

Research abstract in English

(Evaluation of physiological adaptation according to vo2max and blood lactate variables according to two different time (periods and prediction of the tennis forehand)

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The aim of the research is to build criteria for some physiological indicators and to derive criteria for special adaptation for some physiological indicators, as well as to identify the standard degrees of physiological indicators for the training group in the evening period and the group of the mixed morning and evening period. Due to its relevance to the nature of the research and its objectives.. Where surveys to show the current situation of some physiological indicators and the skill levels enjoyed by the members of the research sample. As the researcher identified the research community represented by tennis players in sports clubs Muthanna Governorate and Babil Governorate - Iraq as advanced, a sample was selected from this community Its strength is (36) players after dividing it into two groups, each according to its governorate. The researcher used tests that measure the physiological variables of VO2max and blood lactate. As for the skill variables for tennis, it is the forehand. Where the same training program was applied to two research groups (evening, evening and morning mixed). The training program was for 8 weeks, with three training units in a high intensity interval training method, which included a set of complex physical skill exercises using various devices and tools, balls and nets. Where the researcher used the statistical package (spss) to process the data and get the results. As for the results reached by the researcher, the training in the morning and evening period (mixed) had obtained close degrees and there were no significant differences. The most important conclusions came in representing the

criteria of the tests used. In the research, a reliable evaluation and interpretation method is used in evaluating the skill performance of tennis players' backhand, and through a comparison between the members of the group and between the two groups, there is a congruence in the achieved levels with what the research sample is supposed to have in the physiological indicators investigated, and there is a remarkable convergence in the standard degrees of the indicators. The physiology of the three research groups with no preference for the group that trained in the mixed period (morning and evening). As for the most important recommendations, it was very necessary to use objective methods in the evaluation process, in any of the studies and research related to this matter. Benefiting from the results of this study, especially the standards and their levels, by generalizing them to sports clubs in Iraq, especially tennis clubs.