

Physical and psychological tests in the sport its importance in the development of the competitive performance of sports

الاختبارات البدنية والنفسية في الرياضة وأهميتها في تطوير الأداء التنافسي للرياضة

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Abstract

The research aims to know the importance and effectiveness of physical and psychological tests for sports competitive performance and the extent to which coaches are familiar with the types of these tests, based on the opinions of the coaches themselves.

For that, we followed the descriptive approach, so that we could describe what it is in the field, through a questionnaire distributed to 120 coaches from various combat and team sports. And To support the results, we used the Chi-squared test, which confirmed the presence of statistical significance at the 0.05 level, in favor of the null hypothesis which states: "Physical and psychological tests lead to the development of competitive performance".

Keywords: Physical; Psychological; Tests; Athletic Performance; coaches.

المخلص

يهدف البحث إلى معرفة أهمية وفعالية الاختبارات البدنية والنفسية للأداء التنافسي الرياضي ومدى دراية المدربين لأنواع هذه الاختبارات، وذلك انطلاقاً من آراء المدربين أنفسهم، ومن أجل ذلك اتبعنا خطوات المنهج الوصفي، حتى يتسنى لنا وصف ما هو عليه من خلال استبيان وزّع على 120 مدرب من مختلف الرياضات القتالية والجماعية، واستخدمنا اختبار (كاي²) لدعم النتائج، الذي أكد وجود دلالة إحصائية عند المستوى 0.05، لصالح الفرض الصفري الذي ينصّ على أن: «الاختبارات البدنية والنفسية تؤدي إلى تطوير الأداء التنافسي»

الكلمات المفتاحية: الاختبارات؛ البدنية؛ النفسية؛ الأداء الرياضي؛ المدربين.

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1- Introduction

Sports training based on modern science, which has made progress by being linked to other sciences and benefiting from the results of its research, to develop sports training, in order to improve the capacities and aptitudes of athletes and to access at the highest level, ie "sporting excellence" based on the knowledge and experience of coaches. more exactly based on physical and psychological tests, which will allow a better selection of athletes, or better training.

1-1 The Problem

The tests are used extensively in educational and psychological research as well as in the research of physical education , generally the tests used in the sports field aims to study the general situation of the individual sports or fight sports , as well as to measure the physical capacity and potential mobility, potential of internal organs of the body and change which is the result of exogenous factors or influences that affect them , and is also used to measure the psychological and social aspects of the athlete, together with the Psychology, sociology and physiology.

Education thus become dependent on various tests in all the fields, highlighted by a number of scientists and researchers in the field of the study of personality, and this is what led to theories of organization and progress, and also attempts the description of athletes' personality. (HANAN,2005, p.57) and(Sami,2005, p.190)

In light of this, the studies proceeded and that performance is the same, so **are physical and psychological tests important in developing the competitive performance of sports from the point of view of coaches?**

1-1-1- The subsidiary problems :

- Are physical and psychological tests used always or when needed?
- Is it important to know the evolution of competitive performance in competitive sports?
- Do coaches use physical and psychological tests for athletes in scientific ways?

1-1-2. The main premise

Physical and psychological tests are important in developing the competitive performance of sports from the point of view of coaches?

1-1-2-1. Subsidiary hypotheses:

- physical and psychological tests used always.
- It is important to know the evolution of competitive performance in competitive sports.
- The coaches don't use physical and psychological tests for athletes in scientific ways.

1-1-3. The approach

It was agreed that approach is defined as the methods and procedures or the entrance used to collect data and access to the results, interpretations, explain or forecasts related to the subject of the research, describe and interpret what is going on,

also it aims to collect data to test hypotheses or answer questions related to the current situation or concerning the research sample.

And it is the rights way to reach a logical scientific coordinated with the fact of any recognition. It is the way to acquire knowledge of authoritative. (Al Anzi, 1999, p.74) (Owais, 1999, p.102) (Allawi, 1999, p.139) (Mahjoub, 2001) (Risan, 1987) (Thorns, Al-kabisi, 2004, p.51) .

