BUILDING STANDARD LEVELS FOR SOME PHYSICAL AND SKILL ELEMENTS AND PHYSICAL MEASUREMENTS TO SELECT PLAYERS (WEIGHT THROWING AND DISCUS THROWING) IN TRACK AND FIELD ACTIVITIES FOR BASRA GOVERNORATE CLUBS

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Abstract:
This study aimed to build normative levels of some physical and skill elements and physical measurements of the selection of players in the square and the field (weight Throwing and Discus Throwing) for Basra Governorate clubs. The research sample of (30) medium -aged players included 16 years of age representing the activities of throwing activities in the square and the field for clubs Basra's surprise, where they were chosen in the intentional way, and four physical tests represented in the speed, explosive strength of the two men and the explosive power of the arms and flexibility were identified in addition to physical measurements in length, weight, widening of the arms, and to analyze the results of the study, the mathematical averages, normative deviations, twisting factories and degrees are used. . And the simple Person. The results of the research have reached the construction of normative levels of physical and skill capabilities and the physical measurements of the talented and field games (the activities of heaviness and the puncture of the disk), and the researcher recommended that the results and standards should be adopted when the players are selected.

Keywords: Standard levels; physical and skill elements; physical measurements; weight throwing and discus throwing.

1-INTRODUCTION RESEARCH AND IMPORTANCE:

The developments taking place in the level of achievement for many athletes for various games prompted many interested scholars, experts and trainers to search for the best ways and means to keep pace with this development, some of them tried to develop the tools and equipment used in training and competition Many sports scientists "to develop the means of discovering and caring for sports talents. Studies have shown that most of the achievements that have been achieved in sports in general" (2008 ET &, Radtka & Coalter :) and (Mansi: 2003) the results achieved in some sporting events Without the presence of scientific programs and long -term plans to search for appropriate talents, refine them, prepare and qualify them to obtain advanced centers. Many scientists and experts (Martin et al Excellence in sport, "2002: Brack" adds that the possibility of measuring and testing these characteristics, capabilities and specifications is easy for us to choose appropriate sports talents and remove inappropriate talents. "(Hassanein: 1995) and (Abdul Hamid: 1994) agrees on the necessity of using the curriculum Scientific in building tests and measurements to judge the phenomena, people or topics, where the tests are an important means of measurement, which include all means used in data collection and it can be said that the measurement refers to those codified and objective procedures whose results are subject to statistical treatment, In order to be able to measure, we must use the means and tools of measurement, as tests and standards are considered one of the most important means of measurement, although they often interfere in the meaning. (Laila Farhat: 2001) remembers that the tests help the A teacher and trainer in identifying the educational and training situation, as it is the scientific basis on which the education or training plan is built as it helps in identifying the physical and functional preparation in selecting the young and high levels of high levels and thus can be achieved for the goals for which the educational process was built.

It can also be said that the importance of the study is to develop standard levels and reach a scientific basis to assess the level of performance in order to reach the real talents of its selection and refinement, in order to ensure better results and without wasting time, effort and money. Where (Allawi and Radwan: 2000) indicates that "the importance of setting standards is due to the fact that the teacher or trainer can use these standards to deliver him whether the grades of sports individuals are at the average or above average level or less than average in relation to the codification sample that was used to build the standards ". The use of scientific methods in the process of

selecting sports talents is in line with the modern trends of the advanced countries, and that prompted the researcher to try to determine the physical, skill and physical standard levels to stand at the level of players of the activities of the square and the field in general, including the activities of ejaculation and the disc, and trying to identify the aspects of weakness or shortcomings In the selection process in order to better plan training programs and to rise at the sports level and reach the .desired aim In view of the experience of the researcher in the field of training, as she is a square, square, trained and teaching at the University of Basra, currently specializing in tests and measurement for the same events and through their follow -up to sports club programs and championships in Basra Governorate in an effort to select sports talents and in order to provide objective measurement tools in the implementation of the tests, the researcher studied them for the sake Building criteria for tests for some physical elements, skill capabilities and physical measurements, while setting standards for each test with the aim of helping experts and trainers in setting scientific and objective controls when conducting tests for the process of selecting talents for talent activities and throwing the disk in a scientific and objective manner, which helps to save time, effort and money and limit the selection process to Players who have the specifications agreed in the tests.

