Effect of a proposed digital program on the strategic planning of speed, medium and long distance swimmers

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Introduction and research problem:

The current era was distinguished by the technological and knowledge revolution, whose impact was reflected in all fields, and it contributed to enriching the training and sports field through the establishment of non-traditional strategic training systems that help solve many training problems, and also by employing all technological innovations to develop the training process, which affects society and the degree of its progress The presence of digital technology in our daily life has varied in its many forms, such as smart phones, social media, and other technological means that future coaches must possess in order to be able to keep up with these modern developments.

Muhammad Abdullah (2014) mentions that scientific planning in the field of physical education is vital and extremely important, which was evident in the falling international and Olympic numbers. achieved by the athlete to reach the level of digital, technical, and physical achievement (7:23)

As **Medhat Ahmed (2019)** sees, the modern approach to sports training planning for higher levels begins with defining the actual goal or level through various forecasting methods. Accordingly, the goals, purposes, and means of training programs and their stages are proposed. Strategic planning in the field of sports training is one of the main dimensions that occupied the minds of those interested. In sports in general and in the field of swimming in recent times, prediction is usually not made from thin air, but is preceded by extensive studies (9:39)

Muhammad Siam (2021) also concluded that digital transformation includes the use of technology to improve performance or access to organizations mainly, and the use of digital developments such as analytics, mobility, social media, and smart embedded devices, while improving their use of traditional technologies such as enterprise resource planning, changing customer relations and internal processes. (6:5).

As **Singha Anna (2020)** explains, the COVID-19 pandemic has exposed the weaknesses of the sports industry very clearly. Once the distancing restrictions and lockdown laws took effect in most countries, the industry experienced a terrible recession, and many large sports entities are suffering to this point, but at the same time, this motivated clubs to seek ways to help them support the increasingly complex and difficult sports business scene, and digital transformation was one of these ways (15:15).

Egypt launched Vision 2030 for sustainable development, which is a national agenda launched in February 2016 that reflects the country's long-term strategic plan to achieve the principles and goals of sustainable development in all fields, and to localize them in the various Egyptian state agencies. Egypt's Vision 2030 is based on the principles of "comprehensive sustainable development" and "balanced regional development". Egypt's Vision 2030 reflects the three dimensions of sustainable development: the economic dimension, the social dimension, and the environmental dimension (16).

And through the foregoing and through the work of the two researchers in the field of swimming training and the belief in the importance of the contribution of workers in the field of swimming training in keeping pace with the scientific and technological development in training innovations, which directly contributes to the development of levels of speed swimmers, medium and long distances, and the achievement of advanced global achievements, and in implementation of Egypt's vision of sustainable development 2030, which Egypt launched in the aspects of social life, The researchers felt the importance of conducting a study aimed at applying digital technology in strategic planning for the periods of the training season for speed swimmers, medium and long distances, as he reviewed previous studies within the limits of his knowledge, such as the study of **Tariq Mahdi Attia, Muhammad Mahmoud Mustafa, Walaa Muhammad Abdel-Wahhab (2021) (4), Luchuan Jiang (2021) (12), Azza Kamal Badr (2020) (5), Marcella Menezes, et al (2018) (14),** and he concluded that there is a dearth of studies that dealt with digital transformation and the extent of its impact To the best of his knowledge, the strategic planning of swimmers prompted the researchers to conduct the current study.

Search aim:

The current research aims to identify effect of a proposed digital program in influencing the strategic planning of speed, medium and long-distance swimmers.

Search questions:

- What is the effectiveness of the proposed program in influencing the strategic planning of speed, medium and long-distance swimmers from the point of view of water sports training experts?

Scientific terms:

Digital transformation:

Digital transformation means cultural, organizational, and operational change in training, an industry, or an ecosystem through the intelligent integration of digital technologies, processes, and competencies across all levels in a phased manner, which helps to take advantage of technologies to create an advanced digital model (10:8)

Strategic planning:

It is synonymous with strategic management and means the activity through which the organization prepares for the future (7:20).