1-1-4. Method

The method used is a scanning method , which seeks to collect data from members of the community to try to determine the current situation of society in a particular variable or variables (Allawi, Rateb, 1999, P.139)

1-1-5. The goal of the Search

The objectives established by the researcher for examination and procedures to be used, will determine the nature of the sample will be chosen (Mahjoub, 2002, p.160).

- The importance of the physical and psychological tests competitive sports performance.
- The effectiveness of physical and psychological tests on competitive sports performance.
- To knew the trainers of the types of physical and psychological tests in the area of competitive sports.

1-1-6. The sample

The choice of the research sample of the most important problems and difficulties faced by a researcher as whenever the researcher was based on sound scientific foundations in the selection of the sample reached satisfactory results which represent the originally society so that the result of a small sample of what concluded from the research community as a whole (mr.202:1982) (Mahjoub & al, 1992, p.110) (Gendelje, 1999, p.137)

1-1-7. Search tools

Intended by the tools (the means or the way in which the researcher can solve whatever those data, samples, etc.) (Mahjoub, 1988, p133), for our research we use the questionnaire which is a tool to collect information on the subject of research it contains a number of questions in a manner appropriate logical place is being distributed to sample (ALIAN, Ghneim, 2000, p.82) and offers a number of questions which be answered by the number of the individuals concerned (Obeidat et al, 1988, p.226)

1-1-8. The statistical treatment

- Percentage = $(100 \times \text{part}) / \text{whole}$ (Al Nuaimi, Al Bayati, 2006, p.21)
- Was the use of the test of Chi-squared in order to verify the credibility of the results obtained

1-2- Theoretical background

1-2-1- test definition

The meaning of this word has been used interchangeably in terms of measurement and evaluation and assessment, but the word test is the smallest of the terms (**William, 2003, p.18**). I mean, the test in the language, is test or exam. There are many definitions that experts tested some of the interlocutors:

- Known as the "heller Heller " The test that Codified gauge how the exam .
- See "Cronbac" is the way the organization to compare the behaviour of a specific person or more
- The test also represents: any an organized to observe the behaviour of someone describing it by means of a numerical scale or the caste system". (**Fakhry, 2000, p.17**)
- Tyler defines it as "Position" to show a sample of an individual's behaviour
- The " anastase Anastasi " to that objective criteria enshrined a sample of behavior .
- (between 1953 Bean) defines it as a set of stimuli prepared fullest extent quantitative manner or in such a manner as to how mental processes and psychological features or characteristics, (**Mogadm, 2003, pp. 21, 22**)

1-2-2- Psychological tests

The use of psychological tests as we know now had begun in the late 19e century, when Cattell (1890) put a program of mental tests. Inspired by Wundt's research carried out since the creation of his laboratory in 1879 in Leipzig, Germany, when he established a laboratory for experimental psychology or psychological movement measurement.

Some studies indicate only the beginning of the measurements, dating back to the year 1847. With standards codified for ability. in 1905 issued the first edition of Stanford test-built in America, followed by others issuances of the same test , and other tests of others like Miller test , many centres also develop a number of tests to achieve their professional goals. Most of these Tests are newly developed

1-2-3- Good psychological test specifications :

See (Awad, 1990) that one of the specifications of a good psychological test substantive criteria and stability, honesty, while confined all of (Jaber Kazem, 1978) (Abdul Rahman,1998) that the basic conditions that must be available in the test is the objectivity, consistency and Truthfulness.

1-2-4- Important considerations in the preparation of the test

(Jaber Kazem said, 1978, pp.278-279) and (Abd Al-Rahman, 1998) said that a group of many considerations should be taken into consideration by the author of the test which is:

- The identification of the original community.
- Determining the capacity or the desired characteristic to be measured.
- procedural definition for the theme.
- Analysis of the capacity and discretion.

1-2-5- Tests in the field of sports training

The trainer is the measurement of the different training requirements before the start of the preparation period and then measure again in mid-period and then a third time before the end of the period before the commencement of the period of the games so that it can be the last amendment to the requirements of the training process, which felt that it might not achieve the goal of the training , the trainer can also be tests in the period of the games if it was found that some of the players have fallen, especially in terms of physical fitness. (Mokhtar:5,6- 1993)

1-2-6-. Some of the physical tests in the sports field. (Allawi,Radwan: 2001p.76,209, 231, 171)

The most important physical tests to measure physical elements which have been reached through a comprehensive survey and scientific studies associated with 199710.

