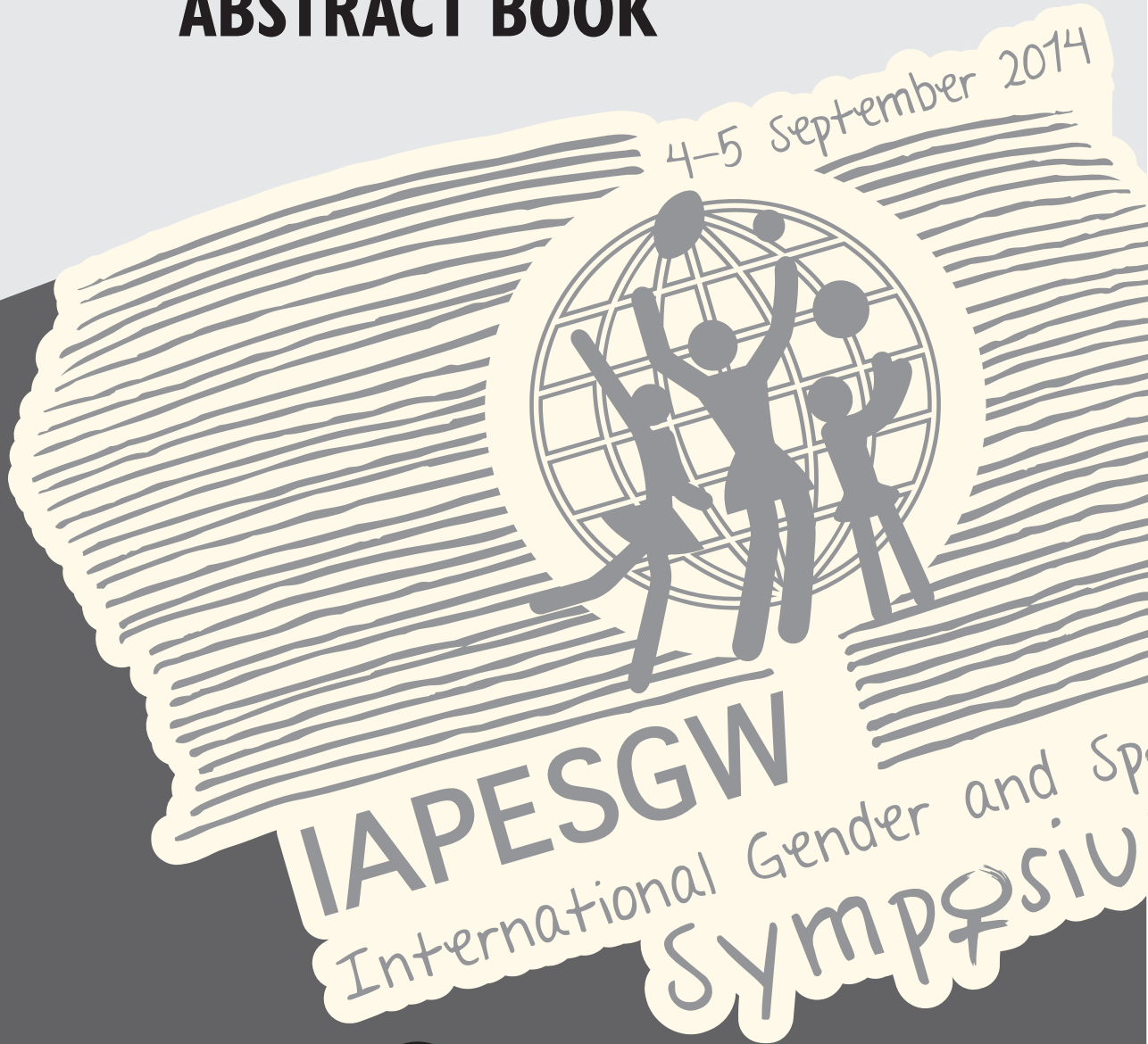
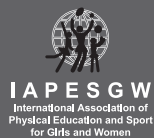




ABSTRACT BOOK



HACETTEPE UNIVERSITY
FACULTY of SPORT SCIENCES



Ankara, Turkey

CONTENTS

Invitation	3
Organizing committee	5
Scientific committee	6
Organizing institutions	7
Abstract list	9
Invited presentations	21
Oral presentations	39
Poster presentations	101

IAPESGW Regional Symposium:
International Gender Issues and Sport
4-5 September 2014
Beytepe, Ankara, Turkey

Hacettepe University, Faculty of Sport Sciences
06800 Beytepe, Ankara, Turkey

Printed at SİM MATBAACILIK KAĞITÇILIK VE TİCARET LTD. ŞTİ.
Tel: 0312 230 22 09 , Ankara, 2014

Grafic Design by
Meryem GÜNAY

Dear Friends and Colleagues,

On behalf of the symposium organizers, we take great pleasure in welcoming you to the first **IAPESGW Regional Symposium: International Gender Issues and Sport** organized in the capital city of Turkey, Ankara, September 4 and 5, 2014. In this era of globalization, women are facing many new challenges in the field of sport and physical education which transcend distance and cultures. In this context we wish to elaborate on the many debates informing the scientific, cultural, economic, historical, and political foundations and challenges of gender and sport/women in sport internationally.

The IAPESGW Regional Symposium brings together decision-makers, researchers, coaches and athletes with the aims to: advance the international dialogue around women and sport; improve the dialogue around women and sport internationally with a special focus on the Middle East and Europe; and reinforce the collaboration between researchers and practitioners in women and sport in Middle East and Europe.

The IAPESGW Regional Symposium includes 60 oral presentations and 82 poster presentations from Western (e.g., Greece, Netherlands, Spain) and Middle East countries (e.g., Iraq, Iran, Egypt, Morocco); 16 invited speakers from 10 countries.

This symposium brings together a range of topics involved in women and sport including; gender policies and sport participation; religion, ethnicity, diversity and sport; leadership and sport; gender equity in physical education; health and physical activity; and safety and inclusion for girls and women in sport.

