

Abstract

Pommel Horse Apparatus is privileged by semi-circular-horizontal movement approximately and the other style of movement is of pendulum type these two types are the characteristics of the movements performed on that Apparatuses continuously and that is related with the building the movement technique on the pommel horse with the advancement of the capacities of movement and physical as it is need long and difficult movement skills , a magnitude of the force by its multi-styles , the flexibility and fitness...etc. , the auxiliary Apparatuses is one of the most important factors achieving that in gymnastics as to it is of the actors accelerating learning if it is used in a good manner ; the issue for which , it is made two auxiliary Apparatuses and applying educational curricula to use these Apparatuses contributing in development some physical fitness outlining the time consumed in learning some requirements of pommel horse in addition to that it is given the athletes the self-confidence and safety during the movement performance. This study aims to :

- 1- Manufacturing two Apparatuses (pommel horse and legs holder) assisting in development some physical fitness and learning some required skills of pommel horse and prepare a curricula for these two Apparatuses .
- 2- Identify the differences between the results of some physical fitness and required skills of pommel horse (prior, intermediate and posterior) for two groups (The control and empiric.
- 3- Identify the differences between two groups the empiric and control in the results of the tests of some physical fitness elements and required skills applying pommel horse.
- 4- Identify the value of some physical fitness and required skills of pommel horse.

Hypothesis of the researcher :

- 1- The curricula learning for two auxiliary Apparatuses has a positive effect in development some physical fitness and learning some required skills of pommel horse.
- 2- The availability of significant deference between the results of some physical fitness and required skills of pommel horse (prior, intermediate and posterior) for two groups (The control and empiric for interest of posterior test.
- 3- The availability of significant deference between two groups the empiric and control in the results of the tests of some physical fitness elements and required skills applying pommel horse for interest of empiric group .

4- There is deference of value of some physical fitness and required skills of pommel horse.

The researcher applied empirical curricula on the pattern was elected intentionally included eight athletes trained at Gymnastic training center of South Sort Club their ages are ranged from 11 to 13 years as it is divided randomly applying lotto method dividing them into even groups; four athletes per each group . Upon identifying the individuals of the pattern by its two groups (the empiric and control) it is made the prior tests on Tuesday ; Oct.07,2008 and applied the main empiric on Wednesday; Oct.08,2008 for 10 weeks including 20 educational units ; 2 units per a week , the time of each unit was 48-50 minutes only for the main part while the educational units were done on all Apparatus normally as per the program appointed by the technical committee of the federation so that the empiric group was subjected for the practice of educational curricula applying two manufactured Apparatuses (pommel horse and legs holders) while the control group for traditional curricula practice . After completion 10 units by each group so that it is tested the control group in the skills were learned in addition the under study physical fitness elements and after completion 20 educational units by each group it was re-test them again on Tuesday ; Dec.16,2008 upon processing data by computer applying SPSS VER 11 Software , it is concluded the following :

– The results of two groups in the posterior tests showed that The curricula learning for two manufactured Apparatuses have the superiority rather than the traditional due to their activity in developing the elements of physical fitness and learning the required skills of the concerned pommel horse.

Recommendations :

– Instructing to apply two manufactured Apparatuses (pommel horse and legs holders) at gymnastic halls and training centers .