Strategic planning in sports training:

It is the process that includes developing goals, analyzing the environment, setting goals, developing plans, implementing them, and monitoring their results in the field of sports training (9:11)

Search procedures

First: Research Methodology:

The researchers used the descriptive method (survey studies method) due to its suitability to the nature and objectives of the research.

Second: Research Society and Sample:

The research community included experts in training in water sports, and the research sample was chosen by the intentional method from experts in training in water sports, and they numbered (21) experts.

Table (1)

Statistical description of the research sample

N	Measurement UNIT	Basic sample	survey sample
1	Water sports training experts	21	-
2	Academics are faculty members in Egyptian universities in the field of water sports	-	10

Conditions for choosing a research sample:

1. The expert should have previous experience in the field of studies dealing with the use of digital transformation and digital technology.
2. The number of years of experience for the expert shall not be less than (10) years in his field of specialization.

Third: Data collection tools:

1. View scientific references and reference studies.
2. Personal interview:
3. Questionnaire form for the content of the proposed digital program for strategic planning for training speed swimmers, medium and long distances (prepared by the two researchers)

1. View scientific references and reference studies:

The researcher looked at the scientific references **(2), (7), (14)** and the reference studies **(1), (3), (4), (17)** which are related to the subject of the study to build the initial picture of the study tools in preparation for presenting them to the experts for verification. From the extent of its sincerity and stability and the conduct of scientific transactions for it.

2. The personal interview:

The researcher conducted a personal interview with experts from Egyptian universities faculty members in the field of water sports in addition to academics at Egyptian universities from faculty members in the field of computer science, educational technology, computers, and information, to ascertain the appropriateness of the study tools for what they were set for, and to amend, delete or delete them. Add what they see fit to reach the final image of the tools under study in preparation for application to the sample under study.

3. Expert opinion poll form on the content of the proposed digital program (prepared by the researcher)

Purpose of the form:

The questionnaire aims to identify the content of the digital program for strategic planning for training speed, medium and long-distance swimmers.

The initial image of the expert opinion poll form on the content of the proposed digital program:

The questionnaire in its initial form consisted of a number of dimensions (20 dimensions), and after completing the writing of the form for defining the dimensions of the digital program for strategic planning for training speed, medium and long distance swimmers in its initial form, the researcher presented the form to (**10**) academic experts in the field of sports Water resources, so that their experience in the field is not less than (**10**) ten years (Appendix 1), in order to express an opinion on the appropriateness of these dimensions to achieve the goal of the research, and Table (2) explains this.

Table (2)
Experts' opinions on the suitability of the dimensions of the proposed digital program for strategic planning for training speed, medium and long-distance swimmers

N	Ferries	expert opinion		Percentage
		Agree	Not agree	
1.	Physical exercises out of the water	10	-	100%
2.	Exercises in the water	10	-	100%
3.	Skill exercises	10	-	100%
4.	General preparation stage	9	1	90%
5.	stage of preparation	9	1	90%
6.	Competition preparation stage	9	1	90%
7.	Transitional phase	10	-	100%
8.	positive resting phase	9	1	90%
9.	dental stages	10	-	100%
10.	Speed swimming exercises	4	6	40%
11.	Middle distance exercises	6	4	60%
12.	Long distance training	9	1	90%
13.	Conditioning and warm-up exercises	9	1	90%
14.	Cooldown and recovery exercises	9	1	90%
15.	Training plan for the training season	10	-	100%
16.	Training site	10	-	100%
17.	Training volume	8	2	80%
18.	Training intensity	8	2	80%
19.	Comprehensive swimmer data	10	-	100%
20.	Training units throughout the season	10	-	100%

It is clear from Table (2) that the percentage of experts' opinions about the appropriateness of the dimensions of the proposed digital program for strategic

planning for training speed swimmers, medium and long distances ranged between (40%: 100%), and based on the opinions of the experts, the dimensions that obtained The approval rate is less than (80%) and these dimensions included (speed swimming exercises, medium distance exercises, long distance exercises), and thus the number of final dimensions settled on (17) dimensions according to the opinions of the experts.