Rosa Lopez de D'Amico
IAPESGW President

Canan Koca
Symposium President

ORGANIZING COMMITTEE

Bengü Arslan
Turkish Football Federation, Turkey

Janice Crosswhite
Australian Womensport and Recreation
Association, Australia

Esra Emir
Hacettepe University, Turkey

Feyza Meryem Kara
Başkent University, Turkey

Mustafa Şahin Karaçam
Hacettepe University, Turkey

Canan Koca
Hacettepe University, Turkey

Karin Lofstrom
Canadian Association for the Advancement of
Women and Sport and Physical Activity, Canada

Marianne Meier
Technical University Munich (TUM), Germany

Lale Orta
Okan University, Turkey

Gülay Özen
Hacettepe University, Turkey

Pınar Öztürk
Hacettepe University, Turkey

Şevkat Bahar Özvarış
Hacettepe University, Turkey

Pınar Taşdelen
Hacettepe University, Turkey

Tennur Yerlisu Lapa
Akdeniz University, Turkey

SCIENTIFIC COMMITTEE

Sema Alay
Gazi University, Turkey

Nadhim Al-Wattar
Mosoul University, Iraq

F. Hülya Aşçı
Marmara University, Turkey

Gönül Babayigit
Muğla Sıtkı Koçman University, Turkey

Tansin Benn
University of Plymouth, UK

Gladys Bequer
The National Institute of Sports, Cuba

Rosa Lopez de D'Amico
Universidad Pedagógica Experimental Libertador,
Venezuela

Rosa Diketmüller
University of Vienna, Austria

Gülfem Ersoy
Ankara University, Turkey

Maria Beatriz Rocha Ferreira
Federal University of Grande Dourados, MS, Brasil

Anneliese Goslin
University of Pretoria, South Africa

İlknur Hacısöftaoğlu
Gedik University, Turkey

Nimet Haşıl Korkmaz
Uludağ University, Turkey

Tahir Hazır
Hacettepe University, Turkey

Ayda Karaca
Hacettepe University, Turkey

Esen Kızıldağ Kale
KASFAD, Executive Board Member

Darlene A. Kluka
Barry University, USA

Ş. Nazan Koşar
Hacettepe University, Turkey

Maryam Koushkie Jahromi
Shiraz University, Iran

Özgür Mülazımoğlu Ballı
Pamukkale University, Turkey

Fusun Öztürk Kuter
Turkish Association of Sport Sciences, Turkey

Selhan Özbey
Celal Bayar University, Turkey

Selami Özsoy
Abant İzzet Baysal University, Turkey

Leyla Saraç
Mersin University, Turkey

F. Neşe Şahin Özdemir
Ankara University, Turkey

Evren Tercan
Akdeniz University, Turkey

Betül Yazar
Gazi University, Turkey

İbrahim Yıldırım
Gazi University, Turkey



ORGANIZING INSTITUTIONS

International Association of Physical Education and Sport for Girls and Women (IAPESGW)

The International Association of Physical Education and Sport for Girls and Women (IAPESGW) was founded in 1949 to provide the opportunity for women physical educators to come together and share their ideas, methods, programs, problems, and solutions with each other. As an Association, IAPESGW and the members have led the way in bringing together women through physical education and sport worldwide. Alongside the IAPESGW Scientific Congresses, the Association contributes to other international scientific programs such as the quadrennial International Convention on Science, Education and Medicine in Sport (ICSEMIS). As a members' Association, IAPESGW responds to requests for information, support, research and action. As a recognized Member Association of the International Council for Sport Sciences and Physical Education (ICSSPE), IAPESGW helps to construct international policy and aid work in sport and physical education. It is one of six bodies that contribute to the International Committee of Sport Pedagogy, under ICSSPE. The Association also has representation on related bodies such as the International Working Group on Women and Sport (IWG). IAPESGW aims to bring together interested scholars and practitioners of many countries working in the field of physical education and sport; to represent and promote the interests of girls and women at all levels and in all areas of physical education and sport; to strengthen international contacts and networks; to afford opportunities for the discussion of mutual concerns and to share good practice; to promote activity in such fields as the exchange of persons and ideas among member countries and research on physical education and sport for girls and women; to cooperate with other organizations and agencies working to promote the interests of women, physical education and/or sport.

For more information: www.iapesgw.org

Hacettepe University, Faculty of Sport Sciences

Hacettepe University, Faculty of Sport Sciences was founded in 1989. Faculty of Sport Sciences has been recognized as a regional leader in Sport Sciences that provides distinctive undergraduate and graduate programs. Objectives of Faculty are to train Physical Education and Sports Teachers, Coaches and Recreation Leaders with advanced learning methodologies as well as carry out scientific research in the fields of Physical Education and Sports Sciences. Our students and our Faculty, share the desire of, working for improving sports performance of athletes' in addition to, working for improving life quality with physical activity. The Faculty co-operates with national sport clubs and national and international sports organizations and contributes to sports and athletes' health in Turkey.

For more information: www.sbt.hacettepe.edu.tr

Turkish Association of Sport and Physical Activity for Women (KASFAD)

KASFAD was founded in 2012 as an independent non-governmental organization. The main aim of the KASFAD is to contribute to the establishment of reliable and equal circumstances for women and girls' participation in sport and physical activity in order to make the sport and physical activity participation as a part of their daily lives. KASFAD aims to investigate constraints experienced by women and girls in sport and physical activity participation and provide solutions; to conduct research on participation of women and girls at all levels and in all areas of sport and physical activity; to prepare the tools and publications promoting the women and girls' participation in sport and physical activity; to improve national and international education programs about women and girls' participation in sport and physical activity and to apply them; to influence the decision-makers in sport and physical activity at national and international level; to protect the rights of women and girls at all levels and in all areas of sport and physical activity; to contribute to the construction of effective cooperation networks with other non-governmental organizations working about sport and physical activity in Turkey and around the world.

