

**The Parkour training impact on developing the skill of the forward salto tucked in gymnastics among students of the Faculty of Physical Education, Minia University**

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**Introduction and search problem:**

Sport has become one of the modern features which reflects the progress of countries, and its development and interest in forming new human.

International and the Olympics Meetings, the continental and the local are like meetings which manifest in the Amazing, miracles. Physical performance of the Human Sports movements to be of its best.

The recorded numbers now and the levels which Athletes achieved, became alive embodiment of human capacity upon performing miracles

That goes beyond what had been thought to be not possible some he except Its possible.

A hero success upon coronation platform is publicity to privileged public player and a talented coach, science implemented ,supervised by conscious, qualified leaders. It's no longer random matter but become upon high degree from rationing and accuracy. (5: 5).

Parkour is one of fight arts, it's an idea of "escape" to get out of critical situations, in which case the need for the speed of intuition and skill is generated to get out.

One of the main features of parkour is efficiency, which is meant that the traceurs not only move quickly but also in a way that consumes as little energy as possible to reach directly to its target and also measures the efficiency of the traceurs by its ability to avoid minor or great injuries, (3:24, 25).

The parkour philosophy, which is unknown to many, is an integral part of this art. Mastering parkour skills and movements ultimately lead to the ability to overcome fears and pains and thus bring this to reality and apply it in different aspects of life. The parkour practitioner also must learn how to control his mind in the way that he can master the art of parkour (2:12).

According to the Australian Andreas Kaltiz : "Understanding the philosophy of parkour requires not short time,. Because you have to get used to it first, while you are trying to master the movements not only will you be able to reach the essence of that philosophy, but once you start moving in your style, you will see how the parkour must change your perception of things around you and the way you deal with problems as well as the ones you face in your work, for example. This is because you trained while practicing parkour movements and overcoming obstacles. However, this understanding varies when it occurs depending on the practice of parkour. Some understand it faster than others So, you can't say you need two months, for example, to understand what parkour is.

So, the philosophy of parkour has become a way of doing everything we want to do (4:33).

The parkour player is called the traceurs, a term derived from the verb (meaning trace track. Trace,) although parkour is recognized as an official sport in some countries, it is impossible to identify people participating around the world (1:11).

Through the specialization of a researchers in the field of gymnastics, they noted a lack of interest in this type of sports despite the great importance of these sports in giving the individual sports many

physical elements and skill and aesthetic and harmony that is unique to these sports came from other sports, the practice of this type of sport is hampered by many problems at all levels whether administrative, organizational, training or planning, the lack of interest by those who are in charge of sports movement in these types of sports has led to the lack of public interest in them and their unwillingness to join their children this type of sport due to the lack of specialists and the lack of capabilities and equipment for these sports.

Parkour also lacks specialized training programs aim at upgrading the level of the individual athlete, and the absence of these programs affects negatively the level of development of that sport, specialized training programs are one of the most important components of any sport and have a major role in upgrading the level of these sports, it is important to be taken care of by those responsible for sports in Egypt to develop specialized training programs in that sport because of its positive impact on improving the physical and skilled aspects of its practitioners.

Through the knowledge of researcher had on previous studies and research, the researcher found the scarcity of previous studies -to the knowledge of the researcher- which touched on the development of programs to raise the level of student players practicing this type of sports, hence the main problem of research is the design of a proposed program using parkour training and identifying its impact on the development of some physical abilities in gymnastics among students of the Faculty of Sports Education.

#### **The research objective:**

The research aims to identify the impact of parkour training on the development of the skill of the forward salto tucked in gymnastics among students of the Physical education Faculty, University of Minya.

#### **The research hypotheses:**

Considering the objective of research, the researchers assumed:

- There are statistically significant differences between (Pre-test – Post-test) measurement of the research sample in the skill of the anterior cycle in favor of Post-test measurement.

**The research procedures:****The research approach:**

The researchers used the experimental approach with the experimental design of the single experimental group using its (Pre-test – Post-test) measurement.