Scientific transactions for the proposed digital program content form for strategic planning for training speed, medium and long-distance swimmers:

In conducting his research, the researcher followed the following scientific transactions:

a) Honesty:

The researcher used the self-validity and the arbitrators' validity of the questionnaire to calculate the validity coefficient due to its suitability to the nature of the research.

b) constancy

To calculate the stability coefficient, the researcher used the method of application and re-application on a sample of (10) academic experts in the field of water sports, so that their experience in the field is not less than (10) ten years (Appendix 1), with a time interval between the two applications of one month in the time period from 1/2/2023 AD until 1/3/2023 AD, and the questionnaire was corrected so that the response was in agreement with (2) two degrees, and disagreed with (1) one degree. Table (3) shows the coefficient of stability and self-truth.

c) Objectivity:

The researcher was satisfied with a ratio of 80% or greater to match the dimensions to achieve the goal of the research in preparation for designing the proposed digital program for strategic planning for training speed swimmers, medium and long distances.

Table (3)

The reliability and self-validity coefficient of the proposed digital program content questionnaire (n = 10)

N	Content	First application		Second application		Stability coefficient (R)	Subjective validity coefficient
		A	S	A	S		
1	Physical exercises out of the water	2	0	2	0	1	1
2	Exercises in the water	2	0	1.88	0.33	0.94	0.96
3	Skill exercises	1.88	0.33	2	0	0.94	0.96
4	General preparation stage	2	0	2	0	1	1
5	stage of preparation	1.88	0.33	2	0	0.94	0.96
6	Competition preparation stage	1.88	0.33	2	0	0.94	0.96
7	Transitional phase	2	0	1.88	0.33	0.94	0.96
8	positive resting phase	2	0		0	1	1
9	dental stages	1.88	0.33	1.88	0.33	1	1
10	Conditioning and warm-up exercises	1.88	0.33	1.88	0.33	1	1
11	Cooldown and recovery exercises	1.88	0.33	2	0	0.94	0.96
12	Training plan for the training season	1.88	0.33	2	0	0.94	0.96
13	Training site	2	0	2	0	1	1
14	Training volume	1.88	0.33	2	0	0.94	0.96
15	Training intensity	2	0	1.88	0.33	0.94	0.96
16	Comprehensive swimmer data	1.88	0.33	1.88	0.33	1	1
17	Training units throughout the season	1.88	0.33	1.88	0.33	1	1

It is clear from Table (3) that there is a statistically significant correlation between the first application and the second application of the proposed digital program dimensions questionnaire, where the calculated (r) ranged between (.94 to 1), which is greater than the tabular (r) value (.632) at a significant level (0.05) in all dimensions, which indicates the stability of the questionnaire dimensions of the proposed digital program for strategic planning for training speed swimmers, medium and long distances.

- Correction of the questionnaire:

To correct the questionnaire, the researcher used a three-way evaluation scale, and the phrases were corrected as follows:

Suitable (3) three grades.
To some extent (2) two marks.
Not suitable (1) 1 degree.

After completing the questionnaire, the digital strategic planning program was built to train speed, medium and long-distance swimmers in preparation for presenting it to the experts to determine its suitability for application to the research sample.

Fourth, research procedures:

A- The exploratory study:

The two researchers conducted an exploratory study of the data collection tools to ensure their validity, stability, and objectivity, as they applied the form of evaluating the effectiveness of the content in the proposed digital program to (10) academic experts in the field of water sports, so that their experience in the field is not less than (10) ten years (Annex 1). From 1/2/2023 to 1/3/2023.

B- Application of search tools:

After defining the sample and testing the data collection tools and ensuring its validity and reliability, the researcher applied it to all members of the sample under study. The application period was from 5/5/2023 AD until 5/6/2023.

