

The impact of simple leading up games accompanied by music on some physical and skillful variables in basketball for the educable mentally disabled.

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Introduction and research problem:

The indicators of nations and civilization progress and their upgrading are associated to a large extent of attention with different categories of generations. So, the attention to people with special needs of all communities is considered the most important criterion for judging its progress and development.

The prospective of societies in the present age has changed to the disabled people. So, they now receive special care in many areas, including the sports field, taking into account their circumstances and physical potential. (34: 28, 29)

The practice of sports activities is considered of paramount importance to physically disabled as they qualify them to bear the burden of day life, satisfy their selves

and develop their functional and psychological aspects. (24: 39)

So, starting to pay attention to the learning and training of mentally disabled people through practice of various forms of sports, where the nature of the practice is varied according to the interests and wishes of the disabled. Amal Mahrous (2002) pointed out to the need of mentally disabled to learn practice of swimming sport, meanwhile Ahmed Amir (2010) points out to learn them through karate. But both Amir Rafat (2013), Mohamed Abdel Fattah (2010), Mohamed Fathi (2004), Magda Ibrahim (2000), agreed that the necessity of their learning through a motor program aiming to development of physical fitness and basic natural skills, and both of Omima El shoobky (1994), Zozo Hamid (1999), Amal Mohammed Al -

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Attar (2000), Mohammed Abu Zeid (2004) and Mohamed Badawi (2004) points out to necessity of learning mentally disabled through using simple leading up games and popular games, because of its their positive effect on physical fitness and motor skills. (11), (6), (13), (22), (23), (20), (33), (40), (10), (25), (28).

Ellen Wadih (1996) clarified that simple leading up games are considered one of the sports activities that practiced for both of all ages and sexes and are familiar to interests and wishes of the mentally disabled (16:24).

Amin Al Khuli and Jamal AlShafy (2009) confirmed that simple leading up games are considered the best games for mentally disabled, where they practice them according to their, mental and skillful level, simplified nature and are considered an approach to disabled as for the speed of acquisition of basic skills associated with sports games. Through simplified games the player can practice the game skills without boredom and improve their skills, and increase their attention and positive performance compared

to traditional drills (12:140,141).

Through the reference survey of the studies that dealt with the simple leading up games, it became clear how important these games are and their positive role in the development of physical fitness and basic skills in various sports activities. (19), (14), (15), (33), (36), (37), (40), (4), (8), (17), (28), (29), (25), (30). Also, in addition to the lack of researches conducted in basketball field of mentally disabled persons, where they did not have enough attention in that area, and through the experience of the researcher as former player and a coach, as well as his following up the republic championships, he noted the weakness of the physical level and skills of the players, in addition to their irregular training and feeling boring and monotonous during the training period. Therefore, the researcher conducted this research to identify the effect of simple leading up games accompanied by music on some physical and skillful variables in basketball for the educable mentally disabled.

Research aim:

The research aims to develop the physical and skillful variables in basketball for educable mentally disabled people through using simple leading up games accompanied by music.

Research hypotheses:

1. There are statistically significant differences between pre and post measurements in some physical variables for educable mentally disabled persons

2. There are statistically significant differences between pre and post measurements in some skillful variables for educable mentally disabled people .

Research terminology:**Intellectual disability:**

They are people with mental limited ability and educable of degree that makes them unable to adjust with surrounding environment and their colleagues around them , and the proportion of their intelligence , ranging between (50-70), and mental age of (7-12 years) and can be compatible with minimal control (35:45),(1:16).

Educable (Learnable):

They are people whose their progressive proportion is slow as for well and their intelligence proportion (50-70) , and in old age they can be in an economic and social independent status and are requiring some kind of derived programs towards social adjustment and vocational guidance and mental age ranges between (6-9 years), and can reach to third and fourth primary grade (31 :35), (21:58).

Research procedures:**Research methodology:**

The researcher used the experimental method because of the nature of the research through the experimental design of one group by pre and post measurements.