1-2 Research   problem:

The process of selecting talented players is the first step on the path of sporting achievement, through which the physical, skillful and physical talent is chosen, so that a high degree of excellence and achievement can be expected if the appropriate training and environmental conditions are available to care for this talent. The activities of the arena and the field are one of the sports games that require practicing physical capabilities, as the game needs to enjoy strength and muscle style in addition to speed, fitness, endurance and some other physical elements. Throwing activities. The choice of the distinguished player who is able to compete in the Arab and global competition, which enjoys most of the above -mentioned traits, needs a selection process based on a codified calendar through a battery of physical, skill and physical tests with sincerity and stability and this selection process does not depend on the observation and personal experience of the trainers only. Here lies the problem of research in the absence of standards and scientific and objective scientific standards and approved to select the talents of the activities of ejaculation and throw the disk clearly. Given the importance of the topic, the researcher has trying to build a codified standard levels that may contribute to helping trainers in choosing the distinguished who are able to apply the curricula and training programs, The amendment of these programs in proportion to the results of the tests and measurements.

1-3 Research Objectives:

1. Building standard levels of some elements of the basic fitness for the activities of weight Throwing and Discus Throwing to select the talented players from the Basra Governorate clubs for international championships and forums.
2. Building standardized standard levels of some of the basic physical measurements of the activities of weight Throwing and Discus Throwing to select the talented players from Basra Governorate clubs for international championships and forums**.**

1-4 Research fields:

1-4-1 Human field: Players of Basra Governorate Clubs in track and field games in activities of throwing

1-4-2 spatial field: field and halls of the Faculty of Physical Education and Sports Sciences at Basra University and Basra Governorate Clubs.

1-4-3 Time field: from 10/11/2022 to 12/1/2023.

1-5 Study Terms:

Standard grades: are the standard standards that are used to determine the relative state of raw grades resulting from the application of tests and measurements for the purpose of interpreting these degrees and evaluating their results (Ahmed Hassan Allawi & Nasr Al -Din Radwan: 1988).

Category: It is the degree that indicates the centenary that the individual occupies for a group of individuals, similar to their condition, according to the studied phenomenon (Abdul Rahman Adas: 1999).

Raw degree: It is the degree that the individual gets as a result of his application of the tests or any measurement tool as it is without any statistical treatment for it (Muhammad Subhi Hassanein: 1987).

Physical fitness: It is the current level of the ability of the individual that enables him to carry out his duties in various physical activities and consists of strength, ability, muscle endurance, periodic skin, grace, speed and flexibility (Muhammad Subhi Hassanein: 1996).

2-Research approach and field procedures:

2-1 Research curriculum:

Research Approach: The researcher used the descriptive approach in the survey method due to its suitability for the nature of the study and its aims.

1-2 Research Sample:

Research community is among the players of Basra Governorate clubs in the square and field games in the activities of the throwing (weight Throwing and Discus Throwing). The number of players was (30) players whose ages ranged between 15-17 years, and they were chosen in the intentional way, where the percentage of the research sample reached 90% from the original research community. Homogeneity and parity were made between the research sample personnel, as shown in Table (1).