Fifth: The statistical method used:

The researchers used the statistical packages of the Spss program (the statistical software package for social sciences), and the following statistical coefficients were used:

1. Percentage.
2. Pearson's correlation coefficient.
3. Cronbach's alpha coefficient.
4. Estimated score.
5. Relative importance.
6. Ca2 value.
7. Arrangement.

The researchers were satisfied with (80%) or more of this percentage of agreement, and the rounding was done to the nearest two decimal places, and the researchers were satisfied with revealing and accepting the results at the level of significance (0.05).

Presentation and discussion of results:

Presentation and discussion of the research question, which states:

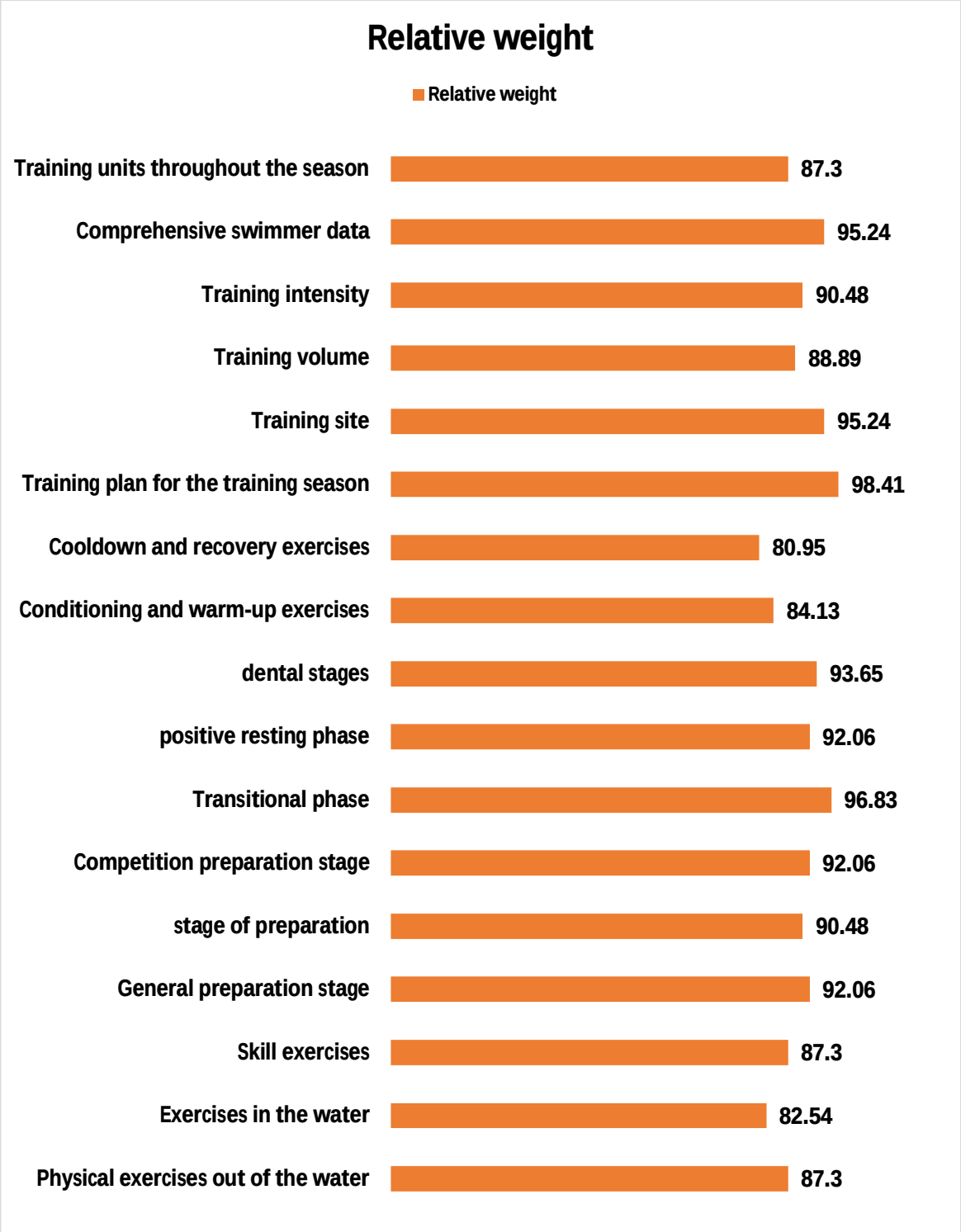
1. What is the effectiveness of the proposed program in influencing the strategic planning of speed, medium and long-distance swimmers from the point of view of water sports training experts?