For more information: www.kasfad.org

Hacettepe University, Women's Research and Implementation Center (HUWRIC)

HUWRIC was founded under the auspices of Hacettepe University's Rector on 18 June 2001. Its vision is that women's health can be improved by focusing on women's status within society at large, and through the application of "gender equality and equity" to each aspect of life. With the collaboration of related university departments, units, and relevant members of the public sector the aims of the center are to create sensitivity about women's issues and carry out advocacy activities; disseminate information about national and international research on women's issues; to conduct research on areas parallel to our objectives; to promote educational activities; to integrate gender issues into activities and programs; to support the studies/activities conducted by other gender-oriented programs

For more information: <http://www.huksam.hacettepe.edu.tr/Turkce/Default.php>





ABSTRACT LIST

ORAL PRESENTATIONS

No	Abstract Title	Page No
OP1	Women body politics and women sport activities in Victorian England <u>Pınar Taşdelen</u> , Canan Koca	41
OP2	Gender, sports and women leaders in Morocco Fatima Elfaquir	42
OP3	Women, sports and gender discrimination in Ancient Greece Meral Hakman	43
OP4	Sport as a tool for empowering young women <u>Maria Bobenrieth</u> , Sarah Murray	44
OP5	Women health and physical activity in Indonesia Leane Suniar Manurung	45
OP6	The effect of massage training on primary dysmenorrhea <u>Elham Karampour</u> , Ebrahim Khoshnam, Mohamad Sadegh Khoshnam, Fatemeh Zareian Jahromi, Hamid Reza Mohamadi	46
OP7	Identifying glucose intolerance and prevalence in pregnant women and exercise suggestions: a pilot study for Muğla <u>Hazal Uzar</u> , Gönül Babayigit İrez	47
OP8	Influence of exercise intensity and volume before and during pregnancy on gestational diabetes mellitus <u>Seyyede Esmat Moosavi</u> , Maryam Koushkie Jahromi	48
OP9	The impact of physical activity before and after pregnancy <u>Rozeta Shatku</u> , Zylfi Shehu, Mimoza Tare	49
OP10	The effect of 8 weeks of aerobic training on primary dysmenorrhea <u>Nategheh Dehghanzadeh</u> , Ebrahim Khoshnam, Asghar Nikseresht	50
OP11	An investigation of gender role orientation of exercisers with regard to types of exercise <u>Feyza Meryem Kara</u> , Selen Kelecek, Atahan Altıntaş, F. Hülya Aşçı	51
OP12	Effect of competitive environment and spectator on children's performance in fundamental motor skills <u>Hasan Mohammadzadeh</u> , Mandana Heydari	52
OP13	An examination of the relationship between self-esteem, locus of control and emotional intelligence of athletes whom experience sexual orientation and gender diversity Ayşe Önlerci, Erdinç Demiray, <u>S. Sevil Uludağ</u>	53
OP14	The impact of personality traits on leisure and life satisfaction in women exercise participants <u>Gül Yağar</u> , Tennur Yerlisu Lapa	54
OP15	Effect of motivational music and video and competitiveness features on the sprint performance of young females <u>Hasan Mohammadzadeh</u> , Mandana Heydari	55

OP16	What is the life of the gay student in physical education and sports department like? A single case study Leyla Saraç	56
OP17	Attitudes towards gender diversity among Spanish athletes: A pilot study Joaquin Piedra	57
OP18	The female boxers' views on the coach–athlete relationship and where female coaches stand in the area of boxing Berrak F. Fırat, Canan Koca	58
OP19	A woman can be a secretary but not a general secretary: gendered experiences of women managers at Turkish sport organizations Mustafa Şahin Karaçam, Canan Koca	59
OP20	How to decide is a female body builder feminine or unfeminine? Neslihan Filiz	60
OP21	How do the novice physical education teachers define the place of women in sport? Nurgül Özdemir	61
OP22	Examining undergraduate physical education teaching majors' attitudes toward women Eda Muştı-Özyakan, Necat Toprak, Cem Y. Yılmaz, Leyla Saraç	62
OP23	Secondary school pupils interest for sports and physical education in Albania Zylfi Shehu, Rozeta Shatku, Mimoza Tare, Daniel Jano, Lefter Bukaci	63
OP24	Opinions of Ankara University students on women participation in sporting activities Meltem Kızılyallı, Oğuz Özbek	64
OP25	Gender in the pictures of students related to the physical education classes Cenk Temel, Mehmet Güllü	65
OP26	The relationship between problem solving skills and general anxiety of women exercising in leisure time activities Gülay Yasemin Aldemir, Esen Kızıldağ Kale, İlhan Adiloğulları	66
OP27	Examination of attitudes of students of Faculty of Sports Sciences at Uludağ University towards homosexual athletes Nimet Haşıl Korkmaz, Vildan Ünal	67
OP28	The relations between problem solving skills and anxiety levels of 1 st and 2 nd league women volleyball players Yeliz Özensoy Özveren, Ferudun Dorak	68
OP29	Investigation of the effects of sports sexism Gülsüm Baştuğ, Erkan Bingöl, Duygu Yaralı, Mevlüt Yıldız	69
OP30	The relationship between problem-solving skills and life orientations of women exercising in leisure time activities Esen Kızıldağ Kale, Gülay Yasemin Aldemir, İlhan Adiloğulları	70
OP31	Doing exercise in women-only spaces: socio-ecological model Safer Elmas, İlknur Hacısöftaoğlu, F. Hülya Aşçı	71
OP32	Understanding women exercise dropout within the framework of socioecological model Hatice Sim, Pınar Öztürk, Canan Koca	72
OP33	Gender in sports: a qualitative study on branches preference of female and male athletes İrem Kavasoglu, Mustafa Yaşar	73