- The broad jump test unchanged (5 cm.
- Test the 30m (maximum speed) .
- Test lie italics stand,test Barbie carrying) degree.
- The Harvard test (carrying respiratory League(degree.

1-2-7-. Some physiological tests in the sports field, (Hamdi 2004:57)

The most important physiological tests through comprehensive research in scientific references and studies.

- Test Blood Glucose measurement in comfort after the effort.
- Test pulse in comfort after the effort.
- Rover test to measure efficiency Center
- Test the maximum oxygen consumption in a Rover
- Test the measurement of lactic acid in the blood in the comfort after the effort.

1- 3-Types of tests in the sports field

The tests are the most important tools of the calendar and the most pervasive, the measure of the enshrined a sample of behavior or a specific position to show a sample of the conduct of the individual.

1-3-1- Jsc-different types of where the purpose to:

Functional tests to measure per capita: vital such as efficiency of the circulatory system the respiratory system.

.Physical tests to measure physical attributes: performance components and fitness center.

Test performance level skilled: To measure the extent of the Acquisition and mastery of individual skills of public and private mobility and sports activity of the practitioner and afaptabilty kines the tic learning.

.Tests knowledge and information: information related to the rules and laws, customs and behavior and culture and awareness of sports.

.Psychological tests: To measure the emotional, mental and personal features of the individual makes And voluntary action.

.Calendar program or module objective and content and the way the results.

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1-3-2- Oh-different types of tests in terms of the Method :

- .Performance tests.
- .Written tests (such as the test of article).
- .Lab tests (**Issam :300, 301-2003**)

1- 4-The concept of skill sports mobility

The kinesthetic skill known as " sports the efficiency of personnel in the performance of a specific duty," the activist

Also known as "the ability of the individual to reach as a result of the performance of the duty of the maximum degree of sophistication of activist with the least amount of energy in the least time possible" (**Mufti2002: 13**) and skill is the highest level of performance kinesthetic learner kinesthetic should be implemented was smooth either the accuracy and economy of effort (**TALHA et al., 2006: 43**)

1-4-1- The characteristics of kinesthetic skill sports (Mufti:2, 2002)

- 1skill learn :

- The skill requiring training , and improving the experience .
- Learning, usually known as "the permanent change in behaviour and performance over time".
- Skill to Final Result.
- Skill firmly results.
- Skill is a result of the effort and effectively.
- The ability of performers to use Skill Requirements Analysis.

1-4-2- Basic skills and its importance (Hassanein, Hamdi:155, 1997)

Basic skills is" movements that it is imperative that the player performed in all the positions required by the game to gain access to the best results with the economy in the effort.

1- 4-3- Rating sports skills: (Mufti 2002: 15, 16)

The singer 1982 classified according to the following key skills:

- Parts of the body to participate in the performance of the skill.
- The period of the permanence of the performance of the skill.
- Participation in the skill, knowledge and performance.
- Feedback used in the performance of the skill.

1-5. Cognitive tests in the sports field: (Baghdadi 124, 1998)

The cognitive domain:

The cognitive domain is intended processes which focus on the storage of information (remembrance) and processing (thinking) extends a broad range from the simple recall of information to the operations unit and enhanced by SAP , which requires the installation and linking of ideas .

1-6. The cognitive tests and their relationship with the sports training

There is no doubt that the knowledge and information theory is based upon the practical application of the different experiences of the individual sports and the acquisition of the individual this information associated with the activity generated through explanation and discussion of educational positions before the scientific performance (allawi, 1986: 276) (Alhamahimi and Al-Khouly took 1990) quoted Carol that area of knowledge relevant to the kinesthetic domain pupils perhaps supported is the name the first learning phase kinesthetic skill on behalf of the knowledge stage, where the intended skill trainer to provide my view but we through scientific expertise in Egyptian reality as trainers of trainers find negligence cognitive tests whether self-calendar or calendar the player to identify the level of knowledge and the amount of collected knowledge.(alhamahimi Al-khouly, 1990: 89)