Research sample:

Sample was selected purposively from team of youth popular arena in Port Said and who are registered in Egyptian Federation of mental disability of ages stage from (16-18) years old (n=12) , of players of aged5 intelligence proportion ranged between (50-70 degrees) according to data for female players belonging to Egyptian Federation of mental

disability through Stanford - Binet test of intelligence.

The researcher conducted homogeneity among individuals

in the growth rates (Age, height, weight, training age), intelligence , physical and skillful variables, table (1).

Table (1)
Arithmetic mean, median, standard deviation, and skewedness coefficient of growth rates, training age, intelligence, physical and skillful variables of research. N = 12

Variables		Measuring unit	Arithmetic mean	Median	Standard deviation	Skewness coefficient
Age		year	16.92	17.00	0.79	- 0.32
Height		cm.	165.50	165.50	3.80	0.0 0
Weight		Kg.	67.00	67.50	2.13	- 0.70
Training age		degree	3.83	4.15	0.549	- 0.74
Intelligence		degree	61.33	61.50	1.37	- 0.36
Physical variables	Agility	sec.	15.77	15.77	0.21	0.05
	Muscular power (arms)	meter	10.61	10.46	0.37	1.24
	Muscular power (legs)	cm.	111 .75	112.50	2.96	- 0.76
	Muscular strength (arms)	sec.	5.89	5.98	0.27	- 0.97
	Muscular strength (abdomen)	number	12.08	12.00	0.90	0.28
	Balance	sec.	13.23	13.25	0.88	- 0.06
	Flexibility	cm	10.01	9.91	0.21	1.42
	Endurance	sec.	207.20	208.13	4.98	- 0.56
Skillful variables	Speed	sec.	17 .03	16.96	0.24	0.93
	Speed of dribbling	sec.	13.94	13.93	0.13	0.27
	Shooting from different areas	points	3.83	4.00	0.83	- 0.60
	Speed of passing	sec.	20.16	20.17	0.61	0.00
	Defensive movements	number	7.58	7.00	0.79	2.21

Table (1) shows that the values of Skewedness coefficients ranged between (- 0.6) , (+2.21). These values were limited to (± 3), indicating the homogeneity of the research sample in all the variables of research .

Scientific coefficients:

The researcher conducted the scientific coefficients in the period from 27/10/2016 to 2/11/2016 by calculating the coefficients of reliability and validity for research tests in a sample outside of the basic sample and from the

same research society of (10) female players.

Calculating reliability coefficients:

The researcher calculated the reliability coefficients of the

research tests by finding the correlation coefficient “r” by applying the tests and re-applying them after a week time interval, as shown in table (2).

**Table (2)
Reliability and validity coefficients of Physical and skillful tests (of research) N = 12**

Variables		Measuring unit	X 1	X 2	Sum of F	Sum of F ²	Value of (r) calculated	Self validity
Physical variables	Agility	sec.	14.47	14.44	zero	3	0.99	0.99
	Muscular power (arms)	meter	9.46	9.46	zero	4.5	0.98	0.99
	Muscular power (legs)	cm.	106.75	106.00	zero	48.00	0.83	0.91
	Muscular strength (arms)	sec.	5.59	5.57	zero	4	0.99	0.99
	Muscular strength (abdomen)	number	14.58	13.92	zero	47.5	0.83	0.91
	Balance	sec.	12.18	12.08	zero	15.5	0.95	0.97
	Flexibility	cm	8.95	8.70	zero	42	0.85	0.92
	Endurance	sec.	217.25	215.17	zero	51	0.82	0.91
Skillful variables	Speed	sec.	18.33	18.28	zero	16.5	0.94	0.97
	Speed of dribbling	sec.	14.76	14.76	zero	16.5	0.94	0.97
	Shooting from different areas	points	2.83	2.58	zero	50.00	0.83	0.91
	Speed of passing	sec.	21.21	21.15	zero	8.50	0.97	0.99
	Defensive movements	number	6.58	6.42	zero	33.00	0.88	0.94

Table (2) shows that there is a statistically significant correlation at (0,05) for the first application and second one in the physical and skillful variables of research. The calculated value of (r) ranged between (0.83 - 0.99), and It is greater than value of (r) table, indicating the

reliability of all the physical and skillful tests of research.

