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وزارة التعليم العالي والبحث العلمي

جامعة طرابلس



## ملخصات المنشورات العلمية

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### كلية التربية البدنية

Faculty of Physical Education & sport Sciences

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## الاحتياجات التدريبية لأعضاء هيئة التدريس بكلية التربية البدنية وعلوم الرياضة جامعة طرابلس لأعداد البرامج التعليمية والمقررات الدراسية وفق متطلبات جودة التعليم الجامعي

زكية إبراهيم أحمد كامل، كمال رمضان الاسود، وناجي قاسم سلامة  
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تواجه التربية على مستوى العالم تحديات متعددة ومتسارعة وذلك نتيجة للتغيرات الهائلة في المعارف والمعلومات والتكنولوجيا ونظم الاتصالات ، مما جعل من عناصر المنافسة والجودة والتميز أهم مقومات القوة في العالم ، وتتطلب هذه التحديات مراجعة شاملة لمنظومة التعليم في معظم الدول المتقدمة والنامية باعتبارها أحد محددات إنتاجية التقدم والتنمية المجتمعية ومحور الأمن لأى مجتمع ، ولن يتأتى ذلك إلا بارتفاع معدلات الجودة في التعليم .ولقد أصبحت جودة التعليم الجامعي حديث الساعة حيث تذكر سماح عبد الوهاب (2007) أن تقارير المنظمات العالمية تؤكد على ضرورة إعادة النظر في فلسفة التعليم الجامعي مع التأكيد على أهمية تحقيق أفضل جوده في البرامج التعليمية والمقررات الدراسية ومخرجاتها التعليمية التى تؤدي إلى تحسين شخصية المتعلمين وتوفير فرص العمل المناسبة لهم وأكتسابهم مهارات العمل العام وخدمة المجتمع.ولقد حددت عناصر الجودة ومفاتيح التميز في التعليم بشكل عام كما يراها حازم عيسى ورفيق عبد الرحمن (2010) فى أربعة أساسيات هى :-

- فلسفة التعليم وغاياته وأهدافه الإستراتيجية .
- مناهج التعليم وطرائقه وتقنياته .
- كفايات العاملين فى قطاع التعليم خاصة المعلمين .
- عمليات وأساليب وأدوات التقييم التى تقيس مدى تحقيق الأهداف المنشودة .

## دور الإدارة المدرسية في تطوير المنهج المدرسي بمرحلة التعليم الأساسي وأثره على العملية التعليمية بمنطقة قصر بن غشير

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من السمات البارزة لعصرنا الحديث الاهتمام بزيادة الإنتاج واتخاذ كافة الوسائل التي من شأنها أن تساعد على زيادة إنتاجية الأفراد أو الجماعات أو المؤسسات سواء كانت في مجال الصناعة أو الزراعة أو التعليم أو غير ذلك من مجالات العمل والإنتاج وتسيير الأهداف والإدارة الحكيمة السليمة وفي عالمنا المعاصر حيث تزداد المعلومات تسارعاً وتجديداً نجد الإدارة بما تشمله من تخطيط وتنظيم وتنسيق واتصال لبدلها من مواكبة العصر ولم تعد قوة الأمم فيما بينها وتفخر أو تخترنه من معارف ومعلومات إنما في كيفية السيطرة على هذه المعارف والمعلومات وكيفية اختصار المسافة بين ظهورها وتطبيقها ومدى تداولها ونشرها والإفادة منها .



## **Does some of physiotherapy and rehabilitation programs improve the health state of patients suffering from cerebral clot?**

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Cerebral stroke represents one of the most important diseases resulting from blood clot in the middle cerebral artery, this is due to atherosclerotic clot and the brain has area of deprived blood, therefore blood becomes unable to pass the clot, in this case leads to total or partial paralysis. Rehabilitation programs are one of the most effective therapies for cerebral stroke. These programs include rehabilitation exercises, therapeutic massage and kinetotherapy. The present study deals with the application of organized rehabilitation program and identify its effect on the movement system and joints. This study was examined the effect of rehabilitation program to improve the efficiency of the Locomotor system of patient who complain of cerebral stroke. In the last few years, there are several kinds of physical and rehabilitation exercises related to human medicine as a means of effective treatment for some chronic diseases.



## Diurnal changes in sleep, food and fluid intakes, and activity during Ramadan

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Thirty-one subjects (14 males, 17 females; age 18-70 years) were investigated on eight occasions at weekly intervals, covering the two weeks before and after Ramadan, and the four weeks of Ramadan. Subjects were required to answer a questionnaire five times per day-at sunrise (about 07:00 h), 10:00 h, 14:00 h, at sunset (about 18:30 h), and on retiring. The questionnaire requested information about whether or not subjects had slept, eaten or drunk, and the reasons for making these choices. In addition, subjects were asked to state the amount of physical, mental and social activity they had engaged in, how sleepy they felt. And how much physical and mental activity they felt able to engage in. The analysis compared results from the mean of the four control weeks with the mean of the four Ramadan weeks. During Ramadan, food and fluid intake in the daytime (between sunrise and sunset) was essentially zero, and this was compensated for in the hours before sunrise and particularly after sunset. Reasons for drinking or eating were less likely to be due to thirst or hunger than on control days, and indicated preparations for, or recovery from, the period of fasting. Reasons given for abstinence were religious prohibition rather than lack of thirst or hunger. Sleep was altered in Ramadan, and daytime sleepiness increased. More naps were taken in the first pair of the daytime (sunrise - 10:00 h), the reason cited for this often being to catch up on lost sleep. The amounts of physical, mental and social activity performed in the daytime decreased in Ramadan. But there were also significant increases in these activities after sunset. The amount of physical and mental activity that individuals felt able to engage in was closely matched to that which they had actually performed. We conclude that the daytime fasting required during Ramadan produced changes to many aspects of the subjects' lifestyle. Including sleep patterns and activity, in addition to the complete absence of food and fluid intake. These changes extended beyond the fasting period itself, into the first and last parts of the waking day. There was also evidence that the subjects changed their lifestyle and responses to subjective desires for sleep, food and drink, in order to ameliorate any negative effects of Ramadan.