Table (1)
Shows mathematical averages, standard deviations, anthropometry measurements, and twisting factories

variables	Mean arithmetic	Standard deviation	smallest value	larges Value	Kurtosis
Run 30 m (second)	7.14	0.81	4.89	8.86	0.26-
Long jump in front of stability (cm)	174.70	38.03	136.00	174.00	0.25-
Throw a small ball for the distance of (meter)	12.58	3.32	7.50	25.00	0.42
Bend stem forward from long sitting (cm)	8.53	6.71	10.85	23.00	0.40
Length (cm)	158.47	6.08	139.00	173.00	0.023
Weight (kg)	50.67	7.31	47.00	51.00	0.082
width of palm (cm)	16.44	1.12	15.00	21.00	0.15
breadth of arms (cm)	159.18	4.90	145.00	160.00	0.12

Table (1) shows the values of the average mathematical and standard deviations, the smallest value and the largest value and the coefficient of Kurtosis for each test, and shows the values of the trading transactions that have been limited between - 0.13 for the variable of the widening of the arms and 0.86 for the variable of the palm, that the research sample data is distributed moderate (natural Acceptable for   Kurtosis transactions is limited between the two -1 and +1 values with the assumption of approximation to the closest one correct. The following devices and tools have been used in the measurement process and tests:((Ristameter , Medical balance , Electronic timing hours, Flexibility, Measurement tape , long meter, Small medical ball 2 kg))

2-2 Scientific Transactions for study Tests:

2-2-1 Validity of the test: Although the tests used in the research have factories sincerely in many previous studies, the researcher has found the sincerity of the content, as the tests were presented to a group of experts from a doctoral degree holder in physical education and from specialists in The field of the square and the field, where they indicated the validity of physical and skill tests and physical measurements and their suitability as an indication of a high selection.

2-2-2 Test stability:

In order to calculate the stability of the tests used and to ensure the extent of its suitability to apply to the study sample, the researcher used the method of applying the test and its interment of (Test-Retest) (with a time difference of one week and was applied to a random Sam (3) To the results of the test and the re -test. Table (2) Results of the study testing of the study using Pearson's correlation coefficient between the first and second applications Table (2) shows the results of the study testing using Pearson's correlation coefficient between the first and second applications, and it is clear here that there is a high stability factor for all study tests, and this indicates the validity of the tests to apply on the study.

Table (2)
Results of Pearson's correlation coefficient study.

Tests	First application		Second application		Correction factor	indication
	M	S	M	S		
Run 30 m (second)	6.69	0.80	6.63	0.59	0.916	0.000
Long jump in front of stability (cm)	51.37	7.83	53.53	6.54	0.895	0.000
Throw a small ball for the distance of (meter)	12.68	2.38	13.42	2.57	0.868	0.000
Bend stem forward from long sitting	10.26	5.59	10.84	4.44	0.921	0.000

(cm)						
Length (cm)	17.05	0.71	16.53	1.61	0.806	0.000
Weight (kg)	156.63	5.05	158.00	4.11	0.796	0.000
width of palm (cm)	6.69	0.80	6.63	0.59	0.916	0.000
breadth of arms (cm)	51.37	7.83	53.53	6.54	0.895	0.000

2-3 Tests used in the search:

researcher has selected four physical tests, which are (run 30 m) test to measure the speed, jump forward from stability to measure the strength of the legs, small throwing to the farthest distance to measure the strength of the arm, bend the trunk forward from the long sitting to measure flexibility) in addition to some four tests that define physical measurements (length The weight, the widening of the palm and the breadth of the arms), as these tests measure physical and skill capabilities and the basic physical measurements required in the activities of the square and the field within the activities of throwing. Many experts (Brack: 2002) agree that physical capabilities such as the strength of the arms, the two men, the speed and the kinetic capabilities such as grace, flexibility, physical and anthropometry specifications such as length, weight and palm widening and arms are considered one of the most important requirements must be provided in the talents of track and field (weight Throwing and Discus Throwing) To be able to reach the highest level of achievement. Accordingly, the researcher chose these tests.

