



*The contribution of some physical abilities at the time of the performance of the first section of the netter lift for weightlifters in Samawa Sports Club*

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**ABSTRACT**

The contribution of some physical abilities at the time of the performance of the first section of the netter lift for weightlifters in Samawa Sports Club.

**Research Objectives**

A- Identify some of the physical abilities of weightlifters.

B - Identify the performance time tests of the first section of the netter lift for weightlifters.

C - Identify the correlation between some physical abilities and the time of performance of the first section of the elevation of the netter.

D- Identify the contribution ratios between physical abilities and the time of performance of the first section of the nitr lift.

**Research Sample**

The research sample of (16) quarters was identified from Samawa Sports Club.

**The most important conclusions**

The studied abilities contributed to reducing the performance time of the first section of the netter.

**Recommendations**

Conducting further studies on the second section of the nitr lift (Jerk) and on the kidnapping lift.

**Keywords:**

intermediate role  
career creativity  
assignments

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## 1- Definition of research

### 1.1 Introduction and importance of the research:

Weightlifting is one of the most important sports to highlight the quality of strength in all eras, it is as old as history and exists by virtue of the environment and social life in which man lived in the eras of history and that the Arabs, Greeks, Romans, ancient Egyptians and ancient Iraqis in the Mesopotamian region in 777 BC. They have practiced this sport, each according to his own way, and in the first Olympic session, which was held in 1896, the first separate competition for weightlifting was held in two ways, the first is to lift the netter with one hand and the second is to lift the netter with two hands, and in 1920 the International Weightlifting Federation was established and the weights of the competitors and the number of lifts were organized, and the game gained its official status.

Requires weightlifting body intervention entirely using the triple extension of the joints of the pelvis, knees and foot and bend them at different times simultaneous and depends on the success or failure of the weightlifter in the lifts on his physical abilities help him move his body during lifting weight and get optimal performance as soon as possible. (Khaled Abdel Raouf: 2008, p. 73)

Weightlifting depends on some physical abilities that have the largest role in raising the level of performance and preparing the weightlifter so that he can perform the lifts correctly and in the shortest time and put the weightlifter in a training situation that enables him to reach the distinguished levels and win championships (Al-Ajami: 2005, p. 87)

The first part of the clin lift begins with pulling the weight from the ground until the bar reaches the chest and falling under the bar by bending the knees and then standing at the bar at the collarbones in a balanced position (John Lear: 1999.62).

## 2 - The problem of research:

To achieve sports levels, good physical abilities must be available that enable the weightlifters to achieve high performance during the championships and through the work of the researcher as a coach and his specialization in the field of weightlifting and after reviewing the sources and conducting a reference survey for studies in the field of weightlifting, which dealt with the performance of most of the lifters, he noticed that there is a clear deficiency in the performance of the first

section of the netter lift for the lifters in the Samawa Sports Club, due to the weakness of some of their physical abilities, and this would go with the effort of the weightlifter in vain because of Lack of success in the performance of the first section of the netter lift, which reduces the chances of success and achieving championships and achievements, this is what aroused the researcher's curiosity to study some physical abilities, which have a major role in improving the performance time of the kidney, through the ratios of the contribution of some physical abilities in the time of the performance of the first section of the netter lift for weightlifters in Samawa Sports Club

### 1.3 Research Objective:

A- Identify some of the physical abilities of weightlifters.

B - Identify the performance time tests of the first section of the netter lift for weightlifters.

C - Identify the correlation between some physical abilities and the time of performance of the first section of the elevation of the netter.

D- Identify the contribution ratios between physical abilities and the time of performance of the first section of the nitre lift.

### 1.4 Research areas:

1-4-1 human field: quadruple weightlifting in Samawa Sports Club.

1-4-2 Time Range: For the period from 6/11/2024 to 27/12/2024.

1-4-3 Spatial area: the gym of Samawa Sports Club.

### 2- Research Procedures:

#### 2-1 Research Methodology:

The researcher used the descriptive survey method because of its suitability to the nature of the research .

