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The effect of training according to Delorm system on some physical abilities, skeletal muscles, and the amount of their inflation among young players in the game of weightlifting

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Abstract

The purpose of this paper isto prepare a training program according to the training method (Delorm), knowing the impact of the training program on the physical abilities and the surroundings of the body in question, and knowing the differences in the post and pre-tests for the physical research variables and body circumferences.The researcher used the experimental method for its suitability to solve the research problem.(10) players were selected in an intentional way from young players in weightlifting, their ages ranged between 25-28 years, and their average weights (76.3 kg) and average heights (190.4 cm), they underwent (2) players for the exploratory experiment and (8) players for the main experiment, all of them were subjected to the one-group experimental design.One of the most important results reached by the researcher is that:The training program and its training vocabulary have a clear impact on the ability of the research sample to continue in the bid and achieve the desired goal, the emergence of very good levels of increase in the values of arithmetic circles in the post-test of physical abilities, and contributed to the development of the level of the body's surroundings, which was reflected in the muscular prominence, and the use of various types of training aids related to the implementation of the program contributed to achieving and maintaining training requirements to achieve the required scientific and practical levels.One of the most important recommendations recommended by the researchers is that: Conducting this study on other samples, conducting a similar or related study and for other training variables, and compare this study with studies that use other training systems and different training samples.

Keywords: Delorm system, physical abilities, skeletal muscles.

Introduction:

Physical education is a measure of people's progress. Countries have sought to pay attention to the science of sports training. Thus, in recent years, the science of sports training has taken great strides forward, as the efforts of scientists in various fields of science related to sports, in general, have multiplied, and the study of the structure of the human body extends since ancient times. Its importance in the sports field has clearly emerged because of its impact in determining training programs and access to sporting achievement, as the countries of the world compete among themselves in sporting events to obtain medals in order to raise the name of that country, and here is often said about the sport of weightlifting, the sport of strength, health and beauty. And if we are close to

that or far away, then it is one of the activities that depend on strength, in which the art of intensity, size and repetitions that contribute to muscle enlargement or what is said about muscle prominence prevail, but this does not happen except by using scientific training methods in which the way in which intensity or strength is used is regulated. size or repetition, so weightlifters rely on their training basis on the organized exercise of each muscle of the body and what it needs to meet its goal by strengthening joints and For ligaments and muscles to contribute to reducing injury when moving from one training effort to another depending on the intensity of training and the type of training, This means that (the sport of weightlifting is unique in the positive effects left by the training method, which helps to increase the activity and effectiveness of the muscles) (Al-Qaisi. 1991). According to the foregoing, the importance of the research came in adopting training according to the Delorm system to increase the ability of the muscles from a physical point of view in addition to the muscular prominence in order to break the deadlock suffered by most weightlifters, as the change in methods of lifting in such a duty is required to achieve the supreme goal that it sets. The coach to achieve an Olympic or international medal, the purpose of which is to raise the country's name high in the list of countries that sponsor such events.

Research problem:

It is extremely important to achieve the goals of sports training to reach a good understanding of muscle structure and functions because when knowing how muscles are formed and how they work and respond to muscle lifting exercises, makes it possible to develop a program that suits the needs of players, hence the research problem, which relied on simulation The trainer uses a modern training method to develop his physical abilities and achieve the desired muscular prominence based on measuring the circumference of the muscles, in addition to supplying our libraries with such research for the continuity and sustainability of training sciences to achieve the ultimate goal, which is to reach the achievement or high training level..

Research objective:

- Prepare a training program according to the training method (Delorm).
- Knowing the impact of the training program on the physical abilities and the surroundings of the body in question.
- Knowing the differences in the post and pre-tests for the physical research variables and body circumferences.

Research hypotheses:

- The training program has an impact on the physical abilities and the surroundings of the body, which is the subject of the research.
- There are statistically significant differences in the research variables in the post-tests among the research sample

Research fields:

- Human field: Sample of youth weightlifting players
- Time field: (19/12/2019) to (10/3/2020)
- Spatial field: Fitness and Weightlifting Hall Baghdad - Rusafa

Research methodology and field procedures:

Research Methodology:

The researcher used the experimental method for its suitability to solve the research problem.