OP34	Athletics training for women under the variables of Palestinian society Hisham-A-M-Alaqla	74
OP35	Determination of the factors that may constrain the participation in leisure time activities of young women students in the preparatory education <u>Murat Bulut</u> , Funda Koçak	75
OP36	Examining the effect of aerobic exercise on the postural dynamic balance among sedentary women <u>Fatma İlker Kerkez</u> , Fatma Kızılay, Cengiz Arslan	76
OP37	Acute effects of pilates exercise on the flexibility of elderly women <u>Thoma Polixeni</u> , Thomopoulos Nikolaos, Kaitelidis Theodoros, Karamitroudi Efhimia, Tripi Zoi	77
OP38	The acute effects of static and PNF stretching exercises on stability in older aged women <u>Burçak Keskin</u> , Osman Ateş, Sibel Gör	78
OP39	The effects of sleep deprivation on cardiovascular factors and fatigue index of female athletes in morning and evening <u>Shahzad Asghari</u> , Maryam Koushkie Jahromi, Zahra Abbasi	79
OP40	Swimming is not a simple issue: exploring the experience of women going to swimming pool <u>Sevda Yurt</u> , İlknur Hacisoğlu	80
OP41	Sexism in sports media: masculine wordplays and the discourse of hegemonic masculinity in G.Ö.T. and A.M.K. newspapers <u>Hatice Çoban Keneş</u> , Merve Diltemiz Mol	81
OP42	The entrepreneurship problems of the women entrepreneurs Mustafa Türkmen, <u>Meral Sevinç Tırpan</u>	82
OP43	Being a woman in football and working with football women Necla Güngör	83
OP44	Changing images of woman football through social determinants Veysel Küçük	84
OP45	Experiences of women with breast cancer in the Dragon Boat Program in Turkey <u>Ayşen Çevik</u> , Pınar Öztürk	85
OP46	Athletes' perceptions of sexual harassment in Turkey <u>Gülray Özen</u> , Esra Emir, Canan Koca	86
OP47	The interest in and the importance of physical activity in the functional development of high school students in Albania <u>Mimoza Tare</u> , Rozeta Shatku, Zylfi Shehu, Aida Shehu	87
OP48	Hegemonic masculinity in Turkish sports news: the news discourse of UEFA matches in Fotomaç Birce Pakkan	88
OP49	Elite women athletes and pregnancy Hande Öztürk	89
OP50	The analysis of vertical & horizontal ground reaction forces that occurs different sprint distance in terms of male and female athletes <u>Mehmet Kale</u> , İzzet Kırkaya	90
OP51	Risk factors for the female athlete triad in athletes and non-athletes <u>Yasemin Güzel</u> , Tuğba Nilay Güngör, Pınar Öztürk, Canan Koca, Ş. Nazan Koşar	91

OP52	The evaluation of female athlete's triad and gynecological complaints on Turkish female athletes Pınar Solmaz Hasdemir, <u>Onur Oral</u> , Esat Çalık, Rana Varol, Yeliz Özveren, Hasan Tayfun Özçakır	92
OP53	Investigation of body composition in female athletes <u>Tuğba Nilay Güngör</u> , Yasemin Güzel, Pınar Öztürk, Canan Koca, Ş. Nazan Koşar	93
OP54	Body mass index of individuals from sports centre for the study of knowledge level <u>İbrahim Kubilay Türkay</u> , Özgür Dinçer, Kadir Pepe, Ebru Dinçer	94
OP55	Civil law's window for women and women's participation in sports in Turkey Aysu Melis Bağlan	95
OP56	Gender inequality in the girls' swimming activity "unforeseen" effect Nuran H. Belet	96
OP57	Reading of contemporary women in Early Republican Era through women athletes <u>İrem Kavasoglu</u> , İbrahim Yıldırım	97
OP58	Woman in the philosophy of Olympism of Baron Pierre de Coubertin: reasons and results <u>Aycen Aybek</u> , İbrahim Yıldırım	98
OP59	Speeches on the issue of "physical training" delivered during the parliament session in single-party period Halise Karaaslan Şanlı	99

POSTER PRESENTATIONS

PP1	Undergraduate PE teacher education major's perceptions of "gender appropriate sports" <u>Leyla Saraç</u> , Necat Toprak, Cem Y. Yılmaz	103
PP2	An analysis of sport participation rates of women and men at various sports between years 2009-2013 <u>Cem Y. Yılmaz</u> , Zeynep Dinç	104
PP3	Gender roles of women athletes from 11 sport branches in inter-universities competitions <u>Zehra Certel</u> , Ziya Bahadır	105
PP4	Investigation barriers of sports participation of female teachers in Iran Amin Koushkie Jahromi	106
PP5	Research on sportive exercise participation of girls and boys Kadir Pepe, <u>Hülya Bal</u>	107
PP6	Evaluation of factors which effect women sport participation regarding women sports participant and non-participant Kadir Pepe, <u>Hülya Bal</u>	108
PP7	Female gender roles in university students sporty attitude relationship <u>Yiğit Türk</u> , Duygu Yaralı, Halil Evren Şentürk	109
PP8	Sociological research on the tendencies of women football fans toward football violence and profanity cheering Mustafa Türkmen, <u>Uğur İşbilir</u>	110
PP9	Contemporary sports participation and gender policy approaches: Australia and Turkey in contemporary sports participation and social policy and in men and women limitations of liability's perspective Mursel Akdenk, <u>İbrahim Kurt</u>	111