**Community and sample research:**

The research community consists of the (15) students of the 4th year, a gymnastics major at the Physical education Faculty, University of Minya, for the 2018/19 academic year.

**Data collection tools:****Scientific transactions for research tests:****- Data validation:**

To calculate the validity of the tests, the researchers used the sincerity of the differences between the groups in the method of peripheral comparison, where the researchers applied this test to the survey sample number (12) students, and was arranged upwards and found the differences between the lower and higher spring, where there are statistically significant differences between the lower and higher spring in the tests of the skill of the front alveoli in gymnastics and favor of the higher spring, which indicates the sincerity of the tests and their abilities to distinguish between different groups.

**- Stability:**

To calculate the stability, the researchers used the method of applying the test and reapplying it, where it conducted the first application of the tests on the reconnaissance sample g number (12) students, and then reapplied the tests for the second time on the same sample three days between the application of the first and the second application, and then He calculated the correlation factor between the two applications, linking the i-grade factor values between the first application and the second application of the sample under consideration in the frontal cycle test (0.94), indicating that the test chosen was a high stability factor.

**Implementation of search measurements:****Pre-test measurement:**

The researchers conducted the pre-test measurement of the research group before the beginning of the first week of the program on 10/11/2018.

**Implementation of the proposed program:**

The researchers applied the proposed program to the group under consideration from 15/10/2018 to 13/2/2019.

**Post-test measurement:**

The researchers performed the post-test measurement of the research group after the end of the program on 15,16/2/2019.

**The statistical methods used:**

(arithmetic mean - median - standard deviation - skew coefficient - non-parametric Mann-Whitney test - correlation coefficient - Wilcoxon non-parametric test - percentage improvement).

Researchers accepted a level of significance at two levels (0.05, 0.01), and the researchers used Spss to calculate some statistical transactions.

**Results:**

There are statistically significant differences between the pre-test measurement of the research sample in the skill of the anterior cycle in favor of post-test measurement.

Table (1)

Indication of statistical differences between the average ranks of pre and post-test measurement of the research sample in the skill of the anterior cycle (N = 8)

Test	Pre-test measurement			post-test measurement			(Z) Value
	Arithmetic average	Average grades	Total ranks	Arithmetic average	Average grades	Total ranks	
Forward curling cycle	3.63	0.00	0.00	7.00	4.50	36.00	2.59**

Table value (Z) at indication level (0.05) = 1.96 (0.01) = 2.58 \* significant at level (0.05)\*\* significant at level (0.01).

**Table 1 states:** There are statistically significant differences between the averages of pre and post-test measurement of the research sample in some skill capabilities in favor of distance measurement.

Table (2)

Percentage improvement rates between pre and post-test measurement in the skill of the forward salto tucked (n= 8)

Test	pre -test measurem ent average	Post-test measurem ent average	Improveme nt Percent.
Forward curling cycle	3.63	7.00	92.84%

**Table 2 shows:**

Percentage of improvements between the pre and post-test measurement of the sample in the frontal cycle skill is (92.84%), indicating the positive impact of the proposed program in improving the skill of the forward salto tucked to the research sample

The researchers attribute these differences to the proposed program, which included formations, exercises, skills, and conditions characterized by flexibility, continuity, diversity, integration, and safety, so this type of activities is characterized by challenging the abilities of the student and arousing the desire to make efforts and appropriate those activities for the Sunni stage in question, all of which led to decreasing boredom and exploitation of the maximum allocated and the participation of all students in research to perform the parkour program, In addition to the more exciting variety within the parkour program from various formations and exercises from speed to slowness, strength, constriction, relaxation, and repetition, parkour exercises help advance the skill level of students and gain new abilities.

The researchers also refer to the progress of the forward cycles by performing skills in a formation in the proposed plan and practicing in different formations in the proposed plan, which helps to improve the

efficiency of physical skills, thus developing programming in the proposed program Forward cycle skills.

