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المجلة العلمية لعلوم و التكنولوجيا للنشاطات البدنية و الرياضية  
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### Description

Journal of Sport Science Technology and Physical Activities is an international, double-blind peer-reviewed, Bi-annual and free of charge, open-access journal published by the Institute of Physical and Sports Education, - Abdel hamid Ibn Badis University – Mostaganem, Algeria. The journal focuses on the following topics: The biomechanics of the sport movement, Physiology of sports practice, Physical Activity Educational Sports, Sports training, Sports psychology; Sports sociology, teaching physical and sports activities, Sports Media, Sports and Health; Sports and leisure's, Physical activity and adapted sport, Management and administration in sport. It provides an academic platform for professionals and researchers to contribute innovative work in the field. The journal contains original and comprehensive articles that reflect the latest research and developments in aspects of sporting practice, society and human behavior. The newspaper is published in print and online. The online



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### Focus and Scope

- The biomechanics of sports movement
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- Educational Sports
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17	تأثير استراتيجية (فكر، زوج، شارك) باستخدام أفلام تعليمية في تعلم القفز فتحاً وضمناً على منصة القفز في الجمناستك الفني للنساء. سوزان سليم داود <sup>1</sup> ، أياد صالح سلمان <sup>2</sup> <sup>1,2</sup> كلية التربية البدنية وعلوم الرياضة، جامعة بغداد العراق.	261-249
18	تأثير الموسيقى على سرعة الاستشفاء بعد تمرين هوائي عالي الشدة. عبد الله الذهلي <sup>1</sup> ، محفوفة الكيتانية <sup>2</sup> ، رضوان الحاج ساسي <sup>3</sup> <sup>1</sup> معلم رياضة مدرسية، <sup>2,3</sup> جامعة السلطان قابوس	276-262
19	أثر تمارين نوعية باللعب التنافسي في كرة الطائرة على تحسين مهارة الرضا الحركي دراسة ميدانية على بعض متوسطات ولاية سطيف – الجزائر – لواتي عبد السلام <sup>1</sup> ، مداسي لظفي <sup>2</sup> <sup>1,2</sup> جامعة سطيف 2،	291-277

20	دراسة مقارنة بين طريقة التدريب المدمج والتدريب بالألعاب المصغرة في تطوير مداومة السرعة لدى لاعبي كرة القدم الناشئين تحت 17 سنة. دعان عبد المؤمن <sup>1</sup> ، أمزيان أسامة <sup>2</sup> <sup>1,2</sup> جامعة العربي بن مهيدي أم البواقي / مخبر الاستجابات البيولوجية والنفسية للنشاط البدني والرياضي	306-292
21	فاعلية أسلوب الجمعية الأمريكية لتدريب السباحة في تطوير تحمل السرعة وزمن انجاز 400م حرة لسباحي فئة أقل من 17 سنة. <sup>1*</sup> خرفي رضا توفيق، <sup>2</sup> إسماعيل بوسيف، <sup>3</sup> واضح أحمد الأمين <sup>1,2,3</sup> مخبر برنامج البحوث المتعددة لعلوم الرياضة وحركة الإنسان جامعة تيبمسيلت	322-307
22	فاعلية برنامج تدريبي مقترح باستخدام التدريب المدمج في تحسين صفتي القوة الانفجارية والقوة المميزة بالسرعة لدى لاعبي كرة السلة أقل من 18 سنة عصام حجاب <sup>1</sup> ، شهيرة نفاف <sup>2</sup> <sup>1,2</sup> جامعة محمد الشريف مساعديّة - سوق أهراس،	337-323
23	مدى مساهمة برنامج استرجاعي مقترح في تطوير القدرات البدنية للاعبي كرة القدم. محمد وداك <sup>1</sup> ، بو عبد الله سبع <sup>2</sup> ، عبد الرزاق بودواني <sup>3</sup> <sup>1,2,3</sup> جامعة حسبية بن بو علي	348-338