

The Effect of Using Water Wireless Aqua Com System on the Development of Dolphin Kick Movements on the Female Swimming Team at the Faculty of Physical Education

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Abstract : The study's goal was to see how the use of water wireless Aqua Com System and its accompanying music affected the Female Swimming Team at the Faculty of Physical Education's development of dolphin kick movements. To that end, a training program consisting of (12) training units spread out over four weeks, three units per week, was created and applied to a study sample of (10) students from the swimming pool enrolled in the first semester of the academic year 2022. Pre-measuring and timing the movements of dolphins kicking with and without fins above and below, measuring the water's surface over a distance of 25 meters. The results showed that there are statistically significant differences in favor of telemetry from the start within the limits of the area specified for a distance of 15 m after the comparison between the pre and post-measurement using the test (T) of the double samples, and this indicates the impact of the training program using the Aqua Com System in the swimming team(Female) at Faculty of Physical Education, and in light of this a set of recommendations was developed.

Keywords : aqua com system training program, accompanying music, dolphin kick movements, swimming team female

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