

# تأثير جهدي المنافسة في بعض المتغيرات الفسيولوجية للاعب كرة السلة

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أن هنالك تساؤلاً اثار اهتمام الباحث وهو (هل ان التغيير في المواد القانونية للعبة ساهم في إحداث تغييرات فسيولوجية بمعنى آخر هل أن ذلك ساهم في زيادة مستوى الجهد المؤدي من قبل لاعبي كرة السلة أم لا).

تأثير جهدي المنافسة ( 20 دقيقة لعب 10 راحة و 10 دقائق لعب  $\times$  4 أشواط ) لشوطين على بعض المتغيرات الفسيولوجية للاعب كرة السلة و المقارنة بين تأثير جهدي المنافسة على بعض المتغيرات الفسيولوجية للاعب كرة السلة .

( 5 )

( 12 )

Lactic pro meter لقياس حامض اللاكتيك وجهاز رسغي لقياس معدل النبض

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في الدقيقة

( LSD )

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( 2  $\times$  20 )

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## Abstract

### *The impact of my best competition in some physiological variables of the basketball players*

Researcher

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Focused research **problem** in

That there is a question aroused the interest of the researcher is (Is that the change in the legal materials of the game contributed to changes in physiological other words, do that contributed to the increase in the level of effort leading by basketball players or not). Aim of this study was to identify the impact of my competition ( 20 minutes rest and play 10 play 10 minutes  $\times$  4 runs) for two games in some physiological variables of the basketball players and the comparison between the impact of my competition on some physiological variables of the basketball players. Therefore, the **researcher used the descriptive method** as the appropriate methodology to solve the research problem, as well as selected research community who are players exert team Diwaniyah province basketball and who are (12) players were selected (5) players who are most involved in the play have been measured physiological variables using a Lactic pro meter to measure the lactic acid and your wrists to measure the pulse rate per minute, and the **statistical treatments** have been using (the arithmetic mean, standard deviation, T samples of the interrelated, and the law of analysis of variance, least significant difference test LSD). In light of the results of the researcher to several **conclusions including:**

1. Effort affects competition (20 d  $\times$  2 stroke) in the concentration of lactic acid and heart rate are variable, since the amount of influence of the first half than in the second half.

1. There is variation in the concentration of lactic acid in blood and heart rate between the periods of the four basketball, as it was found that the first and second periods, more effect on the organs of the body due to increased accumulation and high pulse compared to the third and fourth Bafatrtin

And recommended that the researcher follows

1. Trainers taking into account the results achieved during the current study, which gives the real indicators of the current effort of competition.

2. Modify training programs to prepare for basketball players in the light of scientific information that reached them, and through the development of anaerobic lactic work by higher than it was