THE LEVEL OF SOME FITNESS ELEMENTS (IN MILITARY UNIFORM) FOR MEMBERS OF THE IRAQI STADIUM SECURITY FORCE

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ABSTRACT

Physical fitness is one of the most important aspects or aspects that qualifies the stadium security force to carry out their duties correctly and effectively, especially with wearing the special military uniform, because of its impact on the transitional speed of the security man when he pursues the rioting elements inside the stadium, in addition to the capacity of carry out an inspection. People or crowds for long periods and in large numbers, and accordingly, the researcher wanted to build special tests to detect and determine the level of physical fitness elements (in military uniform) among the Iraqi stadium security forces. Hence the importance of research and the need for it. The aim of the study: to develop standardized tests to measure the level of some elements of physical fitness in military uniforms, and to identify some elements of physical fitness in military uniforms for members of the Iraqi stadium security force. Their number is (60) affiliates, and their percentage constituted (22%) of the original community using the contributing tools and standardized tests, and after obtaining the raw results, they were treated statistically. The researchers recommended, the necessity of adopting tests to evaluate individuals and to include the results of the tests within the promotion schedules for the stadium security force personnel.

Keywords: Physical fitness, stadium security

I. INTRODUCTION TO RESEARCH:

1.1 Introduction and importance of research:

Tests and standards in security institutions are effective means in the evaluation process, through which proper planning for training and actual, scientific and practical needs of security elements, especially the stadium security force. The elements of physical fitness are among the main pillars in the process of preparing the personnel of the stadium security force, especially in the military uniform, and by being one of the security elements and a real cohabitant of the stadium security force, he noticed that the level of some elements is not good, which requires the development of accurate tests for the purpose of diagnosing the level of these elements. Elements of performance in military uniform to determine their level and thus determine which elements need to be upgraded through physical preparation and exercise. The development of practical scientific treatments requires the development of studies, research and plans necessary to address and reduce this danger facing the organizers, whether they are individuals or governments, and from here an important issue arises from the fact that most of our sports stadiums were and still are recent and practices in the subject of riots and its treatment. Therefore, the researcher wanted to shed light on this problem.

1.2 Research problem:

The researchers noted that the level of some elements of physical fitness is not good, through the early appearance of signs of fatigue and exhaustion on the affiliates, in addition to the lack of practical and real tests for the members of the Iraqi stadium security force, which caused many problems, most notably the postponement or cancellation of some matches and the exposure of players and referees And coaches to mischief.
1.3 **Research Objectives:**

Develop standardized tests to measure the level of some elements of physical fitness in military uniforms among members of the stadium security force.

Identifying the level of some elements of physical fitness in military uniforms among members of the stadium security force.

1.4 **Research Hypotheses:**

There is a discrepancy in the level of fitness elements in military uniforms among the stadium security force personnel.

1.5 **Research Areas:**

4. Research methodology and field procedures

II. **RESEARCH METHODOLOGY:**

The nature of the problem to be researched in its aspects is what determines the approach to be implemented, so the researcher used the descriptive approach in the survey method, in order to fit the nature of the research problem for the purpose of reaching characteristics based on objective foundations to solve the research problem and achieve its objectives. The descriptive approach is an "accurate perception of the interrelationships between society, trends, tendencies, desires, and development so that it gives research a picture of the life reality, set indicators and build future predictions."

2.1 **Research community and sample:**

For the purpose of achieving the goals of any research, it is necessary to first identify the original community with its characteristics, because the use of any means is an incomplete case unless the study population is accurately described.

The research sample included members of the Iraqi stadiums security force in Baghdad, where their number reached (60) members of the Iraqi stadiums security force, and they constituted (22%) of the original community.

2.2 **Means of collecting information, tools and devices used:**

2.2.1 **Means of collecting information:**

1. Arabic and foreign sources and references.
2. Tests and measurements.
3. The International Information Network (the Internet).
4. Personal interviews with specialized professors.
5. Results registration form.
6. Auxiliary work team.

2.3.2 **Devices used in the research:**

1. A camera.
2. Computer type (HP).

2.3.3 **Tools used in the research:**

- tape measure.
- different heights of poles (20).
- wrestling doll.
- Electronic stopwatch (2).
- whistle (2).
• Adhesive tape.
• Color cards (10 colors).

2.5 **Stadium Security Force Physical Fitness Tests**

First test: Test name: Motor response speed test. (processing speed) The objective of the test: To measure the speed of the motor response. Instruments used: electronic stopwatch, amphitheater for the masses.

**Performance method:**
1. The tester (security man) stands at a point 3 meters away from the runway (the audience).
2. The laboratory (security man) shall take a standby position and stand facing the audience.
3. Sitting on the grandstand is a group of (audience) holding colored cards.
4. The referee determines the desired color and run time.
5. The security man searches for the desired color among the colors raised by the masses.
6. The tester (the security man) rushes towards the runway and runs at full speed to pick up the required card, as the referee stops the clock.

**Scoring:**
1. The time is calculated from the moment the security guard takes off until he catches the required colored card.
2. Each tester (the security man) has three consecutive attempts, between each attempt and one minute.

The second test: the name of the test: the test of strength and speed. (nudged naughty)

**The objective of the test:** to measure the strength characteristic of speed, (to take away the troublemaker as quickly as possible).

**Equipment used:** an electronic stopwatch, a stadium runway, a doll placed on the stands at a distance of 15 meters from the starting line.