Community and sample research:

(10) players were selected in an intentional way from young players in weightlifting, their ages ranged between 25-28 years, and their average weights (76.3 kg) and average heights (190.4 cm), they underwent (2) players for the exploratory experiment and (8) players For the main experiment, all of them were subjected to the one-group experimental design.

Tools and means of collecting information and devices used:

- Observation and experimentation.
- Information form.
- Arab and foreign sources.
- A computer (Laptop).
- Height and weight measuring device.
- Body circumference measuring tape.
- The fitness room.
- Weights of different weights.
- Regular iron bar, weighing (20) kg.
- Multi-purpose weight device (Multegim).

Body measurements: (circumferences)

It was measured by using a tape measure for all the selected bodily variables to identify the level of change in (upper arm circumference, chest circumference, thigh circumference, and calf circumference).

First: Strength tests.

A- Strength test of the muscles of the chest, shoulders and arms (bench press) up to fatigue. (Al Harhouri. 1994).

- The objective of the test: to measure the length of force of the muscles of the chest, shoulders and arms.
- Tools: flat table + iron bar, weighing (20) kg, chenille type of German origin.
- Recording: calculating the repetitions until the effort is exhausted.

B - The test of sitting from lying down from a position with the knees bent until exhaustion of effort (Ratib and AbdRabbo. 1998):

- Objective of the test: To measure the length of the strength and endurance of the abdominal muscles of the trunk.
- Tools: a tool for fixing the legs, a stopwatch.

Recording: Calculates the number of correct performance times until the effort is exhausted.

C - The test of standing and carrying the weight on the shoulders behind the neck (back squatting) bending and extending the legs until exhaustion of the effort (Allawi and al-Din Radwan. 1982):

- The objective of the test: to measure the elongation and endurance of the muscles of the legs during the movement of the complete descent down and then rise.
- Tools: Iron bar weighing (20) kg, chenille type of German origin, iron discs of various weights (2.5, 5, 10, 15, 20) kg, iron suspenders.
- Recording: The test is performed strongly (50%) and records the largest number of repetitions until the effort is exhausted.

Second: Strength Characteristic speed:

A- Pressure test from lying on a flat bench (bench press) (Al Harhouri. 1994):

- The objective of the test: To measure the characteristic strength of the muscles of the chest, shoulders and arms.
- Tools: platform + iron bar, chenille type, of German origin.
- Recording: The repetition is calculated in (10) seconds.

B - The test of sitting from lying down during (10) seconds of bending the knees position (Hassanein. 1987):

- The objective of the test: to measure the speed characteristic of the muscles of the trunk and abdomen.
- Tools: a stopwatch, a tool for fixing the legs.
- Recording: records the number of times within (10) seconds.

C - standing test and carrying a weight on the shoulders behind the neck (back squatting) bending and extending the legs to measure the speed characteristic of the muscles of the legs (10) second (Abbas. 2005):

- The objective of the test: to measure the speed characteristic of the muscles of the legs during the downward movement and then the full rise.
- Tools: Iron bar weighing (20) kg, chenille type of German origin, iron discs of various weights (2.5, 5, 10, 15, 20) kg, iron brackets.
- Recording: the largest number of repetitions within (10) seconds.

Third: Maximum strength tests:

A- Pressure test from lying on a flat bench (bench press) (Muhammad. 1986):

- Objective of the test: To measure the maximum strength of the muscles of the chest, shoulders and arms.
- Tools: Iron bar weighing (20) kg, chenille type of German origin, iron discs of various weights (2.5, 5, 10, 15, 20) kg, iron brackets.
- Registration: The test is performed only once, and the maximum possible weight is recorded.

B- Dead left pull test with the extension of the legs to measure the maximum strength of the trunk muscles (Allawi and al-Din Radwan. 1982):

- The objective of the test: to measure the maximum strength of the muscles of the trunk.
- Tools: Iron bar weighing (20) kg, chenille type of German origin, iron discs of various weights (2.5, 5, 10, 15, 20) kg.
- Recording: The test is performed once, and the maximum weight lifted is recorded.

