Abstract

In fact the right admission for the new students to the Physical Education and sports Faculty at the correct and suitable measures considered to be an important factor in the educational process.

The current study aimed to recognize the standards of physically, physiologically and anthropometrically elements for these students, as well as identifying the expected relationship between this elements and the skillful performance of the students in the city of Riyadh, Kingdom of Saudi Arabia.

The sample of the study has been selected from the first year students (75 students) and (83 students) from the fourth year students. The tests used in This study were: 1) Physically; strength, endurance, speed, and flexibility, 2)Physiologically; anaerobic power and aerobic power, 3)Anthropometrically; length, weight, body mass index, and outside circumference in both sides (right and left).

The results showed that there was a significant differences at (.05) between the first and fourth year students in the testing of strength, endurance, speed, and aerobic power, in favor of fourth year group. There was no differences between the two groups in flexibility, and aerobic power. Whereas, there was differences between the two groups in the elements of: age, length, weight, BMI, and outside body circumference in favor of the second group, as well as between the first and second group in the length of humorous, thigh, foot, leg, forearm, and chest. In addition to the width of shoulder, and pelvic which was in
favor of the second groups, except for the humerus which was in favor of the first group.

The results also indicated that there was a significant positive correlation between the first group ( freshman ) and the second group ( senior ) in the elements of: length, weight, BMI, and outside body circumference. But, there was a negative correlation in length and strength for the first group, also in length, weight, BMI, and outside circumference, in the second group ( senior ).

In addition, there was a negative correlation between the two groups in the physiological and physical factors, as well as in length, and track and field skillful performance for the second group. Also, there was a negative correlation between leg length, and strength for the first group, and between arm length, forearm, thigh, foot, and leg, and between the strength and muscle endurance for the second group.

Moreover, there was indication for a correlation between the circumference of humerus, chest, pelvic and aerobic power for the first group. And there was a correlation between the circumference of the humerus with endurance, and flexibility for the second group. Whereas, there was an interchangable correlation ( poor – medium ) for the skillful performance within the second group students.

The results also showed that there was a significant and an expected correlation between the soccer skillful performance and muscular endurance at (15%), and speed (5%). Also, between basketball and handball performance at (14.2%), speed (10.8%) leg (5.7%), pelvic width (3.5%).
In addition, the results indicated that there was an expected correlation between volleyball, handball, track and field, gymnastics, and tennis skillful performance, and between different anthropometric measurement, as well as some physical and physiological factors (anaerobic power, endurance, strength and speed).

According to the previous results, the researcher recommend taking these characteristics in consideration when selecting the new student for admission to the Physical Education and Sports faculty in future, as well as, when designing the content of practical courses.

Also, there must be more work, particularly on improving their physical, and physiological factor, in order to raise up the physical and skillful abilities of these students.