1- 7- The cognitive domain relationship kinesthetic domain:

See both)approved that Al Sewedy and Al-Khouly took 1990 alhamahimi (quoting (Carroll et al., 1978) that the area of knowledge is closely linked to the kinesthetic domain perhaps supported the nomination of the first stage of learning the kinesthetic skill as phase Cognitive phase. (alhamahim 89:1992) and reminds ,alhamahimi 1992) quoted williams to learn learning experience, not a change in one type of behavior of the learner but many and varied changes occur

1-8. The importance of knowledge in the field of sports education

Indicates (daughtry, Lewis 1979) that the understanding plays a very important role in enhancing the physical education lesson the lesson also become more receptive to interesting when students understand and realize its importance to the understanding of the motives of the practice of physical activity outside school or after graduation . (Daughtrey-Lewis291.1979)

1-9. The cognitive tests

The term cognitive tests are tests that measure the natural performance , if the work of the individual in the field of sports training , it is usual to be able to prepare multiple forms of cognitive tests linked to the nature of types of sporting activity of the practitioner. There is no doubt that the non-cognitive test for good accuracy , not bear fruit designed for the larger gained experience in building coach cognitive tests - which may be to test knowledge - whenever the lack of difficulty in the performance of the coach of the same coin required to build the cognitive tests enough time good planning, where the test is not prepared due accuracy with providing adequate time for preparing not bear fruit, which it was designed (Hassanein Kamal , 2002 : 15)

1-10- The objectives of knowledge in the sports field

- know the history of sports heroes and the laws and rules of the game.
- know the concepts, terminology, and the prevailing sports in the activity of the practitioner.
- learn the art of correct performance, each sporting activity (Ivf).
- know offensive and defensive plans of the activity of the practitioner.

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- know security and safety rules to avoid injuries and health information.
- know the fitness centre of the activity of the practitioner.
- know the social values gained from the practice as well as the distinctive behavior.
- learn skills that can be Her time recreation and leisure

1-11- Uses of cognitive tests:

- To determine the needs of the pupils of the information that you should know.
- Evaluate the achievements of the pupils and the degrees of evaluation at the end of the Educational Unit.
- The assessment of the effectiveness when success or failure, drawing their attention to this gap.
- Urged students to learn information according to importance by the trainer
- The cognitive tests used in directed to activities, consistent with their abilities
- Determine the future of the educational process, especially when giving pupils or players the opportunity to learn the results of the exam, which increases the motivation of pupils or players to practice and develop their abilities and information about the activity of the practitioner. (2001 : 34)

1-12. The steps of building the cognitive tests:

There are several important steps that must be taken into account when building the cognitive tests, the researcher will be introduced to these views. Remember The (Stranger, 1977) The steps to follow to build Islamic jurisprudence: the cognitive tests

- To identify the purpose of the test to identify the goals of the
- Consider the weights that should be given to subjects covered by the test.
- Determine the exam time length and writing Filed under:
- the work of the instructions and plan to correct and experience the 'BLAD'
- The choice of vocabulary and the required test of statistical operations.
- The measurement of the test flat (Ramzyah, 296-297, 1977).

1- 13. The importance of the cognitive tests

- Provide us with the information and knowledge about the game in terms of the history, laws and regulations, and gaming-specific technical aspects and skills of offensive and defensive line play.
- Provide us with information on the situation of sports, which serve to classify them in accordance with the results of the tests.
- Provide us with the appropriate information on the environmental factors that can impact performance.
- The sports knowledge of information and experience concerning the game remains in his memory
- Must include a program of sports information where affect different mobility skills education leading to the lifting of the fitness center . (Laila 2001 : 35).