Calculating the validity coefficient:

The researcher calculated the validity coefficient through self-validity by the square root of reliability, where the values of validity coefficient ranged between

(0.91 - 0.99). It indicates that the validity of all physical and skillful tests of research, as shown in table (2).

Tests used in the research:

The researcher conducted the referenced survey of the scientific references and related studies in the field of basketball, added to researches that dealt with educable intellectual disabilities in order to determine the most important tests that measure the physical and skillful variables in basketball of research, as follows, appendix (2).

Tests of physical variables:

The researcher used physical fitness test battery of American Association of the Mentally Disability (A.A.M.D) for age of (8-18) years, and it includes tests of measuring agility, muscular power (arms), muscular power (legs), muscular strength (arms and shoulder), muscular strength (abdomen), flexibility, balance, speed, cardio respiratory endurance (38:107), (13:98).

Tests for skillful variables:

1- Speed of dribbling around obstacles test (24:176,177), (22, 62).

2- Shooting from different areas test (5: 73).

3- Speed of passing test (5: 74).

4- Feet movements test (7:98)

Pilot studies:

The researcher conducted pilot studies on a sample, outside of the basic research and from the same research community, which included (5) female players in the period from 24/10/2016 to 2/11/2016 in order to:

1. Ensure the validity of the devices and tools used in the research.
2. Ensure that tests are suitable for level and abilities of research sample.
3. Conduct scientific coefficients (reliability and validity) for research tests.

Basis of the training program:

1. The program should achieve the objectives for which it was set.
2. To suit the abilities of the mentally disabled people.
3. Taking into consideration the gradualism of drills used from easy to difficult and from simple to complex.
4. Be flexible and allow modification at any time.

5. Taking into consideration individual differences among sample members.

6. Avoid any kind of punishment with the use of praise during performance.

7. Taking into consideration the continuity factor in the application of the program without any interruption from training.

Content of training program:

The content of the training program has been determined through procedural steps as follows:

- The researcher reviewed the surveys of studies related to the field of basketball, as well as studies of educable mentally disabled, added to the studies that have been applied

in the field of simple leading up games, in order to determine the percentage and temporal distribution of training program, as shown in table (5), appendix (1).

- The training program lasted (10) weeks, and included physical, skillful and tactical preparation, where the percentage and temporal distribution of program content were gradually set over (10) weeks, according to objectives

every week. (22), (29), (42), (24), (33), (39), (11), (7), (2), (5), (8), (33), (41), (42), (14), (15), (10), (43), (44), (13), (6), (45), (30), (4).

- The training program consists of (30) training units, with (3) training units per week and of (90 min.) to training unit. Thus, the week time is (270 min.), as shown in table (5).

- The training program included physical preparation period of (1080 min.) by (40%), skillful preparation period of (945 min.) by (35%), and tactical preparation period of (675 min.) by (25%). Thus, the total time of the program as a whole including (2700 min.) as shown in table (5).

- The training program included elements of physical fitness which are developed through simple leading up games, where (20%) for endurance with total time of (216 min.), (15%) for strength with total time of (162 min.), (20%) for agility with total time of (216 min.), (15%) for speed with total time (162 min.), (30%) for muscular power with total time of (324 min.), as shown in table (6).

- The training program included a set of simple leading

up games to be applied in the physical preparation part accompanied by music to stimulate the players' motivation to produce the maximum possible energy and adding the factor of fun, pleasure, competition, suspense, and to remove the boredom and monotony that can be felt by the female players during training.

