

## ABSTRACT

**Title:**

### **Rationing of Training Burden of Physical Abilities According to Physiological Parameters**

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**The thesis comprises five chapters:**

**Chapter One: Definition:**

It includes the introduction and the significance of the study, which mainly deals with the rationing of the training burden when preparing the training programs for the physical abilities so as to suit the athlete's potentiality in accordance with some physiological parameters instead of the old style which depend on time in rationing.

The problem centers on the non-reliance of coaches on physiological basis when rationing the training burden. Beside there is lack of knowledge of the relationship between the training theories and athletic physiology.

**Aims:**

- Setting training programs to ration training burden of physical abilities according to physiological parameters.
- Knowing the effect of the programs prepared by the researcher to develop the physical and functional abilities.
- Knowing the percentage of development according to the level of physical and functional abilities of the specimen.

**Hypothesis:**

- There are abstract differences in the level of physical and functional ability development between the pre and posttests of the specimen.
- There are abstract differences in the level of these abilities development and in favor of the experimental group.
- The percentage of the experimental group development is better than that of the control group.

**Fields of Study:**

- Human Field: A specimen of 24 first – year students of the College of Physical Education / University of Baghdad 1998 / 1999.
- Time field: 21.11.1998 – 3.5.1999.
- Spatial field: Playgrounds and courts of the College of Physical Education – Jadiriya.

**Chapter Two:**

It includes the theoretical and the alike studies.

### **Theoretical Studies:**

Represent the concept, Kinds and components of training burden. They also include the concept and significance of rationing in athletics and for RH (rate of heartbeat) in addition to system of work and energy producing and ways of training in sport activities.

### **The Alike Studies:**

The researcher refers to two similar studies, the first deals with the special endurance rationing for medium and long distance runners and the second deals with the effect of the rationed physical endurance on the dynamic RH and blood pressure of athletes.

### **Chapter Three:**

It includes the procedures, specimen, tools, and the field physical and functional tests such as 30m run from flying start, and dynamo – meter test for the strength of the legs, back and the two arms muscles, 1000m run, unlactic anaerobic ability test, lactic anaerobic ability as well as the aerobic ability, the training program prepared by the researcher according to the variables of the study. The training program.

He prepared two training programs the first of which is according to the physiological parameters and the second according to time. The contents of the program correspond to each other concerning intensity, Volume and recovery, tools and duration of program application. The field steps and the statistical means used.

### **Chapter Four:**

It presents analysis and discusses the results through the treatment of the data by the selecting the related and is related specimen to realize the aims and hypotheses of the study.

### **Chapter Five:**

It comprises some conclusions the most important of which are:

1. There are statistically abstract differences between the pre and posttests under study for the specimen.
2. There are statistically abstract differences between the experimental and control groups in the results of the post – tests.
3. The experimental group members attained a degree of development more than that of the control group in the tests.