Researchers also mentioned progress the progress in the various gymnastics skills under research through exercises placed within the different formations within the proposed program, which works to increase the efficiency of physical abilities and thus develop in the various gymnastic skills under research, as the types of activities beloved by students such as parkour activities, gymnastics inhibitions and various competitive races, which provokes students to gain demand between them and their peers, which brings them self-confidence, development of skill abilities, absorption of different skills and reaching the level of different skills and reaching the level of demand between them and their peers, which brings them back to self-confidence, development of skill abilities, absorption of different skills and access to the level of different skills. High skill performance.

This is confirmed by the study by "Mohammed Al Deeb" (2012), which shows that the suggested tutorial application is applied to the first and second experimental groups, using designated audiovisual feedback to improve athletic performance and it helps development The performance of the sports performance in question, is better than the first and second experimental groups in the control group in all considered skill performance variables, and the first experimental group is better than the second experimental group intermetallic compounds in all skills For the performance variables considered in the measurement, the researchers attribute the superiority of the first experimental group (specific audiovisual feedback) to the effectiveness of application tutorials that use specific feedback to improve the performance of sports presentations.

### Conclusions:

1. The proposed parkour training program had a positive effect on improving the skill of the among the research sample students.
2. There are statistically significant differences between the mean ranks of the pre- and post-measurements of the research sample in the skill of the forward salto tucked in favor of the post-measurement.

percentage improvement between the pre- and post-measurements of The (92.84%)the sample under research in the skill of the frontal cycle reached .This shows the enthusiasm of the proposed plan to improve the ability of cycles in the research sample

**Recommendations:**

**Considering the research results, the researcher recommends the following:**

3. Develop forward salto tucked skills for parkour practice at this age.
4. Use parkour exercises in youth centers and sports clubs to improve gymnastics competition.
5. Pay attention to the critical age of teenagers in terms of physical, abilities, and physiology



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### Abstract

The research aims to identify the impact of parkour training on the development of the skill of the forward salto tucked in gymnastics among students of the Physical education Faculty, University of Minia.

The researchers used the experimental curriculum with the experimental design of the single experimental group using the measurement (Pre-test – Post-test), the research community consists of students of the fourth-year gymnastics occupation at the Physical education Faculty at Minia University for the academic year 2018 / 2019, a number of (15) students, and the researcher selected the sample of research as a purposive sample consist of (8) students. To collect research data, the researchers used the forward salto tucked proficiency test in gymnastics.

One of the most important results was the proposed parkour training program had a positive impact on improving the skill of forward salto tucked of the students' research sample, and one of the most important recommendations was the use of parkour exercises for this age group to develop the skill of the forward salto tucked.

## ملخص الدراسة:

يهدف البحث إلى التعرف تأثير تدريبات البار كور على تطوير مهارة الدورة الهوائية الأمامية المكورة في رياضة الجمباز لدى طلبة كلية التربية الرياضية جامعة المنيا. استخدم الباحثون المنهج التجريبي بالتصميم التجريبي للمجموعة التجريبية الواحدة باستخدام القياس (القبلي - البعدي) لها، يتمثل مجتمع البحث في طلبة الفرقة الرابعة تخصص جمباز بكلية التربية الرياضية جامعة المنيا للعام الدراسي 2018 / 2019م والبالغ عددهم (15) طالب، وقد قام الباحث باختيار عينة البحث بالطريقة العمدية والبالغ قوامها (8) طلاب. ولجمع البيانات الخاصة بالبحث استخدم الباحثون اختبار مهارة الدورة الهوائية الأمامية المكورة في رياضة الجمباز. وكانت من أهم النتائج برنامج تدريبات الباركور المقترح أثر ايجابيا على تحسين مهارة الدورة الهوائية الأمامية المكورة لدى الطلاب عينة البحث ، وكانت من أهم التوصيات استخدام تدريبات الباركور لهذه الفئة العمرية لتنمية مهارة الدورة الهوائية الأمامية المكورة.