Table (4)

The estimated score, relative weight, Ca2 value, and the order of the sample's opinions regarding the effectiveness of the proposed program in influencing the strategic planning of speed, medium and long-distance swimmers (n = 21)

N	Content	Response						Statistical indications			
		Appropriate	%	Some-what	%	Unsuitable	%	Estimated score	Relative weight	Ka2 value	Rank
1.	Physical exercises out of the water	14	66.67	6	28.57	1	4.76	55	87.3	12.29	8
2.	Exercises in the water	14	66.67	3	14.29	4	19.05	52	82.54	10.57	10
3.	Skill exercises	15	71.43	4	19.05	2	9.52	55	87.3	14	8
4.	General preparation stage	18	85.71	1	4.76	2	9.52	58	92.06	26	5
5.	stage of preparation	17	80.95	2	9.52	2	9.52	57	90.48	21.43	6
6.	Competition preparation stage	18	85.71	1	4.76	2	9.52	58	92.06	26	5
7.	Transitional phase	19	90.48	2	9.52	0	0	61	96.83	31.14	2
8.	positive resting phase	17	80.95	3	14.29	1	4.76	58	92.06	21.71	5
9.	dental stages	18	85.71	2	9.52	1	4.76	59	93.65	26	4
10.	Conditioning and warm-up exercises	14	66.67	4	19.05	3	14.29	53	84.13	10.57	9
11.	Cooldown and recovery exercises	14	66.67	2	9.52	5	23.81	51	80.95	11.14	11
12.	Training plan for the training season	20	95.24	1	4.76	0	0	62	98.41	36.29	1
13.	Training site	18	85.71	3	14.29	0	0	60	95.24	26.57	3
14.	Training volume	17	80.95	1	4.76	3	14.29	56	88.89	21.71	7
15.	Training intensity	17	80.95	2	9.52	2	9.52	57	90.48	21.43	6
16.	Comprehensive swimmer data	18	85.71	3	14.29	0	0	60	95.24	26.57	3
17.	Training units throughout the season	16	76.19	2	9.52	3	14.29	55	87.3	17.43	8
Dimensions of the proposed digital program for strategic planning as a whole		326	77.62	53	12.62	41	9.76	1125	89.29		

The tabular Ka2 value is at the significance level (0.05) = 5.99



Shape (1)

The relative weight of the sample's opinions regarding the effectiveness of the proposed program in influencing the strategic planning of speed, medium and long-distance swimmers.

It is clear from Table (4) and Figure (1) that:

- The relative weight of the opinions of the research sample of experts in water sports training in the extent of the effectiveness of the proposed program in affecting the strategic planning of speed swimmers and medium and long distances from the point of view of water sports training experts ranged between (80.95%: 98.41%)
- The value of Ka2 for the opinions of the research sample of experts in water sports training in the extent of the effectiveness of the proposed program in affecting the strategic planning of speed swimmers and medium and long distances from the point of view of water sports training experts ranged between (7.71: 36.29), all of which are statistically significant.
- The relative weight of the opinions of the research sample of experts in water sports training regarding the effectiveness of the proposed program in affecting the strategic planning of speed swimmers, medium and long distances from the point of view of water sports training experts was (89.29%).