C - Standing test and carrying the weight on the shoulders behind the neck (back squatting) bending the legs and extending them for one time to measure the maximum strength of the muscles of the legs (Allawi and al-Din Radwan. 1982):

- Objective of the test: To measure the maximum strength of the muscles of the chest, shoulders and arms.

- Tools: Iron bar weighing (20) kg, chenille type of German origin, iron discs of various weights (2.5, 5, 10, 15, 20) kg, iron suspenders.
- Registration: The test is performed only once, and the maximum possible weight is recorded, as it is carried out once with the maximum load.

Exploratory experience:

This experiment was conducted on December 19, 2019, at five in the afternoon, on a sample of (2) players who were randomly selected from the research community. The aim of this experiment was:

- Knowing the potential of the auxiliary work team.
- Knowing the time required to perform the tests.
- The possibility of applying the tests and the duration of each test for the tests placed in the research.
- Adequacy of the equipment and tools needed to perform the tests.
- Override the errors that may occur in the main experiment.

Pre-tests:

The pre tests were conducted for a period of three days in the period from 20-22/12/2019 according to three main stations:

First: Wednesday 20/12/2019 included body circumference tests + strength stretching tests.

Second: Thursday, December 21, 2019 included strength tests distinguished by speed.

Third: Friday December 22, 2019 included the implementation of maximum strength tests.

Training program :

In order to achieve the objectives of the research, the researcher has developed a training program that includes several procedures, the most important of which are.

- Emphasis on the readiness of the research sample towards implementing the training program vocabulary regularly.
- Emphasis on the health aspect of the research sample and they all confirmed that they are not infected with any of the diseases.
- The program implementation period is ten weeks, starting from Saturday 23/12/2019 and ending on Wednesday 7/3/2020.
- The program was implemented at a rate of (4) training units per week, which included the vocabulary of the training program.
- The time of the training unit (60-70 minutes).
- Intensity, comfort and size were dealt with by applying the ripple in the load, as the researcher used the ripple according to the principle (1-3), as he states (Fattah. 1997): “Using the ripple principle leads to better resultsone pace or one level" (Fattah. 1997).
- The researcher relied on obtaining the intensity of one exercise through (best achievement x 100/required intensity).
- The researcher used low and high-intensity interval training to implement the training requirements.

Post-tests:

The post-tests were conducted for the research sample for a period of three days and on 8-10/3/2019, and the researcher followed the same conditions, requirements and procedures for the pre-tests in terms of time, place, tests, and tools and the assistant work team staff.

Statistical methods: The search data was processed through the Statistical Package for the Social Sciences (SPSS).

Results and discussion:

Presentation and analysis of the results of physical abilities and physical measurements of the research sample:

Table (1) shows the results of the research sample in the pre and post-tests in physical abilities

Variables	Name test	Pre-test		Post-test		arithmetic mean of difference	standard deviation of differences	T value calculated	Level Sig	Type Sig
		Arithmetic mean	Standard deviation	Arithmetic mean	Standard deviation					
Strength tests	Bench press (two arms)	34.40	1.505	41.5	1.779	7.10	0.406	19.45	0.00	Sig
	stability sitting (torso, abdomen)	40.10	2.33	49.8	3.259	9.70	0.597	16.242	0.00	Sig
	Back squat (legs)	29.20	0.788	36.20	1.135	7.0	0.333	21.0	0.00	Sig
Strength Characteristic speed	Bench press (two arms)10 sec	15.90	0.737	21.0	1.54	5.10	0.348	14.655	0.00	Sig
	stability sitting (torso, abdomen) 10 sec	12.20	0.788	19.50	1.433	5.30	0.260	20.358	0.00	Sig
	Back squat (legs)10 sec	12.50	1.433	19.50	1.840	5.0	0.258	19.365	0.00	Sig
Maximum strength tests	Bench press (two arms)	88.50	1.619	93.60	1.646	5.40	0.371	14.548	0.00	Sig
	stability sitting (torso, abdomen)	112.90	0.737	121.0	1.333	8.10	0.433	18.692	0.00	Sig
	Back squat (legs)	112.90	0.994	121.10	1.197	8.20	0.326	25.107	0.00	Sig