PP10	The participation of females in rural and Urals areas in sports Rozeta Shatku	112
PP11	Gender, physical activity level and negative-positive affection: a study on university students <u>Tennur Yerlisu Lapa</u> , Nimet Haşıl Korkmaz	113
PP12	Imagery types of elite athletes <u>Esen Kızıldağ Kale</u> , M. Şefik Tiryaki	114
PP13	Task and ego orientations in sport according to gender, sport type and education level <u>Bahri Gürpınar</u> , Ümit Şentürk, Özkan Koçalp	115
PP14	Team identification levels of the male and female sport spectators living in Antalya <u>Bahri Gürpınar</u> , Mahir Demirer, Yazgan Demir	116
PP15	The relationship between physical fitness and physical self-concept in athlete and non-athlete girl students aged 15-17 years in Jahrom Shekoofeh Najafi	117
PP16	Effect of eight weeks aerobic exercise on the global self-concept of female adolescents <u>Seyedeh Faezah Pourhashemi</u> , Ehsan Zarian	118
PP17	Relationship of psychological fluency level with competitions of bow and arrow for girl Fatimah Abed Malih, Muna Tha Idrees, Afarah Abdulqadir Abbas, Ferdous Majeed Amen	119
PP18	Personal development initiative for self-editing investigation of the effects of taking skills: a study on female students of Marmara University, School of Physical Education and Sports <u>Gülay Yasemin Aldemir</u> , Ayhan Bayram	120
PP19	A descriptive study on body image of men and women athletes <u>Nurdan Karagöz</u> , Elif Karagün	121
PP20	A comparative study of the psychological adjustment according to body mass index among women practices for non-sports activity and mathematics retreats age (50-60 years) Saad Nafai, Fatima Abd Mleh	122
PP21	The effect of menstruation on athletic performance and menstrual disorders occurred in female athletes <u>Mesut Hekim</u> , Tuğba Hekim	123
PP22	A comparative study before and during menstruation and its impact on some biochemical variables for a sample of the girls players A. M. D. Mayson Alwan	124
PP23	The effect of an aerobic exercise on the hormone insulin and blood of some ions football players (women) Safa Al-Din Taha Hajjar, Diar Ahmed Mgidid, Soudade Fadel Muhammad	125
PP24	The effects of 8-week aerobic exercise training on basal metabolism and physical fitness parameters in sedentary women <u>Fatma Kızılay</u> , Cengiz Arslan, Fatma İlker Kerkez, Ayşegül Beykumül, Egemen Kızılay	126
PP25	Effects of aerobic exercise training on total oxidant-antioxidant capacity and oxidative stress in sedentary women <u>Fatma Kızılay</u> , Cengiz Arslan, Fatma İlker Kerkez, Osman Çiftçi, Egemen Kızılay	127

PP26	The impact of a proposed training program in some immunological indicators of blood and the level of seclusion to women aged (35-40) years <u>Agharid Salim Abdulridha</u> , Luma Akram Jallu	128
PP27	Using proper strategies for weight loss for judo players Hala Nabeel	129
PP28	Massage effect using the reflective dots on raising the efficiency of the central nervous system and the skills performance of karate players Safaa Saleh	130
PP29	Determine the benchmark for predicting the level of the most important elements of fitness in terms of some of indicators of the physical construction of 15 years old pupils in the center of Basra governorate for the academic year 2013–2014 Raed Mohammed Mshatat, Youssef Lazim Kemash, Sadiq Abbas Ali	131
PP30	Obesogenic environment in school age children – Importance of the mother <u>Fatma İlker Kerkez</u> , Varol Tural	132
PP31	The effects of a 6-week superimpose whole body elecromyostimulation training program on selected performance parameters in female canoer players <u>Celil Kaçoğlu</u> , Mehmet Kale	133
PP32	Effects of suggested exercises of sensitive-movement realization development and response speed in performance accuracy of some overhead kicks for women badminton <u>Wisam Salah</u> , Maysaloon Zuhair, Nadia Shakir, Abeer Ali Hussein	134
PP33	The impact of walking over wet sands on some functional variations in fencing players <u>Huda Saleh Mohammed</u> , Ahmed Abdulzahra Abdullah	135
PP34	The control of physical-technical performance of Kukës team in free-style for adult <u>Zylfi Shehu</u> , Mimoza Tare, Rozeta Shatku, Daniel Jano, Lefter Bukaci	136
PP35	The relationship between explosive power and accuracy performance front and back hits of the students (girls) in tennis Falah M. Abood, Rawa Alawi Kadhum, <u>Hayder M. Abood</u>	137
PP36	Sensing the distance and time assessment and its relation to passing accuracy for girls players in volleyball Firas Kassob Rashid, <u>Hind Mohammed</u>	138
PP37	Effect variance of muscle strength portion of the hamstring and quadriceps muscle groups on sports injuries Akram Hussein Jabur Al-Janabi	139
PP38	Studying the motor energy for the motor trajectory of the three-dimensional weight in snatch lift for the female champions of the Arab States in weight lifting Saad Nafi Al-Dulaimi	140
PP39	An analytic study for the motor momentum of the motor trajectory for the three-dimensional weight in snatch lift Thair Ghanim Mala-Alo	141
PP40	The effect of exercises with additional weights on the muscle ability, amount of movement and peripheral speed of the striking leg and scoring accuracy in 10M penalty kick for futsal female players Adel Turkey Hassan, Wissam Yaseen Burhan, Majid Abdul Hameed Rasheed	142