The arrangement came according to the responses of the sample under discussion of experts in water sports training regarding the effectiveness of the proposed program in influencing the strategic planning of speed, medium and long-distance swimmers from the point of view of water sports training experts as follows:

1. The phrase (training plan for the training season) came in the first order, with a percentage of (98.41%).
2. The phrase (transitional period) came in the second order, with a percentage of (96.83%).
3. In the third order came the two phrases (training site, comprehensive swimmer data) with a percentage of (95.24%).
4. In the fourth order came the expression (age stages), with a percentage of (93.65%).

The order of the phrases related to the effectiveness of the proposed program in influencing the strategic planning of speed swimmers, medium and long distances, from the point of view of water sports training experts, is as follows:

- General preparation stage
- Preparing for competitions
- Positive resting phase
- Special preparation stage
- Training intensity
- Training volume
- - physical exercises outside the water
- Skill exercises
- Training units throughout the season
- Preparation and warm-up exercises
- - Physical exercises in the water
- Calm down and recovery exercises.

It is clear from the results of the effectiveness of the proposed program in influencing the strategic planning of speed swimmers, medium and long distances, according to the responses of the research sample of water sports training experts, that the proposed digital program has an effective impact in preparing a strategic plan for training speed swimmers, medium and long distances, as the percentage of the questionnaire reached As a whole (89.29%), which indicates the agreement of the research sample of water sports training experts on the effectiveness of the proposed program and its ability to have a positive impact on the strategic planning of speed swimmers, medium and long distances.

According to the responses of the research sample of experts in water sports training, the content of the training plan for the training season has reached the highest percentage among the contents of the proposed digital program, which indicates the keenness of experts in the field of water sports training on the quality of the final product of the proposed digital program under consideration, which is the training plan For the training season, which includes almost all components of the proposed digital program under discussion in its final form.(2: 67)

In this regard, **Maglishco (2012)** mentions that sports training for long years is a complex and complex process that requires a lot of duties. Optimally target results. (13: 103)

Both **Abu El-Ela Abdel-Fattah (2016) and Muhammad Al-Qat (2005) agree with Maglishco (2012)** that the annual training plan is one of the most important planning foundations for sports training, given that the year constitutes a closed time cycle during which competitions take place at specific and specific times and times. Accordingly, the importance of the annual training plans lies in the fact that they try to prepare the individual athlete to reach the top of his level at the times specified for the sports competitions. Which greatly helps to raise the individual's athletic level, and therefore the annual plans are based on identifying the names of individuals and knowing the results of analyzing the level of each of them in the health, physical, technical, educational, psychological, social, professional or academic aspects, so that the goals to be achieved can be determined, and this means setting the goal or The final level required of each individual, as well as defining partial goals and the specific time for each of them, followed by planning for the annual training process, which must include the following components:

- Planning annual training periods and determining the most important sports training duties in each period.
- Develop special plans to develop the most important basic duties.
- Developing a plan for sports competitions.

About planning the annual training periods, it is necessary for the annual planning of the sports training process to divide the months of the year into several periods that vary and differ in relation to the goals and duties that it seeks to achieve and therefore differ in their components and contents. In a specific and specific period of the year, by planning duties and various means to achieve this.

Thus, the research question has been answered, which states: What is the effectiveness of the proposed program in influencing the strategic planning of speed, medium and long-distance swimmers from the point of view of water sports training experts?

Conclusions:

Within the limits of the nature and purpose of the research field, and considering the research questions, the methodology used and the sample, the following conclusions were reached:

- The effectiveness of the proposed program in influencing the strategic planning of speed, medium and long-distance swimmers from the point of view of water sports training experts, with a percentage of (89.29%).