1-14 - The building and planning of the cognitive test

Include the process of building and planning steps to be followed when testing cognitive test mode as follows

- To identify and analyze the content
- Preparation of specifications.
- Preparation of the test words 21.
- Evaluation of the test.
- Test instructions 822.
- Keys to correct the test.
- Class interpretation of the gauge. (Laila 2001, p. 37)

1-15- First: Content Analysis

After determining the phenomenon to be measured starts the trainer in the analysis of this phenomenon to the basic components or factors or special skills included in the phenomenon to be measured, for example, if football is the phenomenon, the basic components

- The history of the game.
- Rules and laws of the game.
- The basic skills.
- Ways to play.
- Play plans.
- The terminology of the game.
- Social characteristics of the game.
- Social values of the game.
- One of the conditions to be fulfilled in the basic components of the phenomenon should be simple , difficult to analyze what is the simplest (Allawi 1986, p. 406)

Second: The specs: As mentioned (2003 Alrefaie and Sabri and Mohib) is a table with two dimensions, one representing the content (the topics of the test), and the other represents the learning outputs (objectives. associated with this content

Thirdly : Select the test words :

baghdadi adds that the design of the test paragraphs which are closely related to the educational objectives of content(al-Baghdadi83:1989) of important steps in test mode

Fourth : the evaluation of the test :the trainer must take into account the factor of time, where the assessment of quality, honesty and management simulation test and record the results and validity.(2001: 64)

Fifth : The test instructions :when preparing the design of the test preparation instructions for testing and writing data of individuals : such as name , school, the time age, sex, economic, and social level . (Laila 2001 : 76)

Sixthly : correcting the test: either a lot of Psychologists such as de Graff Degtaff Wood Wood others see Anna must be used to correct the impact of speculation, but there are some types of substantive tests that do not fit with the use of the impact of speculation . (2001 : 78)

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Seventh: The interpretation of the degree on the scale: the method of estimating the results give equal units along the gauge but no true zero point The score is meaningless in itself only if compared with the results of the examiners even can be interpreted. (2001 : 83) The aim of the use of factor analysis in psychological standards to determine the efficiency of the paragraphs of these standards in their ability to measure what developed to measure as well as determining the efficiency of the areas of standardization and visible and representative(Howaida 2005).

1-16- The Standards and regulation in tests Criteria

Standard: an external measure for judging things or to assess their validity (**The Arabic Language Academy , 1987 , 37**) , which are the foundations of governance within the phenomenon and take quantitative character is determined in the light of the object and must refer to the standard defines this class to learn the status of the person for the group to which he belongs " (**2007 : 71**) **Standards** "the values of the standards represent the performance of the private community of a given test. (**Allawi, Radwan 2000: 300**) and used the word standards are often in the field of sports, educational measurement used in some cases have the word or the average rate (the number of times the correct degrees of performance on the test, and some types of standards, the most important of :superior The authoritarianism .-t-class .- Percentage percentages

ranks . Quotations .rewards rows .. the deviationiq (intelligence) laboratories .

1-16-1-The Importance of Standards (allawi,Radwan 2000: 303, 302)

What it boils down to the following:

- It is the basis for judging the phenomenon from the inside.
- The formula should take the quantity in most cases to indicate the status of the individual for the group.
- determined in light of the realistic characteristics of the phenomenon
- reflect the current level of the individual.
- The means of comparison and evaluation.
- The task in the tests in the form of a battery.
- Can be used in forecasting in the diagnosis of the strengths and weaknesses and other.

1-16-2-The requirements for the preparation of the criteria:

- Identify the required tests and conditions and instructions to the count and other class.
- To be a sample of codification represented the original community
- The application of the tests and the use of standard grades.
- Taking into account the timing criteria temporary always being subject to change with the passage of time.
- Taking into account the display method must be clear tables can be easily handled because if no longer test according to the standards of good governance, it will

cause harm and damage to individuals with the relationship psychologically and educationally, socially(**Murad ,Sulaiman, 2002**)

1-16-3-Standards in terms of level: it is possible to identify four main types of criteria are: national standards and special group and local school standards is a grade average temperatures in the appointed members of the test in this case compare the degrees of individual sports we've average grade degrees to which he belongs (**Al-gamash and others, 2000:21**) , and it is wrong to understand the standards that it levels of that because the standards information tells us how the actual performance of individuals while levels of information tells us what must be done by individuals , (**Solomon 1993: 14-15**)

1-17- The codification in the sports field:

In accordance with the foundations of the building are classified tests (installation) to test two main modes