**Performance method:**
1. The tester (security man) stands at the starting line.
2. The laboratory (security man) takes the standby mode.
3. The referee starts the stopwatch and gives the signal to start the test.
4. The laboratory (the security man) runs as fast as possible in the specified direction to reach the dummy as soon as possible to remedy the situation.
5. Each laboratory has three consecutive attempts, between each attempt and another two minutes.

The third test: The name of the test: From a standing position, bend and extend the knees as many as possible for one minute. (People search).

Objective of the test: To measure the strength endurance of the muscle groups working on flexing and extending the knees.

**Tools used:** A doll with a height of 1.85 m.
Method of performance: The tester (the security man) stands in front of the doll and facing it from a standing position - bending and extending the knees fully and counting the number for one minute.

Recording: records the number of times you do and sit for one minute.

2.5 The exploratory experience:

The two researchers conducted an exploratory experiment on Sunday 04/18/2021, at exactly eight o’clock in the evening, for physical tests on (15) members of the Iraqi stadium security force at the Al-Shaab closed gymnasium, and the aim of it was to find out many things that could help The researcher in the research process, including:

1. Know the time taken to take the tests.
2. Knowing the validity of the place and providing the conditions of safety and security.
3. Identifying the validity of the devices and tools used in the research.
4. Knowing the time taken for each test.
5. Dealing with the errors faced by the members of the force.

2.6 Main experience:

The main experiment was conducted on the closed People’s Hall for sports, on Wednesday (28/4/2021) at exactly eight thirty in the evening until eleven thirty in the evening, and the tests were administered by the assistant work team and under the supervision of the researcher and supervisor.

According to the following procedures:

1. Creating the test tools by the researcher for the purpose of the test.
2. Explanation of the test vocabulary and the performance conditions for each component of fitness to be performed on a device by the researcher and supervisor before implementation.
3. Giving a sufficient warm-up period for the research sample.

2.7 Statistical treatments:

The researchers used the statistical package (spss) in processing the research results and statistical methods.

III. PRESENTATION AND DISCUSSION OF THE RESULTS.

3.1 Presenting and discussing the results of the research and the arithmetic means and standard deviations:

<table>
<thead>
<tr>
<th>T</th>
<th>Test name</th>
<th>measuring unit</th>
<th>N</th>
<th>Meaning</th>
<th>std</th>
<th>Median</th>
<th>Min</th>
<th>Max</th>
<th>Sig</th>
<th>indication</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>motor response speed test</td>
<td>a second</td>
<td>60</td>
<td>3.58</td>
<td>0.020</td>
<td>3.58</td>
<td>3.57</td>
<td>3.61</td>
<td>0.000</td>
<td>D</td>
</tr>
<tr>
<td>2</td>
<td>Speed test</td>
<td>a second</td>
<td>60</td>
<td>3.15</td>
<td>0.076</td>
<td>5.17</td>
<td>5.07</td>
<td>5.22</td>
<td>0.000</td>
<td>D</td>
</tr>
<tr>
<td>3</td>
<td>Tolerance test of Gu the</td>
<td>Repetition</td>
<td>60</td>
<td>3.878</td>
<td>1.127</td>
<td>9.01</td>
<td>7.56</td>
<td>9.78</td>
<td>0.000</td>
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Table (1): It shows the results of the tests, arithmetic means, standard deviations, measures of dispersion, tabular (t) values, and the significance of the differences.

It is evident from Table (1) that the arithmetic mean of the motor response speed test for the research sample was (3.58), with a standard deviation of (0.020), and the median was (3.58), the lowest value amounted to (3.57) and the highest value reached (3.61), and the arithmetic mean of the speed characteristic test for a sample The research reached (3.15), with a standard deviation of (0.076), and the median was (5.17), and the lowest value was (5.07) and the highest value was (5.22), and the arithmetic mean of the strength endurance test for the research sample was (3.878) and the standard deviation was (1.127) and the median was (9.01) The lowest value was (7.56) and the highest value was (9.78), while the calculated (t) values had a significant level of significance (0.05), and the value of (sig) was (0.000) (0.000), and the value of (sig) is smaller than the level of (0.000) Significance (0.05) indicates the significant differences between the tests in the research variables.
Discussing the results:

Table (1) shows the significance of the differences for the research sample in the research variables through the level of significance (0.05). This indicates the significance of the differences for the tests of the safety of stadiums, and the researcher attributes these results to the impact of the tests and their simulation of performance requirements, which contributes to raising the physical and motor level of the strength personnel Stadium security and their efficiency in the implementation of duties.

In light of the extracted results, the application of tests and tools was consistent with the level, age and ability of the security force personnel in the stadiums, and this was evident during the moral results, in addition to the desire of the security man to practice and interact, in addition to the fact that the tests had a specificity that directly contributed to determining the level of some elements of fitness physical.

The characteristic of the motor response speed was measured through the test (color cards) as it means "the ability to respond to a motor for a specific stimulus in the shortest possible time".

The strength characteristic of speed was determined by the test (disturbing lead), as it means "the ability of the nervous muscular system to overcome resistances that require a high degree of speed of muscle contractions."

Strength endurance was also measured through the (personal inspection) test, as it means "the ability to perform a sustained effort of great strength".

IV. CONCLUSIONS:

The researchers reached the following conclusions:

Through the presentation, analysis and discussion of the results, the following conclusions were reached:

1. The tests succeeded in measuring the elements of physical fitness and military uniform.
2. The tests distinguished among the personnel of the stadium security force according to their performance in military uniform.

Recommendations:

1. The researcher recommends adopting the tests in question as a basis for evaluating the personnel of the stadium security force.
2. The necessity of including the test results within the regulations and promotion schedule for the personnel of the stadium security force.

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