#### 2.2 Research population and sample:

The aim of selecting the sample is to obtain information about a community; the study population is the group through which the researcher wishes to circulate the results of his study has been identified research sample (16) quarters from Samawa Sports Club. ( Sobhi: 2001; 33)

### 2.3.1 Means of data collection:

- Reference Survey
- Observation

### 2.3.2 Tools and devices used:

- Medical scale to measure weight.
- Length measuring device.
- Olympic Bar
- Different weights

### 2.3.3 Tests used in research:

(Distinctive force by speed of the legs; bearing the kinetic force of pulling the bar from standby; flexibility of the spine; performance time) Attachment No. (1)

### 2.3.4 Scientific foundations of tests:

1- Honesty. It is intended that the test be with a high degree of validity (Mohamed Sobhi: 2001) and the researcher used the sincerity of the content and content to measure what was developed for him and this is what the experts agreed upon after reviewing the tests.

2- Stability. It is that the test gives the same results if it is repeated (Qasim. 1989) and to extract the stability the researcher used the method of testing and retesting.

3- Objectivity: avoid bias. Stay away from personal factors in the judgment issued by the researcher, so the tests were evaluated by doctors, namely Haider Kazem Abd and Riyad Kazem Awad.

Scientific transactions (honesty - stability) for research variables Table No. (1)

constancy	Honesty	Variables	t
0,82	0,88	Capacity	1
0,84	0,79	Performance time	2

### 2.3.5 Statistical methods used:

The researcher used the statistical bag SPSS .

4. Presentation, analysis and discussion of results.

4.1.1 Presentation of the results of the research sample at the time of the performance of the kidney.

Table ( 2)

Torsion coefficient	Standard deviation	Broker	Arithmetic mean	Variables
0.991	0.432	1.68	1.700	First draw time
0.850	0.420	1.44	1.587	Falling time below the weight
0.959	0.266	1.63	1.411	Standing time

Table ( 2) shows the arithmetic mean, median, standard deviation and torsion coefficient of the research sample in the first section of the nitr lift (clen) where the torsion coefficient ranged between (0.991 - 0.959), which indicates the moderation of measurements extracted at the time of the performance of the clen

4.1.2 Presentation of the results of the research sample in some physical abilities.

Table ( 3)

Torsion coefficient	Standard deviation	Broker	Average Arithmetic	Variables
0.040	1.897	8	6.312	The power characteristic of the speed of the legs
- 0.290	5.206	29	30.122	Withstand the kinetic force of pulling the bar from standby
0.950	9.680	99	80.734	Flexibility of the spine

Table (3) shows the arithmetic mean, median, standard deviation and torsion coefficient of the research sample in some physical abilities. The torsion coefficient ranged between (-0.290; -0.184), which indicates the proximity of the measurements to the equinox.

4.1.3 Correlation coefficients between some physical abilities and the time of performance of the kidney.

Table ( 4)

Standing time	Downfall time Weight	Withdrawal time First	Transactions Link
- 0.130	- 0.050	0.467-	The power characteristic of the speed of the legs
- 0.366	0.278	* 0.465*	Withstand the kinetic force of pulling the bar from standby position
- 0.223	- 0.612	- 0.690	Flexibility of the spine

Table ( 4) of the correlation coefficient between some physical abilities and the time of performance of the clen shows a positive correlation between the tolerance of the kinetic force of pulling the bar from readiness and the time of the initial draw (0.465\* ) and the time of the initial draw (0.387\* ), while there was a negative correlation between the force characteristic of speed and the time of the initial draw (-0.467) and the time of falling below the weight and the standing time in the clin (0.050\* ) (-0.130) And a negative correlation between the endurance of kinetic force and standing time (-0.366) and standing time (-0.522) and a negative correlation between Clen of stability and standing time (-0.465) and a negative correlation between flexibility of the spine and different times of Klein (0.690) (0.612) (0.223) The greater the physical capabilities of the weightlifter of strength characteristic of speed and endurance of strength and flexibility of the spine and pull Clen and Klein from stability the less time in competitions and thus reflected at the level of weightlifter and this is consistent with many studies (Al-Ajami 2005; 87)

It is necessary to possess some physical abilities that directly affect the achievement of positive results

(Mohammed Saeed: 2014.p. 28)

4-1-4 ratios of the contribution of some physical abilities in the time of performance of the first section of the netter.