3- View, Analyze and Discuss Results:

Data and results were extracted through the conduct of statistical operations such as computational averages, normative deviations, sprains and higher and minimum borders in addition to extracting hundred ranks, percentage ratios, repetitions and standard levels of each study test, and in order to reach standard grades, raw grades have been transferred to normative grades for each of the elements Physical and skill using the normative degree. The researcher has made a schedule showing the standard levels that are employed to measure physical specifications, fitness elements and some skill capabilities in the activities of the square and the field, as well as the boundary levels of each of the tests that were approved in the study and the following tables showing the percentage of the calculated percentage of each of the mentioned tests. It is known that the percentage of the percentage indicates the rank of the player from 100 The approximation can be used to the nearest correct number of reference to the player's arrangement, but the fractures that were used help in distinguishing between raw degrees and giving their ranks more precisely, especially in the event of close values.

Tale (3) Central Rows in run Testing 30 m.

Raw degree	Rank Category	Raw degree	Rank Category	Raw degree	Rank Category
71.43	6.5	27.33	7.6	0.62	8.8/sec
74.53	6.4	31.68	7.5	1.55	8.6
75.78	6.3	36.34	7.4	2.48	8.5
82.3	6.2	38.82	7.3	3.73	8.4
82.3	6.1	42.55	7.2	4.97	8.3
89.44	5.8	47.83	7.1	6.83	8.2
91.61	5.6	51.55	7	9.94	8.1
93.48	5.5	54.04	6.9	13.35	8
94.41	5.4	57.14	6.8	17.7	7.9
96.58	5.2	63.35	6.7	21.12	7.8
100.00	4.9/sec	68.32	6.6	23.91	7.7

Table (3) shows the values of the criteria reached by the researcher by testing run 30 m test to measure the speed, as it turns out that the best raw value was 4.9 seconds and it corresponds to a degree of 100 (i.e. the fastest player managed to run 30 m with a time of 4.9 seconds and got the ranks. 100. While the lowest raw degree was 8.8 seconds and it corresponds to a degree of 0.62, which expresses the weakest arrangement of raw degree.

Table (4)
Raw degree and the Central rank for front jump

Raw degree	Rank Category	Raw degree	Rank Category	Raw degree	Rank Category	Raw degree	Rank Category
37/cm	0.93	53	19.88	100	41.93	146	61.49
40	1.86	54	24.53	105	42.86	150	62.73
41	2.80	55	29.81	120	44.10	152	69.57
42	3.73	56	32.30	130	45.34	155	78.26
43	4.66	57	34.16	133	46.27	160	82.92
44	7.45	60	36.02	135	46.27	162	88.82
45	9.94	61	37.27	140	49.38	164	92.55
47	10.87	62	38.20	142	53.42	165	93.17

48	12.73	63	39.44	143	56.21	170	95.65
50	15.84	64	40.37	144	58.07	174	100.00
52	18.32	69	40.99	145	59cm		

table (4) shows the values of the criteria that the study reached through the jump test forward from the stability, as it turns out that the best raw value was 174 cm, which is the maximum distance reached by the players and the rank of 100, while the lowest raw degree was 37 cm and corresponding to A degree rank of 0.93. Which expresses the weakest arrangement of raw degree

Table (5) Category ranks corresponding to raw in shot small ball

Raw degree	Rank Category	Raw degree	Rank Category	Raw degree	Rank Category
7.5 m	0.93	11.5	29.81	16	79.81
8	1.86	12	34.78	17	79.81
9	3.42	12.5	39.75	18	87.58
9.5	6.52	13	45.03	19	93.17
10	11.49	13.5	50.62	19.5	96.27
10.5	17.08	14	54.97	20	98.14
11	24.22	15	67.08	25	100.00

Table (5) shows values of standards that the researcher reached through the ball's throwing test, as it turns out that the best raw value was 25 m and it is the distance that the players were able to reach in the throwing and it is met with a degree of 100 degrees while it was the lowest raw degree of 7.5 m and it meets the rank A percentage of 0.93, which expresses the weakest arrangement of raw degree.

