**Ministry of Higher Education and**

**Scientific Research  
      University of Al Qadissiya   
   College of Physical Education**

**The training effect in decreasing or increasing of oxygen on lend on the physiological variables and achievment on 5000 meters swimmers ages from (16-18) years**

The Dissertation Submitted by

**Ammar Ali Ismail Al-Timimy**

A thesis submitted to the council of the collage of physical education – University of Al Qadissiya as a partial of doctor degree in physical education

**Supervisors**

**prof. Ahmad Abdul Zahra Abdulla**

2015 AD 1436 H

**The training effect in decreasing or increasing of oxygen on lend on the physiological variables and achievment on 5000 meters swimmers ages from (16-18) years**

**Recercher supervisor**

**Ammar Ali Ismail prof. Ahmad Abdul Zahra**

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thesis Included five chapters, the first chapter included definition of research and the introduction and the importance of research, and its importance in researches in the physiology field of sports for the development of sports and awareness to evaluate athletic performance, and also included talk of oxygen and provided methods in the body and the method of inhaling oxygen to compensate for the shortfall in the proportion of oxygen the body of environmental pollution as well as during the performance. As the swimming game one of sports that require extra effort in order to resist the water in the swimming pool, the swimmer needs extra energy to achieve higher levels of achievement on the athletic level.

     The problem research it was finding different ways to provide the amount of oxygen as inventory in the body to take advantage of it to save energy when performing the sport of swimming that require additional effort compared to the efficiencies of other, as well as the comparison between the two shortage or the increase in oxygen during training, whichever is more effect in a number of physiological variables appropriate to the nature of the research, whichever is the fastesthealing swimmer.

**The research aims to:**

1- to identify any methods (Alheiboxk or increase oxygen) affect in some physiological variables (red blood cells, Alimoklopan, the proportion of oxygen in blood, lactic acid, amplitude pneumoniae, the number of times breathing, maximum oxygen consumption, the heartrate at rest and after effort ).

2- Identify any methods (Alheiboxk or increase oxygen) in providing the most percentage of oxygen in the body storage.

3- Identify wich way faster in recovery in achievement of 5000m swimming.

**The most important research hypotheses: -**

1, There were statistically significant differences between the two methods in effect in some physiological variables and the healing speed and accomplishment to the long-distance for youth of Maysan province swimmers.

**The areas of research were: -**

Simple research: Maysan province youth swimmers team for long-distance swimming.

Place of research: Physiological Laboratory and the health of the Faculty of Physical Education at University of Missan and Tigris River in Missan provance .

Research period: 03/07/2013 to 08/20/2014.

**The second chapter: -**

Has included theoretical studies and similar

**The third chapter: -**

Has included research methodology and procedures of the field, as the researcher used the experimental method in solving the problem of the research, the research community has either specify Maysan province youth swimmers team to long-distance.

**Chapter four:** Included Showing and analyzed then discussed results through the use of appropriate statistical methods.

**The fifth chapter:** included conclusions and recommendations:

**conclusions: -**

1- Alheiboxa training merthod and increase oxygen has a positive effect bitter than usual training methods training and the other as nature of the event.

2- Alheiboxa training has a positive effect is better than increasing the oxygen and without it.

3- To training swimmers increase oxygen has positive effect better than training without it.

**Recommendations: -**

1- Used Alheiboxk training method to positively impact on a number of physiological variables and achevment.

2- have to used increase oxygen training to its positive effect on a number of physiological variables and recovery and achevment.

3- Used increase oxygen method it give comfort and continuity of activity and public endurance athletes.