PP41	Effects of gender composition on students' physical fitness in secondary rural physical education classes (Northeast of Iran) <u>Davood Rezaeenia</u> , Alireza Ramezani, Mohammad Hassan Sepehri Nejad, Ali Najafi, Malihea Dankoob Nodeh	143
PP42	A study on the sportsmanship behaviors of female students in physical education course according to their sportive features <u>Yakup Koç</u> , Kemal Tamer	144
PP43	Correlates of happiness among Turkish physical education and sport majors <u>Necat Toprak</u> , Cem Y. Yılmaz, Leyla Saraç, Eda Muştu-Özyakan	145
PP44	The investigation of the relationship between motivated learning strategies and approach to learning and studying: a study in high school students <u>Oğuz Kaan Esentürk</u> , Ender Şenel, Mehmet Ulaş	146
PP45	The impact of learning using small toys to develop some basic skills and creativity for handball players for ages (14-16 years) Mushreq Aziz Allamiy	147
PP46	The impact of the use of the platform strategy groupware flexible in learning some basic skills of futsal <u>Lamya Hasan Aldiwan</u> , Qaswer Abdulhamed, Tiba Hasan	148
PP47	The school administration and its role in the sport creation among sport education teachers of some (secondary, intermediate) schools in the center of Ninenvah Governorate <u>Nibras Al-Morad</u> , Thabit Hamodat	149
PP48	Study the reality of physical education lesson in secondary schools for girls from the viewpoint of the parameters in the center of Erbil Hussein Sadi Ibrahim Heerani	150
PP49	The impact using a methodology in the education of the computer skill performance of some basic skills artistic gymnastics the floor exercises for the students of the second phase Ferdous Majeed Ameen, Sura Jamil Hanna, Bassam Abed Fatha	151
PP50	Comparative study of trends in the Faculty of Physical Education Girls about substance field training and practical teaching methods Waleed Wadalla Ali, Muayad Kamal-Adin İzaldeem Al-Brifkani, Saadi Omar Yousif	152
PP51	The participation of Iraqi women in sport and physical activity after the war of 2003 from the heads perspective of the sports organizations <u>Wisam Salah</u> , Hayder S. Mohseen	153
PP52	A descriptive study on female athletes: Turkey <u>Sıdıka Atbinici</u> , Fethiye Barutçu, Zeynep Onağ, Pınar Güzel	154
PP53	Determination of the gender distribution of academic staff in different faculties of universities in Turkey <u>Eren Uluöz</u> , Cem Y. Yılmaz, İrem Kavasoglu, Zeynep Filiz Dinç	155
PP54	Sexism against women: prospective study on physical education teachers candidates Nurgül Özdemir	156
PP55	The role of successful women athletes on gender discrimination Seher Kartal	157
PP56	A woman's portrait from Ancient Olympia: Kyniska Hüseyin Üreten	158

PP57	Gender, leisure participation and meaning of leisure Evren Tercan	159
PP58	Recreation activity participation and leisure constraints in women police officer working in the city center of Antalya Mustafa Haluk Çerez	160
PP59	Psychosocial adjustment and its relation to performance level of some individual and team sports for female students in the college of physical education Maha Sabry Hasan, Ahmed Muhammed Ali Kamil, Haidar Shakir	161
PP60	Empathy in sport environment according to gender and various variables <u>Bahri Gürpınar</u> , Nefise Tuğçe İstanbul	162
PP61	Comparative investigation of emotional intelligence of athlete and non-athlete girls students of Iran Universities Mansoreh Arzeshmand	163
PP62	The relationship between body dissatisfaction and eating disorders with stages of change for physical activity in Tabriz University female students <u>Hossein Borhani</u> , Hassan Mohammadzadeh	164
PP63	Comparison of multiple intelligence of professional volleyball players <u>Elmira Johari</u> , Hasan Mohammadzadeh	165
PP64	Emotional intelligence and its impact on the performance of some of the basic skills in rhythmic gymnastics <u>Nabhan Hameed Ahmeed</u> , Shaima Abdullah Matar Al-Tamimi	166
PP65	Shyness and its relationship to motivation mathematical achievement and the effectiveness of the program guide rational behavior in downgrade Mujahed Hamid Rashid, Abeer Dakal Hatim Alsalme, Mohammed Waleed Shihab	167
PP66	Examination of the mothers' awareness level about the weight of their children <u>Fatma İlker Kerkez</u> , Varol Tural	168
PP67	Gender differences in physical activity during early childhood period Irmak Hürmeriç Altunsöz	169
PP68	Comparison of physical activity levels in weekdays and weekend for female office workers <u>Sema Can</u> , Erşan Arslan, Bülent Kilit	170
PP69	Physical activity profile of university students <u>Ayşe Kin-İşler</u> , Ş. Nazan Koşar, Eser Aslan, Murat İstikbal	171
PP70	Investigation of healthy life style behaviors of university students as gender, doing sport situation and economic aspects <u>Yılmaz Yüksel</u> , Mesut Hekim	172
PP71	Calendar trends Mosul University students about physical activity on physical variables according to some objective Ahmed Moayad Hussien Ali Al-Zubair	173
PP72	Relationship with some of the variables Elkinmetekih Owners special needs category (37) completion of 100m running Akram Hussein Jabur Al-Janabi	174
PP73	Relationship between some of biomechanical variables with the level of achievement in the stability horizontal jump test of the volleyball female players Yahya Mohamed, Mohamed Ali, Yusif Ahmed Khaled	175



PP74	Designing the shape of profile for some kinematic variables of scoring skill from the penalty spot (6 meters) of the female futsal players Waleed Ghanim Dhannoon, Ammar Shihab Ahmed	176
PP75	The effect of eight weeks of plyometric exercises, strength and mixture (power–plyometric) an anaerobic power, explosive power and strength of quadriceps muscle related to 7-11 years old Iranian gymnast girls Mansoreh Arzeshmand, Abdol Rahim Khodajoo	177
PP76	The effect of using illustrations and additional duties (kinetic) to learn some of the basic skills of basketball for middle school girls Waleed Wadalla Ali, Nadia K. Hader	178
PP77	Perception relationship kinesthetic sense for students (girls) preparatory stages with some basic skills in volleyball <u>Montather Majeed Ali</u> , Mohammed Oufi Radhi, Zainab K. Abbood	179
PP78	The impact of a variety of expressive movements reduction in emotional excitation and the development of some physical abilities and the kinetic for volleyball players (girls) <u>Nahida Abd Zied Aldulamy</u> , Hachim Shany Ouda, Luma Sammer Al Shaikly	180
PP79	Re-learning in the development of some of the physical abilities and skills clapotement and correction handball for students (girls) Kalida Abd Zied Aldulamy	181
PP80	Curriculum according to Kolb's theory of learning the skills of serve and smash stroke in volleyball for students Saddam Mohammed Fareed Rajeh	182
PP81	The effect of using the discovering approaches in learning football basic skills for the female students of physical education college Habeeb Shakir Jebur, Oras Neamah Hasan, Akram Abdulhussein	183
PP82	Study the level some of the basic skills of the age (10-12) years for girls Muna Abdul-Sattar	184