- The researcher selected the simple leading up games after reading the scientific researches and specialized references in the field of simple leading up games and mental disability and was classified in order to develop the elements of physical fitness of research (15), (10), (39), (33), (12), (16), (36), (37), (40), (4), (9), (28), (29), (27), (25), (30), appendix (3)

- The applied intensity in the training units was standardized through gradualism of load training, where wavelet method was used through intensity ranging from (50% to 80%) of the maximum heart rate (M.H.R), where it can be calculated from the following equation:

Maximum heart rate = $220 -$ the age of the female player

(6), (34), (46), (39), (45), (7), (6), (35), (38), (35), (41), (44) .

The following points were taken into account by the researcher in applying the simple leading up games:

(a) Simple leading up games are implemented gradually, from easy to difficult, and be applied in competitive way.

(b) Its objectives are to develop one or more elements of physical fitness.

(c) They should be associated with the performance of basic skills of basketball, as well as the movements of female players during performance.

(d) They should be proper to physical and skillful abilities of participants.

(e) Gradualism of load training through repetition of the game.

(f) Taking into account of security and safety when selecting and executing of the game (13), (12), (11), (6), (12), (21), (3), (16), (29), (25), (38), (27), (39).

- The training program consisted of basic skills drills of dribbling, shooting, passing, following up and defensive movement which were (30%) for shooting with total time of

(283,50 min.) , (20%) for dribbling for total time of (189 min.) , (20%) for passing with total time of (189 min.) , (15%) for foot movements with total time of (141,75 min.) , and (15%) for following up with total time of (141.75 min.), as shown in table (7).

Basic experiment:

The researcher conducted the basic experiment in the period from 6/11/2016 to 6/2/2017 through the following steps:

a- Pre measurement procedure:

The researcher conducted the pre measurement in the period 6/11/2016 - 10/11/2016 through the physical and skillful of research.

b- Application of the training program:

Presentation and discussion of the results:

1- Presentation of results:

The researcher applied the training program in the period from 12/11/2016 to 1/2/2017 on the experimental research group through (10) weeks with (3) training units per week.

c- Post measurement procedure:

The researcher conducted the post measurement in the period 4/2/2017 to 6/2/2017 through the physical and skillful tests of research.

Statistical Processes:

The researcher used statistical processors through SPSS program including:

- Arithmetic mean (X),
- standard deviation (S.D),
- median, skewness coefficient,
- correlation coefficient (R),
- Wilcox signed-ranks and
- improvement percentage.

**Table (3)
Significance of differences between pre & post measurements
in the physical and skillful variables of research N = 12**

Variables	Measuring unit	Number of ranks		Average of ranks		Total ranks		Values of Calculated (Z)	Level of sig.
		-	+	-	+	-	+		
Agility	sec.	12	zero	6.5	zero	78	zero	-3.061	0.002
Muscular power (arms)	meter	zero	12	zero	6.5	zero	78	-3.059	0.002
Muscular power (legs)	cm.	zero	12	zero	6.5	zero	78	-3.089	0.002
Muscular strength (arms)	sec.	zero	12	zero	6.5	zero	78	-3.059	0.002

Follow Table (3)

**Significance of differences between pre & post measurements
in the physical and skillful variables of research N = 12**

Variables	Measuring unit	Number of ranks		Average of ranks		Total ranks		Values of Calculated (Z)	Level of sig.
		-	+	-	+	-	+		
Muscular strength (abdomen)	number	zero	12	zero	6.5	zero	78	-3.078	0.002
Balance	sec.	zero	12	zero	6.5	zero	78	-3.061	0.002
Flexibility	cm.	zero	12	zero	6.5	zero	78	-3.062	0.002
Endurance	sec.	12	zero	6.5	zero	78	zero	-3.059	0.002
Speed	sec.	12	zero	6.5	zero	78	zero	-3.061	0.002
Speed of dribbling	sec.	12	zero	6.5	zero	78	zero	-3.059	0.002
Shooting from different areas	points	zero	12	zero	6.5	zero	78	-3.088	0.002
Speed of passing	sec.	12	zero	6.5	zero	78	zero	-3.061	0.002
Defensive movements	number	zero	12	zero	6.5	zero	78	-3.109	0.002