Table No. (5)

Standard error	Partial regression coefficient	Percentage contribution	Total contribution of variables	Multiple correlation coefficient	Variables
0,070	6,033	39,743	0,359	0,580	Capabilities for the first draw
0,022	0,056	4,790	0,519	0,653	Abilities to fall sorry heaviness
0,020	0,123	5,310	0,366	0,345	Standing Capacity

It is clear from Table No. (5) that the physical capabilities of the distinctive strength of speed contribute significantly to the time of performance of the first draw of the first section of the nitre lift (39,743) and contribute to the endurance of the force and the strength characteristic of speed in the time of the performance of the fall under the weight of the nitre lift, which amounted to (4,790) and contributed flexibility and strength endurance in the time of standing performance in the first section of the nitre lift and amounted to (5,310)

The greater the physical capabilities of the strength characteristic of speed, flexibility and endurance of strength, the less time of performance and thus has a positive return on the weightlifter.

The improvement of the performance time in the first section of the netter lift (clen) is a great evidence of the improvement and development of the physical capabilities of the weightlifter and thus enables him to reach his goal in the best way (Abdulaziz: 2007. 59)

It is clear from the above the importance of physical capabilities and their effective role to improve the performance time of the first section of the elevation of the netter (Klein), as modern science and training according to good and correct scientific foundations save effort and money on the weightlifters and training institutions and enable him to achieve positive results and reach the podiums.

## 5- Conclusions and recommendations:

### 5.1 Conclusions:

- 1- The distinctive force of speed contributes significantly to the first pull and extract the weight from the drum.
- 2- An effective contribution to both bearing strength and flexibility in the stages of falling under the weight and standing with weight in the first section of the netter.
- 3- The studied abilities contributed to reducing the performance time of the first section of the netter.

#### 5.2 Recommendations:

- 1- Guided by the results of research in training programs for weightlifting.
- 2- Conducting more studies on the second section of the lift of the netter (Jerak) and on the lift of the kidnapping.

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(Attachments)

The opinions of specialized professors and experts on determining the most important physical abilities

Honorable Professor..... Regardless.

Greetings.

The researcher aims to conduct his research tagged ( ratios of the contribution of some physical abilities at the time of the performance of the first section of the lifting netter weightlifters in Samawa Sports Club)

For what we know in you of experience and solid scientific know-how in your scientific specialization, we ask you to express your opinion during the development of a degree of (1-5) and determine the most important physical abilities in weightlifting

Note: Please kindly add any physical ability you deem appropriate and not included in the form...

Degree by importance					Physical abilities	t
5	4	3	2	1		
					Agility	1
					Flexibility	2
					Withstand strength	3
					Speed characteristic force	4
					Bearing speed	5
					homeostasis	6

Expert Name /

Scientific title /

Jurisdiction/

Place of Work /

(2)

Withstand the kinetic force of pulling the bar from standby position

Objective of the test: Measure the force characteristic of the kinetic speed of pulling the bar from the standby position

Tools: Bar – different weights

Performance specifications: The weightlifter holds the bar from the standby position with the pull up to the chest, taking into account that the bar is close to the body.

- Weights are placed until reaching the maximum weight that can be lifted once.

Registration: Highest weight in attempts

## (2) Flexibility of the spine

Objective of the test: Measuring the flexibility of the spine

Tools: A box fixed on the ground and fixed on it from the top a scale graduated centimeter

Performance specifications: The tester sits facing the box so that it presses the belly of the foot on the opposite face of the box and is well fixed on the ground; extending the knees completely with the torso bent forward and steady, while trying to pass the fingertips of the hand through the level of the box and avoiding bending the knees.

Recording: distance is measured