- The legislated tests.
- The tests prepared by the instructor (sports coach). (**Radwan76:2006**)

1-17-1- What Codification:

is the process of collecting data to derive standards"(**Al-zobei et al.29:1981**) is a comprehensive plan and clear and specific steps and procedures for all test and method of application and interpretation of the degrees and the conduct required of the individual and the conditions surrounding it during a test application as well as to the existence of the criteria for the interpretation of the results and the recent operation to build a gauge, or standardized test is ready for use and testing

1-17-2- Standardized Tests: These tests are prepared by researcher or team of researchers and specialists (**JAMIL , 2000 , 3**)

1-17-3- Legislated test requirements : (Radwan,77: 2006)

- To be the test instructions given to all examined in a uniform manner
- To Be Tested tests key correct (pencil and paper)
- The tests and ratified herald flat and frank transactions
- That the test criteria (Levels) Tables showing the degrees and levels of performance of the sample

1-18- The rating tests and standards in accordance with the methods of interpretation of results:

(**radwan, 2006, pp. 85–79**) Tests and measurements are classified on the basis of methods of interpreting the degree to major modes of tests are :

- Have a benchmark tests NR.
- Tests to test the reference CR.
- The use of this type of tests for excellence among individuals, groups and sports
- Standardized tests measure the current For examiners reference and therefore cannot be considered as its results represent the optimal level

1-19-Tests to test the reference CR:

It is the pattern of the tests used for making reference test calendar year (LAILA 26:1995). levels are not interested in the performance degree but interested in competition against the levels set to try to gain access to it, which has already been proved in detail what is the standard test testing Reference Reference and brief comparison between the vast scrub reference standards reference.(Sadeq66:2001)

B. Thespread of levels of circulation .(Abu Ala, Radwan 258:2003)

C- spread circulated on behalf of the standards .

Chapter II: The Applied side: Read the analysis of the results

2-The presentation and analysis of reading the table:

Chi-square tabulated for Df =2 and at significance level = 0.05 = 5.99 for all								
The Answer	Often		Sometimes		Rarely		Chi-square calculated	Sig
	Frequency	%	Frequency	%	Frequency	%		
01	80	66.66	30	25	10	33.8	29	significant
02	110	91.7	05	4.1	05	4.1	92,18	significant
03	90	75	25	20.8	05	4.1	54,26	significant
04	99	82.5	10	33.8	11	2.9	42,24	significant
05	110	91.7	05	4.1	05	4.1	92,82	significant
06	90	75	10	33.8	20	16.66	32,66	significant
07	100	83.33	12	10	08	16.66	46.4	significant
08	64	53.33	05	16.4	51	42.5	50,45	significant
09	75	62.5	05	4.1	40	33.4	51.5	significant
10	85	70.83	05	4.1	30	25	52,82	significant
11	80	66.6	15	12.5	25	20.8	22,48	significant
12	70	58.33	10	33.8	40	33.33	27.4	significant
13	100	83.33	10	33.8	10	33.8	44.4	significant
14	90	75	15	12.5	15	12.5	28.7	significant

2-1-1- Is psychological tests lead to the development of the level of mental and psychological capacity for athletes?

There were no statistically significant differences with the observation that the value of Chi-square calculated **29** , the largest of the Tabular trend display **5.99** when the level of significance of **0.05** The degree of freedom of **2** and was run (slightly) was run on the Number **30** Exclusive answers Answer 25% who answered (often) 80 percentage values **66,66% Higher** and Higher answer who answered (sometimes) was run on **10 33.8% were those of the answer.**

2-1-2. Do the physiological tests a factor than in sports?

There were no statistically significant differences with the observation that the value of Chi-square calculated **92,18** , the largest of the Tabular trend display 5.99 when the level of significance of 0.05 The degree of freedom of 2 and was run (slightly) was run on the number of answers 5 Answer 16.4% were those who answered (often) 110 soared 53.5% estimated percentage , the highest answer who answered (sometimes) was run on 5 Answer 1. calculated 4,1

2-1-3. physical tests make you familiar with the level of the physical abilities of the ATHLETE?