Table (3) shows that there are statistically significant differences between pre and post measurement of experimental group in the physical and skillful variables of research for post measurement, where

the value of calculated (z) ranged between (- 3059, - 3109), and the level of significance is (0.002) which is less than (0.05), and therefore it is statistically significant.

**Table (4)
Percentage of improvement in physical and skillful variables of
research N = 12**

Variables	Measuring unit	Pre Measurement		Post Measurement		Improvement percentage (%)
		(X) 1	(S.D) 1	(X) 2	(S.D) 2	
Agility	sec.	15.768	0.208	12.688	0.389	24.36 %
Muscular power (arms)	meter	10.608	0.370	14.076	0.762	32.71 %
Muscular power (legs)	cm.	111.750	2.958	124.667	3.172	11.57 %
Muscular strength (arms)	sec.	5.887	0.272	10.762	0.531	83.07 %
Muscular strength (abdomen)	number	12.083	0.900	18,000	0.739	49.79 %
Balance	sec.	13.233	0.879	22.270	1.990	68.43 %
Flexibility	cm	10.007	0.215	13.691	0.507	36.80 %

FollowTable (4)

**Percentage of improvement in physical and skillful variables of
research N = 12**

Variables	Measuring unit	Pre Measurement		Post Measurement		Improvement percentage (%)
		(X) 1	(S.D) 1	(X) 2	(S.D) 2	
Endurance	sec.	207.197	4.976	181.723	6.085	14.09 %
Speed	sec.	17.030	0.242	13.404	0.615	27.24 %
Speed of dribbling	sec.	13.942	0.129	11.003	0.439	26.87 %
Shooting from different areas	points	3.833	0.835	6.583	1.621	71.81 %
Speed of passing	sec.	20.164	0.614	15.802	0.546	27.66 %
Defensive movements	number	7.583	0.793	11.583	0.900	53.77 %

Table (4) shows that percentage of improvement in the physical and skillful tests of research to pre and post measurement ranged between (11.57%- 83.07%) for the post measurement.

2- Discussion of results:

Table (3) shows that there are statistically significant differences between pre and post measurements of experimental group in physical variables of research and that improvement, in view of researcher, was attributed to training program, which includes simple leading up games accompanied by music in the physical preparation part, where these games characterized by excitement and suspense which are full of fun and pleasure factors. So, the female players performed

them eagerly without distress or boredom which led to development of physical fitness. This result is consistent with Amin Mustafa (1994), Ashraf Fekri (1997), Abeer Abu Rehab (1997), Zozo Hamed (1999), Amal Morsi (2002) who agreed that simple leading up games contribute significantly to the development of physical fitness. (33), (14), (4), (40), (10).

Also, the researcher clarifies that selecting and arranging simple leading up games allow each game to develop one or more of physical fitness elements. Table (4) shows that the percentage improvement of pre and post measurements of physical fitness was for post measurement, where it was (24.36%) for agility, and

(32,71%) for muscular power of the arms, (11,57%) for muscular power of the legs, (83,07%) for muscular strength of arms, (49,79%) for muscular strength of the abdomen, (68, 43%) for balance , (36,80%) for flexibility, (14,09%) for endurance, and (27,24%) for speed. It is clear from the above that the rate of improvement in some elements of physical fitness was higher significantly and that is due to, in point of view of researcher, regularity of female players in training, as well as the exerting possible maximum power performance by female players when applying the simple leading up games because of the excitement and suspense factors during performance accompanied by music. In this aspect, Wadih Yassin (2012) confirmed that simple leading up games contribute to development of physical fitness elements such as: speed, agility, endurance, flexibility, and speed of responsiveness, since the practitioner uses a large number of muscular groups, which lead to develop of their strengthening (39:38).