Table (1) shows the results of the physical abilities tests of the research sample in the pre and post-tests, as the results showed that there were significant differences in favor of the results of the post-test. 1.505), while in the post-test, the arithmetic mean of the same variable was (41.5) with a standard deviation (1.779), while the arithmetic mean of difference (7.10) and the value of standard deviation of differences (0.406). It is (19.45) and the statistical significance is (0.00), and because it was less than (< (0.05), this indicates that the difference is significant and in favor of the post-test.

The value of the arithmetic mean of the pre-test for the length of the strength of the trunk and abdomen (sitting from lying) was (40.10), with a standard deviation of (2.33), while in the post-test, the arithmetic mean of the same variable was (49.8) and with a standard deviation (3.259), while the arithmetic mean of difference was (9.70) and the value of standard deviation of differences (0.597), and when statistical treatment to obtain the calculated (T) value, it turned out to be (16.242) and statistical significance (0.00), and because it was less than (< 0.05), this indicates that the difference is significant and in favor of the post-test.

The value of the arithmetic mean of the pre-test for the length of the force of the two legs (posterior burs) was (29.20), with a standard deviation of (0.788), while in the post-test, the arithmetic mean of the same variable was (36.20) with a standard deviation (1.135), while the arithmetic mean of difference was (7.0). In addition, the value of standard deviation of differences (0.333), and when statistical treatment to obtain the calculated (T) value, it was found to be (21.0) and statistical significance (0.00), and because it was less than (< 0.05), this indicates that the difference is significant and in favor of the post-test.

Strength Characteristic speed With regard to the three variables (arms, torso, and legs), the arithmetic mean value of the pre-test for the speed characteristic of the two arms (benchpress 10 sec) was (15.90) with a standard deviation of (0.737), while in the post-test the arithmetic mean for the same variable was (21.0). And with a standard deviation (1.54), while the arithmetic mean of difference was (5.10) and the value of standard deviation of differences (0.348), and when statistical treatment to obtain the calculated (T) value, it was found that it was (14.655) and the statistical significance (0.00) and because it was less than (<< (0.05, this indicates that the difference is significant and in favor of the post-test.

The value of the arithmetic mean in the pre-test Strength Characteristic speed of the trunk and abdomen (sitting from lying 10 seconds) was (12.20) with a standard deviation of (0.788), while in the post-test, the arithmetic mean for the same variable was (19.50) and with a standard deviation (1.433), while the arithmetic mean was of difference (5.30) and the value of standard deviation of differences (0.260), and when statistical processing to obtain the calculated (T) value, it was found to be (20.358) and statistical significance (0.00), and because it was less than (< (0.05), this indicates that the difference is significant and in favor of Post-test.

The value of the arithmetic mean of the pre-test Strength Characteristic speed of the two men (posterior dimple 10 s) is (12.50) with a standard deviation of (1.433), while in the post-test the

arithmetic mean of the same variable was (19.50) with a standard deviation of (1.840), while the arithmetic mean of difference was (5.0) and the value of standard deviation of differences (0.258), and when statistical treatment to obtain the calculated (T) value, it was found to be (19.365) and statistical significance (0.00), and because it was less than (< (0.05), this indicates that the difference is significant and in favor of the post-test.

In the maximum strength and for the three variables (arms, torso, legs) the arithmetic mean value of the pre-test for maximum strength with arms (Beng Press) was (88.20) with a standard deviation of (1.619), while in the post-test the arithmetic mean for the same variable was (93.60) with a deviation of (93.60) standard (1.646), while the arithmetic mean of difference was (5.40) and the standard deviation of differences value (0.371), and when statistical processing to get the calculated (T) value, it was found that it was (14.548) and statistical significance (0.00) and because it was less than (< (0.05, this indicates that the difference is significant and in favor of the post-test.