INVITED PRESENTATIONS

Women and Sport: A Glocal Approach

Darlene A. Kluka

Barry University, USA

The increased emphasis on the position of women during the last two decades has now, in 2014, become embedded in the broader context of global development and should not be regarded as an isolated effort. This did not come easily for those who had a passion for the women and sport movement. We would like to share with you substantive international groups who have contributed to the effort. What began at the global level two decades ago is deeply rooted in its current vision. The notion of gender mainstreaming and core values of creating a sporting culture that would "...enable and value the full involvement of women in every aspect of sport" (IWG, 2007, p. 1) is evidenced in the IWG vision statement. At this point in the global women's movement, there appears to be an increasing synergy for a transformational approach relative to women's development and empowerment perspectives (Kluka, 2008). In order for transformation to occur, however, there must be an increasing inclusiveness of all women in the movement. The women and sport movement has begun to be placed as a valued driver in the overall women's movement, with its acceptance into UN documents and initiatives (thanks to Carole Oglesby/WSI influence and document at the beginning of 2008), the IOC's partnership with the UN, and the strategic plan of IWG, of which WSI and IAPESGW are full partners. Significantly, the role of women as participants in the process of social change, rather than recipients, has begun to create a necessary paradigm shift in the value of women in all sectors and at all levels of society glocally (Chowdry, 1995). Much yet is to be realized with the inclusion of information/research involving women in the Middle East and Latin America. These are two areas of the world that sport science researchers and scholars are encouraged to focus upon so that their progress can be documented as well.

Bio: Darlene Kluka has dedicated her life to sport, teaching and research, and has gained many honours for her inspirational work with young researchers and her developmental work in the area of women in sport and leadership. She was president of IAPESGW 2005 – 2009. She has also been President of the National Association for Girls and Women in Sport (NAGWS), the first Director of the ICHPERSD Girls and Women in Sport Commission, Deputy Delegate for AAHPERD to the United States Olympic Committee, Vice President of Member Relations and Human Resources in USA Volleyball, and a member of Women's Sports Foundation International Committee.

A Down under Perspective

Janice Crosswhite

Australian Womensport and Recreation Association, Australia

The Australian Womensport and Recreation Association (AWRA), the peak advocacy body for women's sport in Australia, has identified the need for more women in leadership positions as a key issue to increasing the participation of girls and women in sport and physical activity in Australia. Currently there is Federal Government policy of a target of 40% females on national sporting boards by 2015 but nearly all sports fail this target. This paper will examine the current situation; address why gender policies are important; examine what is stopping progress; highlight some case studies; look at ways to attract women; list resources. There still is a need for change in sports' policy, practice and attitude to bring about AWRA's vision of: "a strong and healthy Australian culture through increasing the active participation of women and girls in sport, physical activity and recreation."

Bio: Janice Crosswhite is president of AWRA which its vision is to build a strong and healthy Australian culture through increasing the active participation of women of all ages and abilities in sporting and recreational pursuits. Janice also has extensive experience in sports administration at state and national levels. Crosswhite has a long history of involvement in sport and physical education as a participant, teacher, adviser and lecturer. She worked for ACHPER (Australian Council for Health, Physical Education and Recreation), the Australian Sports Commission and the ACT Government and was former President (Life Member) of Women sport and Recreation New South Wales and the Manly Warringah Basketball Association (Life Member).



The History of Women Football in Turkey

Lale Orta

Okan University, Department of Sports Management, Istanbul, Turkey

Turkey failed to bring into force the rights that it granted women by means of laws, in terms of their de facto application. According to the selected occupations in Turkey, “gender-based occupational discrimination” is important in terms of gender-based prejudices and values of the community, and it caused woman to remain undeveloped in many areas. Increasing participation of girls in sports in Turkey and the creation of gender equality in sports is one of the subjects more emphasized in the recent days. Despite the increasing interest of women in football in the recent years, the slogan of “Football is the sport of men” led women in Turkey to be alienated from this field, and caused football to be considered as a sports branch that belongs only to men. These incorrect assessments and approaches prevented the women in Turkey from playing football; and they also led the women active in the field of football to act masculinely or led those who have masculine characters to tend to play football. In order to enable the women’s sports to develop in parallel with men’s sports, first the sport culture must be generalized in the community. Sports must be made an indispensable part of the basic education, making sports must be emphasized as a constitutional right of each Turkish citizen, and as the most important one, all kinds of sports activities, organizations, events and investments intended for men must be carried out for women as well. The state should provide all the opportunities for the citizens who want to make sports, should support them to grow healthy generations, and should create equality of opportunity in sport, in terms of gender. Women must be able to make both in individual and team sports in all sports branches that they want. This case must be related to that person’s own free will, liking and desire. All the sports as both individual and team sports are universal, and they all belong to everyone. Sport is a cultural phenomenon and social action containing international values. The essence of sports consists of contest, competition, and performance. Human is an entity who shows performance and acts. Sports action is a dynamic area open for communicating with other people, and has an organizational value in terms of the future life of individuals. By means of sports, human gains both individual and social experience; and besides social learning and togetherness, sports also contributes in enabling human to gain his/her freedom of choice and independence. Sports allow an individual to control herself/himself. It ensures an individual to gain inside and outside discipline, and to protect and maintain them. It enhances his/her cognitive, emotional and kinesthetic sensitivity. Thus, she/he can keep her/his health under control, by means of physical sensation.

Bio: Lale Orta has master and Ph.D. degree in Sport Management at Marmara University. She is the first woman who has a Ph.D. on football with her thesis “Football Organizations in the World and in Turkey”. She is one of the founders and players of Dostlukspor, the first women’s football team in Turkey. She is the first women referee who officiated matches in Professional Football Leagues in Turkey and Europe. Lale Orta was awarded to “2002 Women & Sport Trophy in Europe” by the International Olympic Committee (IOC). Now, she is working at Department of Sport Management in Okan University. She is an executive member of the Turkish Association of Sport and Physical Activity for Women.