There were no statistically significant differences with the observation that the value of Chi-square calculated **54,26** , the largest of the Tabular trend display 5.99 when the level of significance of 0.05 The degree of freedom of 2 and was run (slightly) was run on the Number 25 Exclusive answers Answer Consortium PARIS21 hosted by oecd % who answered (often) 90 percentage higher estimated 75% , the highest answer who answered (sometimes) was run on 5 Answer 1. calculated 4,1

2-1-4- psychological tests help you to know the performance of athletes?

There were no statistically significant differences with the observation that the value of Chi-square calculated **42,238** , the largest of the Tabular trend display 5.99 when the level of significance of 0.05 The degree of freedom of 2 and was run (slightly) was run on the number of answers 10 percent answer 8,33% who answered (often) 99 soared 82.5% estimated percentage , the highest answer who answered (sometimes) was run on 11 % answer calculated 9,2

2-1-5. Performance tests one of the factors of the development of sports performance?

There were no statistically significant differences with the observation that the value of Chi-square calculated **92,8181** , the largest of the Tabular trend display 5.99 when the level of significance of 0.05 The degree of freedom of 2 and was run (slightly) was run on the number of answers 5 Answer By 4.1 % who answered (often) 110 soared 53.5% estimated percentage , the highest answer who answered (sometimes) was run on 5 Answer 1 calculated 4,1.

2-1-6. Skill tests make you acquainted with the level skilled Athletes?

There were no statistically significant differences with the observation that the value of Chi-square calculated **32,66** , the largest of the Tabular trend display **5.99** when the level of significance of **0.05** The degree of freedom of 2 and was run (slightly) was run on the number of answers Answer by **33.8% 10** who answered (often) 90 percentage higher estimated at **75%** , the highest answer who answered (sometimes) was run on 20 **16.66% were those of the answer.**

2-1-7. Physical and psychological tests is important in the development of the performance of the Athletes?

There were no statistically significant differences with the observation that the value of Chi-square calculated **46.4** , the largest of the Tabular trend display 5.99 when

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the level of significance of 0.05 The degree of freedom of 2 and was run on the respondents (slightly) surged 12 percent estimated at 10% was run on (often) Number of 100 exclusive 83,33 answer % , the highest answer who answered (sometimes) was run on 08 exclusive 6,66 answer 1.

2-1-8-do you test physical, psychological make you familiar with the level of development of the performance of the Athletes?

There were no statistically significant differences with the observation that the value of Chi-square calculated **50,45** , the largest of the Tabular trend display 5.99 when the level of significance of 0.05 The degree of freedom of 2 and was run (slightly) was run on the number of answers 5 Answer 16.4% were those who answered (often) 64 soared 53.5% estimated percentage , the highest answer who answered (sometimes) was run on 51 % exclusive 42,33 Answer

2-1-9. Do you physical and psychological tests for athletes?

There were no statistically significant differences with the observation that the value of Chi-square calculated 51.5, the largest of the Tabular trend display 5.99 when the level of significance of 0.05 The degree of freedom 2 was run the (slightly) was run on the number of answers Answer 4,1 5% who answered (often) 75 soared 62.5% estimated percentage , the highest answer who answered (sometimes) was run on 40 exclusive 33,4 answer 1.

2-1-10-is the level of physical and psychological tests lead to develop the level of the Athletes?

There were no statistically significant differences with the observation that the value of Chi-square calculated 52,82, the largest of the Tabular trend display 5.99 when the level of significance of 0.05 The degree of freedom 2 was run the (slightly) was run on the number of answers Answer calculated 4,1 5% who answered (often) 85 Percentage of 70,83% Higher and Higher answer who answered (sometimes) was run on 30 Exclusive 25% answer..

2-1-11. Did the physical and psychological tests which you have been suitable performance of athletes?

There were no statistically significant differences with the observation that the value of Chi-square calculated **22,48** , the largest of the Tabular trend display 5.99 when the level of significance of 0.05 The degree of freedom 2 was run the (slightly) was run on the Number 15 Exclusive answers Answer Sari Gelin is % who answered (often) 80 soared 66.6% estimated percentage , the highest answer who answered (sometimes) was run on 25 exclusive 1. Answer Consortium PARIS21 hosted by oecd

2-1-12. The physical and psychological tests do you have to satisfy what 90?

