

The Effect of Relaxing Exercises in Water on Endorphin Hormone for the Beginner in Swimming

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Abstract : Introduction: Athletic Training has its essentials, rules, and methods that help individual in reaching the maximum possible athletic level during the exercised physical activity, therefore; it is important for those working in athletic field to recognize and understand what is going on inside our bodies. This will show the close relationship between physiology and athletic training as the science that explains the various changes that happen to respond to the practice of physical activities. Swimming is one of the water sports that play a major role in influencing the full compatibility of body parts and its systems during the practice of different swimming methods, which uses aqueous to move. It is the initial nucleus in swimming learning and through which the beginner gain a sense of security, safety and the ability to move in aqueous by learning basic skills. Research Methodology: The researcher used the experimental methodology by using pre and post measurement on two equal groups (experimental - control) because it is appropriate for the research. Conclusions: Through the results and information found by the researcher, and in light of the related studies, theoretical readings and the statistical treatments of data; the researcher reached the following conclusions: 1. Muscle relaxation exercises have a positive effect on performance level in crawl swimming and on endorphin hormone as it helps in increasing its normal rater in body, the improvement percentage for experimental group in the relaxation ability, level of endorphin hormone exceeds those of control group. 2. The validity of muscle relaxation exercises proposed for the application, which achieved its objectives, namely increasing the level of endorphin hormone in the body; where research results showed a statistically significant difference in the level of endorphin hormone in favor of the experimental sample.

Keywords : beginners, endorphin hormone, relaxing exercises, swimming

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