Table (6) Category corresponding to the raw grades in the trunk bending test for the long sitting

Raw degree	Rank Category	Raw degree	Rank Category	Raw degree	Rank Category
10- cm	0.62	3	21.43	14	75.16
7-	1.24	5	23.91	15	80.75
5-	3.73	6	27.95	16	85.40
4-	7.45	7	34.16	17	88.51
3-	9.32	8	41.61	18	92.86
2-	10.56	9	49.38	19	95.96
1-	11.80	10	49.38	21	97.20
0	13.04	11	54.97	22	98.14
1	14.91	12	60.25	24	98.76
2	17.70	13	68.01	25	100.00

Table (6) shows values of criteria that study reached through the trunk bending test from the long sitting, as it turns out that the best raw value was 25 cm and it is the best achievement that has been reached in this test and expresses high flexibility among the players and this value corresponds to a certain rank of its amount 100 while it was the lowest raw degree -10 cm and it met a degree of 0.62. Which expresses the weakest arrangement of raw degree.

Table (7) Raw Category rank in the palm expansion test

Raw degree	Rank Category
15	1.24
16	9.63
17	36.96
18	72.36
19	72.36
20	91.93
21	97.20
22	100.00

Table (7) shows values of criteria reached by the researcher through the tester of expansion palm, where the width of the palm of the sample of all of the study ranges from 15 cm to 22 cm and it is clear that the best raw value was 22 cm (the largest widen Its 100 while it was the lowest raw degree of 15 cm and it corresponds to a degree of 1.24. Which expresses the weakest arrangement of raw degree.

Table (8) Raw Category ranks in the arms expansion test

Raw degree	Rank Category	Raw degree	Rank Category	Raw degree	Rank Category
146	0.62	158	28.26	168	84.47

147	1.24	159	33.23	169	87.58
148	2.17	160	41.30	170	91.93
150	4.35	161	47.83	171	95.03
151	6.21	162	53.73	172	96.89
152	8.39	163	60.87	173	98.14
153	10.56	164	60.87	177	98.76
154	12.42	165	68.01	178	100,00
155	15.53	166	75.78		
157	21.43	167	81.06		

Table (8) shows values of criteria reached by the researcher through the test of the widening of the arms, as it turns out that the best raw value (the largest breadth for the arms) is the research Sam It corresponds to a degree of 0.62, which expresses the weakest arrangement of the raw degree. To answer the second question, are the results of the players distributed in the tests used naturally, so the tables are shown from 12 to 19 distribution of the sample members within the natural curve. Where the players were distributed sample searches at six levels ranging from very weak to very good, according to their number and their percentage of the total sample, as well as according to their results in the tests.

Table (9) Distribution of t sample members in run test 30 m within the natural curve

Standard levels	category	Number	percentage
very good	Less 5.46 sec	0	0
good	6.30 - 5.47	9	%2.7
middle	7.14 - 6.31	8	% 2.4
acceptable	7.98 - 7.15	5	% 1.5
weak	8.82 - 7.99	8	% 2.4
Very weak	more 8.83 Sec	0	0

Table (9) shows distribution of sample members within the natural curve and the values of the percentage of the percentage indicate the conglomerate and gathering of the sample members within one standard deviation from the arithmetic medium (medium and acceptable), which represents the largest areas that the natural curve categories must include, where the rate of players within this category reached 2.7 - 2.4) %, noting that the default ratio is within the moderate curve. Where the table indicates in the light of the results that the majority of students are limited to the good and weak level, noting that no player gets a very good level.

Table (10) Distribution of the sample members in the jump front test

Standard levels	category	Number	percentage
very good	More 206.75 cm	0	0
good	206.75 - 157.73	8	% 2.4
middle	157.72 - 108.7	11	% 3.3
acceptable	108.69 - 59.67	6	% 1.8
weak	59.66 - 10.64 سم	5	% 1.5
Very weak	Less 10.62	0	0

Table (10) shows distribution of sample members within the natural curve, where the percentage of percentage ratios indicates the gathering of members of the sample within one normative deviation from the arithmetic milieu (2.4 - 1.5 %) The table indicates that the level in the nasal force element for the muscles of the lower end is between the average and acceptable

