and jumping upwards. Therefore, the researcher decided to study it and identify the extent of its relationship to performance.

In a study by Taha (Taha, 2009), he mentioned that there is a need to develop strength characterized by speed and flexibility of the back and thighs because of their role in developing the snatch and clean lifts in weightlifting, and in a study by Abdullah (Abdullah S., 2010), in which he concluded that exercises Strength gave the advantage to lifters in performing explosive movements.

Method

The researcher used the descriptive method to suit the nature of the problem that the researcher wants to address. The descriptive method is one of the forms of organized scientific analysis and interpretation to describe and identify a specific phenomenon or problem, as well as by collecting standardized data and information.

The research sample was chosen intentionally from students of the first stage, Division (L) and Division (H), in the College of Physical Education and Sports Sciences - University of Baghdad. The sample number was (25) students.

Search tests.

Stability broad jump test. (Hassanin, 1996)

Measuring the technical performance of the half squat skill

The researcher sought the help of professors of weightlifting at the College of Physical Education and Sports Sciences. The researcher conducted skill tests on the research sample,

which is the application of the half-squat skill. The researcher gave grades to the movement sections using a special evaluation form presented to the subject teachers, as follows: Primary status (5 marks), section Main (10 degrees), final position (5 degrees),

Whereas, "evaluating sports skills by calculating points is one of the important methods that depend on viewing in evaluating the skill. The viewing is either by performing the movement by the player in front of masters with experience and expertise, or by videotaping the skill and then showing the film to masters with experience and expertise." "To evaluate it." The researcher used the video recording method because this method allows the skill to be repeated more than once in front of the eyes of experienced and specialized masters, and thus gives greater accuracy to the evaluation process.

Results

Pretest

The researcher conducted the pre-test on Wednesday, 11/17/2021, in the hall of the College of Physical Education and Sports Sciences, Al-Jadriya. The test was conducted after the normal daily warm-up period of 10 minutes.

Statistical methods

The researcher used the SPSS statistical package to extract the statistical treatments.

Results and discussion

Display and analyze the results of the arithmetic mean and standard deviation for the variables under research.

Table (1)

It shows the values of the arithmetic mean and standard deviation of the variables under study

standard deviation	Arithmetic mean	Variables
0.32	**1.90**	Jumping from a standstill
2.32	**15.20**	Half squat skill

Table (1) shows the arithmetic means and standard deviations for the basic half-squat skill test, the performance of which depends on explosive force. It has appeared that there are differences in the arithmetic means and standard deviations in the tests for students in the first stage and the third stage.

Presentation and analysis of the calculated correlation coefficient values, the level of error, and the statistical significance of explosive force and its relationship to the half-squat skill.

Table (2)

It shows the calculated correlation coefficient values, the error level, and the statistical significance of explosive force and its relationship to the half-squat skill.

Statistical significance	Error level	Correlation coefficient	Explosive power skills
moral	**0.004**	**0.89**	**Explosive force**
moral	**0.001**	**0.92**	**Half squat skill**

Discuss the results

The researcher attributes the reason for the existence of a strong correlation between the explosive power of the legs and the results of the skill test of the research sample to the fact that this ability has a major role for students to perform weightlifting skills, as the development of this ability is linked to the development of the basic skills of the sport of weightlifting, as preparing students for the weightlifting lesson

"His performance must be characterized by accuracy, and this requires comprehensive preparation of the various aspects of the game. A player who cannot be comprehensively prepared will have very weak skill performance and slow movements" (Nasr El-Din and Abdel Fattah, 1993). Also, "working with weights and repeating the performance of one skill several times is done by applying resistance (intensity) that does not reach the maximum limit and in the presence of the tool, which contains exercises to develop and strengthen the comprehensive muscles of the player's body, and these exercises are useful in moving the player's body and moving him in different positions, which gives him The ability to adopt the appropriate positions to perform the lift."

(Nassif and Abdullah, 1988). Which had an effective impact on the level of the students, which was basically built on sound scientific foundations, as explosive power is one of the most important physical abilities that a weightlifter needs when lifting the shot. Explosive force "appears in the extent of the ability of the athlete's body muscles to push his body or parts of it in forward, upward, and backward pushing movements" (Al-Madamha and Al-Sudani, 2013).

Conclusions:

Based on the results reached by the researchers, analyzed and discussed, the following conclusions were drawn:

1- - There is a positive, statistically significant relationship between explosive power and half-squat skill.

2- 2- There is a weakness in physical ability and strength in most of the sample members.

3- There were clear individual differences in the strength component among the sample members.

Recommendations:

1- The necessity of weight training as a means of developing the explosive strength of the muscles of the lower limbs.

2- The necessity of using the scientific method in training explosive force and developing a training program that suits the level of students and their level of development.

3- Conduct similar studies looking into the effect of types of explosive force on the muscles of the lower limbs, abdomen, and back, in addition to the effect of types of muscular force, such as force characterized by speed, in further developing the strength and accuracy of the half-squat.

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