The value of the arithmetic mean of the pre-test for the maximum strength

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trunk (deadlift) was (112.90), with a standard deviation of (0.737), while in the post-test, the arithmetic mean of the same variable was (121.0) with a standard deviation (1.333), while the arithmetic mean of difference was (8.10).) and the value of standard deviation of differences (0.433), and when statistical treatment to obtain the calculated (T) value, it was found to be (18.692) and statistical significance (0.00), and because it was less than (< 0.05), this indicates that the difference is significant and in favor of the post-test.

The value of the arithmetic mean of the pre-test for the maximum strength of the two legs (back squatting) was (112.90), with a standard deviation of (0.994), while in the post-test, the arithmetic mean of the same variable was (121.10) with a standard deviation of (1.197), while the arithmetic mean of difference was (8.20).) and the value of standard deviation of differences (0.326), and when statistical treatment to obtain the calculated (T) value, it was found to be (25.107) and statistical significance (0.00), and because it was less than (< (0.05), this indicates that the difference is significant and in favor of the post-test

Table (2)shows the results of the research sample in the pre and post-tests in body measurements

Bodymeasurements	measuring unit	Pre-test		Post-test		arithmetic mean of difference	standard deviation of differences	T value calculated	Level Sig	Type Sig
		Arithmetic mean	Standard deviation	Arithmetic mean	Standard deviation					

humeral circumference	cm	35.0	1.154	41.40	1.074	6.40	0.452	14.154	0.00	Sig
chest circumference	cm	89.90	1.523	94.60	1.074	4.70	0.335	14.030	0.00	Sig
thigh circumference	cm	49.60	1.505	54.60	1.264	5.0	0.333	15.0	0.00	Sig
Circumference of the foot	cm	30.0	1.414	37.0	0.942	7.0	0.447	15.652	0.00	Sig

It is clear from Table (2) that the arithmetic mean of the circumference of the humerus muscle in the pre-test was (35.0) with a standard deviation of (1.154), while in the post-test, the arithmetic mean of the same variable was (41.40) and with a standard deviation (1.074), while the arithmetic mean of difference was (6.40) and the value of standard deviation of differences (0.452), and when statistical treatment to obtain the calculated (T) value, it turned out to be (14.154) and statistical significance (0.00), and because it was less than (< 0.05), this indicates that the difference is significant and in favor of the post-test.

The arithmetic mean of the circumference of the chest muscle in the pre-test was (89.90) with a standard deviation of (1.523), while in the post-test the arithmetic mean of the same variable was (94.60) and with a standard deviation (1.074), while the arithmetic mean of difference (4.70) and the value of standard deviation of differences (0.335) and when statistical treatment to obtain the calculated (T) value, it was found to be (14.030) and statistical significance (0.00), and because it was less than (< 0.05), this indicates that the difference is significant and in favor of the post-test.

The arithmetic mean of the circumference of the thigh muscle in the pre-test was (49.60) with a standard deviation of (1.505), while in the post-test, the arithmetic mean of the same variable was (54.60) with a standard deviation (1.264), while the arithmetic mean of difference (5.0) and the value of standard deviation of differences (0.333) and when statistical treatment to obtain the calculated (T) value, it was found that it was (15.0) and statistical significance (0.00), and because it was less than (< 0.05), this indicates that the difference is significant and in favor of the post-test.

The arithmetic mean of the circumference of the calf foot in the pre-test was (30.0) with a standard deviation of (1.414), while in the post-test it was the arithmetic mean of the same variable (37.0) with a standard deviation (0.942), while the arithmetic mean of difference was (7.0) and the standard deviation value

of differences (0.447) and when statistical treatment to obtain the calculated (T) value, it was found that it was (15.652) and statistical significance (0.00), and because it was less than (< 0.05), this indicates that the difference is significant and in favor of the post-test.

Discuss the results of the research sample in the pre and post-tests in physical abilities and anthropometric measurements.

