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 جامعة سوهاج كلية التربية الرياضية

انشطة وتطبيقات عملية ونظرية في

 الليــاقـــة البـدنيــة

الفـرقة الثالثة

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| **الاســــم** |  |
| **الشعبة** |  |
| **التخصص** |  |
| **الدرجـــة** |  |

**2016م**

**السؤال الاول : تعتبر العبارات التالية بمثابة نقطة تحول هامة فى تاريخ اللياقة البدنية اذكر هذه العبارات؟**

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**السؤال الثانى اذكر الرياضات المشارك بها الممتخب المصرى فى دورى الالعاب الباراولمبية للمعاقين ثم اشرح تاثير اللياقة البدنية على تحسين عنصر القوه العضلية على ذوى الاحتياجات الخاصة ؟**

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**السؤال الثالث : عرف الحمل التدريبى ثم أذكر أنواعه ؟**

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**السؤال الرابع: كيفية تنمية عنصر المرونه ؟**

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**السؤال الخامس: عرف حجم الحمل التدريبى وكيفية قياسة** **؟**

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**السؤال السادس لاعب وثب طويل رقمه 14م احسب شدة الحمل عند70% و90% مع حساب معدل النبض المرتبط بكل شدة ؟**

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**السؤال السابع: لاعب قدرته القصوي على دفع ثقل 170 كجم قم بوضع تصور لتقنين حمل التدريب لهذا اللاعب ؟**

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**. السؤال الثامن: عرف عنصر السرعه ثم وضح المراحل الفنية لهذا العنصر ؟**

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**السؤال التاسع: كيفية حساب مستوى حمل التدريب للاعبى الالعاب الجماعية ؟**

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**السؤال العاشر: كيفيه التحكم فى شدة الحمل مع ذكر أمثله تطبيقه لذلك ؟**

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**السؤال الحادى عشر:**  **تناول العلاقات التى تربط مكونات حمل التدريب** ؟

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**السؤال الثانى عشر كيفية حدوث عملية التكيف مع الاحمال التدريبة؟**

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**السؤال الثالث عشر: الراحة من المكونات الرئيسية لحمل التدريب وضح كيفية التحكم فيها لتقنين حمل التدريب ؟**

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**السؤال الرابع عشر:يختلف توزيع درجات الحمل تبعا لطبيعة ألنشطة الرياضية وضح هذة العبارة؟**

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**السؤال الخامس عشر: كيفية حساب معدل ضربات القلب أثناء فترة الاداء البدني بصفة عامه؟**

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**السؤال السادس عشر: وضح أهم خصائص فترة الاعداد الخاص؟**

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 **السؤال السابع عشر : كيفية تنمية التحمل الدورى التنفسى باستخدام اسلوب الفارتلك ؟**

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 **السؤال الثامن عشر: علاقة مستويات شدة مثير التدريب وكل من النبض واستهلاك الاكسوجين بعد مجهود ؟ ..........................................................................................**

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**السؤال التاسع عشر: تناول اختبار لقياس السرعه الانتقالية ؟**

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**السؤال العشرون: قم بوضع اختبارات لقياس التحمل العضلى لمختلف عضلات الجسم ،وطرق حسابها** ؟

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**الحادى والعشرون: اذكر من خلال حضورك لمحاضرات اللياقة البدنية مدى الاستفادة العملية والنظرية من هذة المادة ؟** ..........................................................................................................................................................................................

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