There were no statistically significant differences with the observation that the value of Chi-square calculated **27.4** , the largest of the Tabular trend display 5.99 when the level of significance of 0.05 The degree of freedom of 2 and was run

(slightly) was run on the Number 10 Exclusive 8,33 answers Answer 1 who answered (often) 70 estimated 58,33% higher percentage , the highest answer who answered (sometimes) was run on 40 %.33,33 were those of the answer

2-1-13. Do you use physical and psychological tests is important in raising the efficiency of the performance of the Athletes?

There were no statistically significant differences with the observation that the value of Chi-square calculated **44.4** , the largest of the Tabular trend display 5.99 when the level of significance of 0.05 The degree of freedom of 2 and was run (slightly) was run on the Number 10 Exclusive 8,33 answers Answer 1 who answered (often) 100 estimated 83,33% higher percentage , the highest answer who answered (sometimes) was run on 10 % . Exclusive 8,33 Answer

2-1-14. The physical and psychological tests are important in the development of the performance level of the athletes and the sport?

There were no statistically significant differences with the observation that the value of Chi-square calculated **28.7** , the largest of the Tabular trend display 5.99 when the level of significance of 0.05 The degree of freedom of 2 and was run (slightly) was run on the Number 15 Exclusive answers Answer Sari Gelin is % who answered (often) 90 percentage higher estimated at 75% , the highest answer who answered (sometimes) was run on 15 exclusive 1. Answer Sari Gelin is

The conclusions from the premises:

- Physical and psychological tests make the trainers familiar with the level of development of the athletes' performance
- They are trainers and physical and psychological tests for athletes
- The knowledge of trainers and physical and psychological tests lead to develop the level of athletes
- The physical and psychological tests you have suitable performance athletes
- Physical and psychological tests that you have met the 90
- The use of physical and psychological tests is important in raising the efficiency of the performance of the Athletes
- Physical and psychological tests are important in the development of the performance level of the athletes and the sport
- That psychological tests lead to the development of the level of mental and psychological capacity for athletes
- The physiological tests than in the sports factor to its impact on the player
- The physical tests make you familiar with the level of the physical abilities of the athlete
- That psychological tests help you to know the performance of the athletes and the level of the players' performance in the competitions
- Performance tests one of the factors of the development of the competitive player sports performance

(1) Abdulsalam Moqbel Al Raimi
(2) Nabil Saleh Wafi
(3) Yousfi Fathi

Psychological and Physical Tests in The Sport Its importance in of The Competitive Performance of Sports

- Skill tests make the level of skilled trainers familiar with the athletes and to avoid errors
- The psychological and physical tests is important in the development of sports performance

Conclusion:

The Sports Excellence depends on the upgrading of a range of physical and psychological elements 435 in addition to the capacity to develop continuity of these elements through training and competition, in addition, the level of the health situation of the physiological properties enjoyed by the player (**Boutros 1981: 1-3**), (**Mohsen 1983: 1-2**)

The test is the means or the procedure to be defendants are facing the individual to a set of questions or standard tests and demand a mechanism to respond to it in the future from others and then address the results to ensure that an interview a quantity between the performance of different individuals who applied for the Tests(**Marwan 2001: p.15**).

This begins with the interlocutor to set goals and planning , and then choose the means and activities that help to achieve these objectives, and finally the calendar for the implementation of the goals(**Light, 2008**).

Many scholars have pointed out, such as the (**allam, 2007**) (**al-Kubaisi,2007**) that the tests are important means of measuring and assessing the capabilities of students at different levels , can reveal the elements of success and diagnose the strengths and weaknesses in order to upgrade and develop the level because if the test is not in accordance with the standards of good governance, it will cause harm and damage to individuals with the relationship psychologically and educationally and socially .

Physical and psychological tests in the sports field the competitive position of great importance to know what level the individual or team, even if there are multiple forms, it is the final result to determine the extent of their access to the required level as a result of the exercises and the plans and programs that were presented to them throughout the sports season or plans that have been programd or supply for athletes. (**MURAD and Suleiman, 2002**)

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