## Effects of Length of Time of Fasting Upon Subjective and Objective Variables When Controlling Sleep, Food and Fluid Intakes

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Ramadan requires individuals to abstain from food and fluid intake between sunrise and sunset; physiological considerations predict that poorer mood, physical performance and mental performance will result. In addition, any difficulties will be worsened because preparations for fasting and recovery from it often mean that nocturnal sleep is decreased in length, and this independently affects mood and performance. A difficulty of interpretation in many studies is that the observed changes could be due to fasting but also to the decreased length of sleep and altered food and fluid intakes before and after the daytime fasting. These factors were separated in this study, which took place over three separate days and compared the effects of different durations of fasting (4, 8 or 16 h) upon a wide variety of measures (including subjective and objective assessments of performance, body composition, dehydration and responses to a short bout of exercise) - but with an unchanged amount of nocturnal sleep, controlled supper the previous evening, controlled intakes at breakfast and daytime naps not being allowed. Many of the negative effects of fasting observed in previous studies were present in this experiment also. These findings indicate that fasting was responsible for many of the changes previously observed, though some effect of sleep loss, particularly if occurring on successive days (as would occur in Ramadan) cannot be excluded.

**Keywords:** Drinking, Eating, Mental Performance, Physical Performance, Social Activity, Blood, Sleepiness.

<http://waset.org/publications/9998660/effects-of-length-of-time-of-fasting-upon-subjective-and-objective-variables-when-controlling-sleep-food-and-fluid-intakes->





## Developing Methods for Studying Static and Dynamic Balance

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Static and dynamic balance are essential in daily and sports life. Many factors have been identified as influencing static balance control. Therefore, the aim of this study was to apply the (XCoM) method and other relevant variables (CoP, CoM,  $F_h$ , KE, P, Q, and, AI) to investigate sport related activities such as hopping and jumping. Many studies have represented the CoP data without mentioning its accuracy so several experiments were done to establish the agreement between the CoP and the projected CoM in a static condition. 5 healthy male were participated in this study (Mean  $\pm$  SD:- age 24.6 years  $\pm$  4.5, height 177 cm  $\pm$  6.3, body mass 72.8 kg  $\pm$  6.6). Results found that The implementation of the XCoM method was found to be practical for evaluating both static and dynamic balance. The general findings were that the CoP, the CoM, the XCoM,  $F_h$ , and Q were more informative than the other variables (e.g. KE, P, and AI) during static and dynamic balance. The XCoM method was found to be applicable to dynamic balance as well as static balance.

**Keywords:** Centre of Mass, static balance, Dynamic balance, extrapolated Centre of Mass.

<http://waset.org/Publication/developing-the-methods-for-the-study-of-static-and-dynamic-balance/9996756>







## **Male and Female Students Attitudes of the University of Tripoli toward Physical Activity**

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Attitudes play an important role in the lives of individuals, where they can be seen as a kind of social motives acquired which form behavior , and so there is a great importance for the study of attitudes due to the role that they play in the process of socialization , as attitudes have an effective impact upon individuals because they are the causes of the behavior and outputs of behavior where they relate to the feelings of the person associated with the self and a way of thinking or talking or his work , in his various positions. Abdul Latif Ibrahim explains, that the topic of attitudes nowadays take a special attention by those interested in Humanities, and the interested in education that learning which leads to formation psychological correct attitudes more rewarding than learning that leads to just a Gnostic gain, as the impact of psychological attitudes remains always.





## **Distinguishing indicators and the percentage of its contribution to the level of achievement of the Libyan national team racers for the long jump**

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That athletics is one of the sports digital depends essentially on the personage characteristics of the rider and his ability to challenge the factors of distance, tim, altitude being combines promptness, strength and prospect are those basic components of fitness as well as the requirements for the quality of the competition all require the need to act on, and attention to training young basics of the competition so their access to the global digital levels. Ever after that entered modern science and various human duty in the sports field appeared influence evident in the production of these sciences has accomplished economy great performance and effort and results fortuitous in sports, also contributed effectively in the mobilization and use of modern technology and increase in the training procedure. Otherwise, we find that the ability to construe the movement and understand their causes are important for the coach; as an analysis Bio-mechanic main aspect of the diagnosis scientific to utilize the technical performance of psychomotor skills in the type of competition through the application of the laws and principles of mechanical prevailing human performance and the application of these basics well make training effective and valuable jump being one contests the field which facilitates determining stages of the theoretical side but art performance skills which requires to much great cruise in movement and physical ability and high qualities of physical and specific Bio-mechanic properties. Since Cuno grams is installation, stream for details linear motion straight or curved within the overall system performance skills in the type of competition, so we find that the substantive study of the skill kinetic and stages various art contribute to clarify the principles and the rules and conditions for the best and the most adequate performance Skill conceivable for the rider, the performance skill most effective is which achieves the highest result possible sports.

[http://www.rand.org/content/dam/rand/pubs/research\\_reports/RR500/RR577/RAND\\_RR577.pdf](http://www.rand.org/content/dam/rand/pubs/research_reports/RR500/RR577/RAND_RR577.pdf)





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