Recommendations:

Within the limits of the research sample, the methodology used, the design of the proposed digital program, and through statistical analysis of the data and presentation, discussion, and interpretation of the results, and considering the conclusions reached by the researchers, the researchers suggest the following recommendations:

1. Using the proposed digital program for the strategic planning of speed swimmers to improve their physical and skill capabilities, digital level, and raise their level of achievement.
2. Using the proposed digital program for strategic planning for middle-distance swimmers to improve physical and skill capabilities, digital level, and raise their level of achievement.
3. Using the proposed digital program for strategic planning for long-distance swimmers to improve physical and skill capabilities, digital level, and raise their level of achievement.
4. The need to take advantage of the proposed digital program for strategic planning for speed, medium and long-distance swimmers in preparing for the national teams in the Arab Republic of Egypt.
5. Providing more support for the development of the proposed digital program for strategic planning for speed, medium and long-distance swimmers to reach a large base of coaches inside and outside the Arab Republic of Egypt.
6. Increasing protection plans for digital programs that target strategic planning for sports training in the field of water sports through a comprehensive system to secure against attacks and penetration.
7. Conducting more scientific studies targeting strategic planning for training speed, medium and long-distance swimmers using digital technologies and modern technologies.
8. Conducting more scientific studies aimed at strategic planning for training water sports in general using digital technologies and modern technologies.

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ملخص البحث باللغة العربية

تأثير برنامج رقمي مقترح على التخطيط الاستراتيجي لسباحي السرعة والمسافات المتوسطة والطويلة

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*أ.م.د/ هناء محمود علي
*الباحث/ الحسن سيد حسن عبد العزيز

استهدف البحث التعرف على تأثير برنامج رقمي مقترح في التأثير على التخطيط الاستراتيجي لسباحي السرعة والمسافات المتوسطة والطويلة, واستخدم الباحثون المنهج الوصفي (أسلوب الدراسات المسحية) نظراً لملائمته لطبيعة البحث, واشتملت اشتمل مجتمع البحث على خبراء التدريب في الرياضات المائية، وتم اختيار عينة البحث بالطريقة العمدية من خبراء التدريب في الرياضات المائية وبلغ عددهم (21) خبيراً , قام الباحثون بإجراء دراسة استطلاعية لأدوات جمع البيانات للتأكد من صدقها وثباتها وموضوعيتها حيث قام بتطبيق استمارة محتوى البرنامج الرقمي المقترح على (10) الخبراء الأكاديميين في مجال الرياضات المائية بحيث لا تقل مدة خبرتهم في المجال عن (10) عشرة سنوات (ملحق 1) في الفترة من 2023/2/1م حتى 2023/3/1م, وتم التوصل إلى أهم النتائج التي تمثلت في فاعلية البرنامج المقترح في التأثير على التخطيط الاستراتيجي لسباحي السرعة والمسافات المتوسطة والطويلة من وجهة نظر خبراء تدريب الرياضات المائية بنسبة مئوية بلغت (89.29%).

الكلمات المفتاحية: (التحول الرقمي- التخطيط الاستراتيجي - السباحة)

* أستاذ ورئيس قسم الرياضات المائية بكلية التربية الرياضية جامعة المنيا
* أستاذ الرياضات المائية المساعد بقسم الرياضات المائية كلية التربية الرياضية – جامعة المنيا
* مدرب سباحة وباحث بقسم الرياضات المائية

Research summary in English

Effect of a proposed digital program on the strategic planning of speed, medium and long distance swimmers

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The research aimed to identify effect of a proposed digital program in influencing the strategic planning of speed swimmers, medium and long distances, and the researchers used the descriptive approach (survey studies method) due to its suitability to the nature of the research Of the training experts in water sports, and they numbered (21) experts, the two researchers conducted an exploratory study of the data collection tools to ensure their validity, stability and objectivity, as they applied the form of evaluating the effectiveness of the content in the proposed digital program on (10) academic experts in the field of water sports for a period of not less than Their experience in the field for (10) ten years (Appendix 1) from 1/2/2023 to 1/3/2023, The most important results were reached, which were represented in the effectiveness of the proposed program in influencing the strategic planning of speed swimmers, medium and long distances, from the point of view of water sports training experts, with a percentage of (89.29%).

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