Table (11)
Distribution of sample members in ball shoot test, for a distance within the natural curve

Standard levels	category	Number	percentage
very good	19.55 m and more	3	%0.9
good	19.54 - 15.57	7	% 2.1
middle	15.56 - 13.59	9	% 2.7
acceptable	13.58 - 10.61	8	% 2.4
weak	10.60 - 7.63	3	% 0.9
Very weak	7.62 m less	0	0

Table (11) shows the distribution of the sample members within the natural curve, and the values of the percentages indicate that the sample members are distributed to the levels from good to weak and not being within one normative deviation from the arithmetic medium as it appeared in most other tests. It is noted from the table that there are 3 players at a very good level who managed to throw the ball for a distance of 19.55 m or more.

Table (12)
Distribution of the sample members in trunk bending test from long sitting within natural curve

Standard levels	category	Number	percentage

very good	More 21.95 cm	0	0
good	21.95 - 15.24	10	% 3
middle	15.23 - 8.53	8	% 2.4
acceptable	8.53 - 1.82	7	% 2.1
weak	1.82 - 4.89-	5	% 1.5
Very weak	4.89cm less	0	0

Table (12) shows the distribution of the sample members within the natural curve and the values of the percentage ratios indicate the gathering of members of the sample within one standard deviation from the arithmetic milieu (between the average and acceptable), which represents the largest areas that the natural curve categories must include as the average individuals within this category reached (3- 1.5 %.)

Table (13) Distribution of sample members in widening of palm within the natural curve

Standard levels	category	Number	percentage
very good	19.69 cm more	0	0
good	19.68-18.57	6	%1.8
middle	18.56 - 17.45	11	% 3.3
acceptable	17.44 − 16.3	8	% 2.4
weak	16.32 - 15.3	5	% 1.5
Very weak	15.2 cm less	0	0

percentage of proportions indicate the conglomerate and gathering of members of the sample within one normative deviation from the arithmetic medium, which represents the largest areas that the natural curve categories must include, as the average players within this category reached (1.8 - 1.5) % It is noted that the majority of members of the sample are distributed at the levels from good to weak. It is known that the expansion of the core anthropological measurements in selecting talents are the activities of track and the field (throwing activities)

Table (14) Distribution of the sample members in extension of arms within the natural curve

Standard levels	category	Number	percentage
very good	172.99 more	0	0
good	172.98 - 167.09	9	% 2.7
middle	167.08 − 161.19	12	% 3.6
acceptable	161.18 − 155.29	6	% 1.8
weak	155.28 − 149039	3	% 0.9
Very weak	Less 149.38 cm	0	0

Table (14) shows the distribution of members of the sample within the natural curve and the values of percentage of proportions indicate conglomerate and gathering of members of sample within one normative deviation from arithmetic medium, which represents largest areas that the natural curve categories must include as average individuals within this category reached (2.7-0.9) % It is noted that the majority of members of sample are distributed, as in the previous schedule, from good to weak. The researcher sees through the results of tests shown in the previous tables, through which to build standard levels that these tests can be used in evaluation and diagnosis process of the level of physical and skill capabilities and physical measurements required for players during selection. This is confirmed by (Allawi and Radwan: 1988) that "designing standard levels and hundred ranks is only a way to identify phenomenon to know its level, which is an important step on the path of diagnosis and evaluation, which is only way through which each individual can be identified compared to individuals Others of same group. "

4- CONCLUSIONS AND RECOMMENDATIONS
4-1 conclusions:
1. Preparing standard levels of standard levels for Skill Elements and some physical measurements for players (weight throwing and throwing disc)
2. Clarity of the distribution of degrees of performance of the member's research sample is within the natural curve.
4-2 Recommendations: -
1. Use standard levels of that were built in the process of selecting the talented players in throwing activities (weight throwing and throwing disc).
2. Conduct similar studies on other players (similar events) of the same age group to find their own standard levels.
3. Conducting similar studies to build standard levels of other physical and skill elements.

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