Also, Abeer Abu Rehab (1997) pointed out that simple

leading up games accompanied by music avail an atmosphere of fun, excitement , competition and suspense when performance (4:28).

Both of Helmy Ibrahim & Laila Farhat (1998) clarified that the individual with a disability who practices sports activity must use different stimuli such as: the rhythm of music and tools with dazzling colors as they help to active sensory perception and must be performed through simple leading up games that contribute to development of physical fitness (18:228).

Thus, the first hypothesis is achieved which stated, "there are statistical significant differences between pre and post measurement in some physical variables for educable mentally disabled for post measurement".

As for the improvement in the skillful variables, it is clear from table (3) that there are statistically significant differences between pre and post measurements of experimental group in skillful variables of dribbling, shooting, passing and

defensive moving, where the improvement percentage between pre and post measurements was (26.87%) for dribbling, (71.81%) to shooting, (27.66%) to passing, and (53.77%) defensive moving. The researcher is attributing that improvement to training program which was applied for (10) weeks, with (30) training units, in an scientific standardized method, where physical preparation part was applied through group of simple leading up games which were selected to develop physical fitness accompanied by music, in addition, the group of skillful drills of dribbling, shooting, passing, feet movements, and following up were standardized by gradual loads of intensity of training program ranged between (50 % to 80%) of maximum heart rate. Such an affair led to development of performances level of skills. Also, the contents of simple leading up games of movements, speeds, directed performance to motor trajectory of skills and development of various physical fitness elements, all contributed greatly

to development of skillful variables of research. This result is consisted with the studies of Refai Mustafa (1992), Ashraf Fikri (1997), Abeer Abu Rehab (1997), Ibtisam Abdul Qadir (1999), Rehab Sheikh (2000), Emad Hamdy (2001), Munir Abdeen (2002), Elsayed Abu Nour (2004), Alaa Eddin Ibrahim (2005), Mohamed Badawi (2005), and Mohammed Hussein (2013) who agreed that simple leading up games contribute greatly to develop skillful performance level. As well as, these games are considered an important activity to the development of basic skills in various sports activities (37), (14), (4), (19), (36), (17), (30), (15), (8), (28).

Amin El Khouly & Jamal El Shafi (2009) confirmed that simple leading up games are considered the best games for mentally disabled, where they practice them according to their mental and skillful level, added to the nature of these games as an approach to disabled to acquire basic skills associated with the intended game. (12: 140)

Thus, the second hypothesis is achieved which stated that "there are statistical significant differences between pre and post measurement in some skillful variables for educable mentally disabled for post measurement".

Conclusions and Recommendations:

Conclusions:

Within the limits of research objectives, its hypotheses, and sample, the researcher reached the following conclusions:

- 1- Simple leading up games have positive effect on some physical variables specified in agility, muscular strength, muscular power, balance, flexibility, endurance, and speed.
2. Simple leading up games accompanied by music have positive effect on some skillful variable of the dribbling, shooting, passing, and defensive movements.
3. The percentage of improvement between pre and post measurement in some physical and skillful variables was for post measurement.

Recommendations:

Based on the results that have been reached in this research, the researcher could recommend the following:

- 1- Including the simple leading up games accompanied by music in training programs for educable mentally disabled class.
- 2- Planners of training programs for educable mentally disabled should be attention to the simple leading up games accompanied by music in preparation of programs of various sport activities, and intellectual education schools.
- 3- Faculties of Physical Education should adopt the educable mentally disabled class in teaching and training courses and programs.
- 4- Organizing training courses for trainers by Egyptian Federation of Intellectual Disabilities to be aware of the new of that field.
- 5- Conducting similar studies in various activities to identify the effect of simple leading up games accompanied by music on development of basic skills for intended games and activities.

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