Through the previous presentation to analyze the significance of differences in physical abilities and anthropometric measurements in the tribal and remote tests, which showed that there are significant differences between the results of the pre and post-tests for all research variables and in favor of the post-test, the researcher attributes the reason for these moral differences to the effectiveness of the training program, which included vocabulary and a modern method to influence the physical abilities and muscular prominence depending on the surroundings of the body. The number of muscle fibers involved in muscle contraction will increase, and muscle results when performing movements will increase accordingly (Hassanein.1997).Therefore, the researcher worked to increase the individual's ability to exert a continuous physical effort with the presence of resistance on the concerned muscle group for the longest possible period (Shaghati. 2011).And just as the researcher relied here in their training program on the strength of the force, they also depended on the maximum strength and the force characterized by the speed in order to raise the degree of adequacy of the organic organs in resisting fatigue under extreme and under extreme stresses and to maintain the required level of special speed in sports activities (Reda and Kazem.2013).This helped in the development of the neuromuscular activity, which also contributed to the adaptation of the nervous system to the speed of decision-making, improving the work of receptors and neurotransmitters, increasing the neuromuscular compatibility within the muscle and increasing the frequency of nerve impulses to excite the muscle at high speed (Wilmore.T.H.Resitonce.1994).According to what was mentioned, the researcher, who relied on a new method in training, is the Delormmethod, which depends on performing the maximum work that the individual can raise, then the method of groups is used for that repetition and according to the ability to streamline training from (50% - 75% - 100%) from the maximum ten Iterations, and this means that the researcher deliberately not only coordinates in determining the intensity, but rather coordinates between different types of muscle strength training according to the nature and type of muscular contraction, and this is what weightlifting players need, which is within the correct planning process to achieve the goal of developing muscle strength and according to testing the best training systems with The possibility of avoiding the negatives resulting from training.

Conclusions and Recommendations:

Conclusions:

Through the objectives of the study and according to the presentation and discussion of the results, the researcher reached the following conclusions:

- The training program and its training vocabulary have a clear impact on the ability of the research sample to continue in the bid and achieve the desired goal.

- The emergence of very good levels of increase in the values of arithmetic circles in the post-test of physical abilities, and contributed to the development of the level of the body's surroundings, which was reflected in the muscular prominence.
- The use of various types of training aids related to the implementation of the program contributed to achieving and maintaining training requirements to achieve the required scientific and practical levels.

Recommendations:

Through the presented conclusions, the researcher recommends the following:

- Conducting this study on other samples.
- Conducting a similar or related study and for other training variables.
- Compare this study with studies that use other training systems and different training samples.

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Appendix (1)

Shows models of the training units of the training program.

First-month model First week - second training unit.

Plan sections	No.	exercise name	Time exercise	exercise intensity	Repetition of exercise	Rest between exercises	Rest between sets
preparatory	1	General and specific exercises	10min	50%	-	-	-
main	2	Half bar squat	15sec	50%	10	30sec	2min
	3	Sitting iron traps					
	4	Bench Press Reclining Machine					
	5	Curl arm dumbbells standing					
	6	golf machine standing					
	7	Abdominal muscle exercise machine					
concluding	8	Calming and prolonging	5min	-		-	-

Model of the second month - the fifth week - the eighteenth training unit

Plan sections	No.	exercise name	Time exercise	exercise intensity	Repetition of exercise	Rest between exercises	Rest between sets
preparatory	1	General and specific exercises	10min	50%	-	-	-
main	2	Half bar squat	20sec	70%	10	60sec	3min
	3	Sitting iron traps					
	4	Bench Press Reclining Machine					
	5	Curl arm dumbbells standing					
	6	golf machine standing					
	7	Abdominal muscle exercise machine					

concluding	8	Calming and prolonging	5min	-		-	-

The first month model, the seventh week - the twenty-seventh training unit.

Plan sections	No.	exercise name	Time exercise	exercise intensity	Repetition of exercise	Rest between exercises	Rest between sets
preparatory	1	General and specific exercises	10min	50%	-	-	-
main	2	Half bar squat	25sec	85%	10	90sec	4min
	3	Sitting iron traps					
	4	Bench Press Reclining Machine					
	5	Curl arm dumbbells standing					
	6	golf machine standing					
	7	Abdominal muscle exercise machine					
concluding	8	Calming and prolonging	5min	-		-	-