Actively Engaged: A Policy on Sport for Women and Girls (Sport Canada)

Karin Lofstrom

Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS), Canada

Canada has a long history of supporting girls and women in sport. Through the development of the latest policy there is a renewed direction for the leadership and programs of Canadian Heritage (Government of Canada) in promoting and developing a strengthened sport system where women and girls are full, active and valued participants and leaders, experiencing quality sport and equitable support. An overview of the policy will be provided along with some practical ideas for implementation which is the critical step to put the policy into action and make a difference.

Bio: Karin Lofstrom has been the Executive Director of CAAWS since 2002. This entails working with Sport Canada, the Public Health Agency of Canada, National/Provincial and Territorial Sport Organizations and multi-sport and physical activity associations to assist them in developing and implementing gender equity initiatives within their organizations. Lofstrom has a long history of involvement in sports as coach, national team coordinator, chef du mission, administrator and manager across a range of sports and major international events. She currently serves on the Canadian Interuniversity Sport (CIS) Equity and Equality committee and the Canadian Olympic Committee's Women's Committee



Does Physical Activity/Exercise Make Women Feel Good?

F. Hülya Aşçı

Marmara University, School of Physical Education and Sports, İstanbul, Turkey

Physical activity or exercise has become increasingly popular in recent years and much research describing the psychological benefits of fitness has emerged from a variety of settings. Physical educators, exercise physiologists, psychologists, rehabilitation counselors, psychiatrists, and physicians have all addressed this issue. Evidence indicates that physical activity/exercise can decrease the risk of developing disease and may even help to stop or reverse the progression of certain disease conditions. Participation in physical activity or exercise is not only associated with physiological improvement in aerobic capacity, cardiovascular functioning, muscular strength, flexibility and body composition, but it also provides psychological benefits including decreased anxiety, increased self-confidence, improved mood, and increased self-esteem. In recent years there has been growing evidence that physical activity/exercise is a viable public health intervention for improving and maintaining quality of life in women. Thus, the aim of this presentation is to summarize existing literature on the role of physical activity/exercise in psychological well-being of women. The role of physical activity/exercise in the psychological well-being of women will be discussed by considering the results of cross-sectional and interventional studies. This presentation will be focused on the psychological construct of depression, anxiety, body image, self-esteem and physical self. The relationship of physical activity/exercise with above psychological constructs will be discussed on women from different age groups (e.g. adolescents, middle-aged, older adults) as well as special women groups (breast cancer, pregnant, menopause).

Bio: F. Hülya Aşçı graduated from Physical Education and Sport Department of Middle East Technical University in 1991. She received her Master of Science Degree in Sport Psychology and PhD. Degree in Guidance and Counseling in 1993 and 1998, respectively. She mainly studies physical self-perception and psychological effects of physical activity on psychological well-being. She received “Developing Scholar Award” which has been given by International Society of Sport Psychology to the scholar who makes great contribution to sport and exercise psychology. She is an Associate Editor of Psychology of Sport and Exercise Journal and she takes responsibility as a reviewer of some international refereed journals in the sport psychology area. Currently, she is working at the School of Physical Education and Sports in Marmara University, Turkey.

Exercise and Pregnancy

Maryam Koushkie Jahromi
Shiraz University, Shiraz, Iran

The benefits of exercise before, during and after pregnancy have been proved by many researches. This paper presents a review of the existing research on pregnancy and physical activity/exercise, and (a) summarize the existing body of literature about influences of physical activity before, during and following pregnancy, (b) present directions for future research. A literature search articles from 1986 to 2014 in English peer-reviewed journals. The major findings will categorize researches into the following: influences or correlates of exercise (a) pre pregnancy, (b) during pregnancy and (c) post pregnancy on maternal and child health. Results indicated proper Exercises regarding mode, intensity and duration during pregnancy are associated with higher cardiorespiratory fitness, and prevention of urinary incontinence and low back pain, reduced symptoms of depression, gestational weight gain control, and for cases of gestational diabetes, reduced number of women who required insulin. Few researches were available regarding Pre pregnancy exercise in human and most studies on animals indicated beneficial influences on preventing pregnancy complications such as diabetes. Most of Post pregnancy researches focus on and show beneficial influence of exercise in recovering body shape and some complications including urinary incontinence and low back pain. However, more studies are necessary for clarification.

Bio: Maryam Koushkie Jahromi is the head of Physical Education and Sport Science Department where she has been active in teaching and conducting researches and thesis. Her research interests are on exercise physiology and women's health and sport, and Muslim women in sport. She has been the first best student in PhD entrance exam of exercise physiology at 1998 in Iran. She has been a scientific board member of several national and international sport science and physical education conferences in Iran.



The Female Athlete Triad: Current Concepts

Ş. Nazan Koşar

Hacettepe University, Faculty of Sport Sciences, Ankara, Turkey

The female athlete triad (Triad), first identified in 1992, refers to the interrelationships among energy availability, menstrual function, and bone mineral density. These components may progress from a healthy (optimal energy availability, normal and regular menstrual cycles, and optimal bone mineral density) to unhealthy and severe clinical presentations of each component which include clinical eating disorders, amenorrhea, and osteoporosis. In this respect athletes are distributed along a spectrum between health and disease, and those at the pathological end may not demonstrate all the three clinical conditions simultaneously. Female athletes often present with one or more of the three Triad components. A recent study showed that the prevalence of all three Triad conditions among athletes varies between 0-16%, and the prevalence of any two or any one of the Triad conditions ranges between 2.7-27% and 16-60%, respectively. Prevalence of the Triad is high in exercising women, particularly those women involved in leanness, aesthetic, and/or endurance sports. Although the Triad first identified in athletic population, studies have shown that non-athletic females are not free of risks. Giving the enormous pressure and emphasis placed on thinness among females this finding is not surprising. Low energy availability appears to be the leading factor that impairs reproductive and skeletal health in the Triad. Education is the key for prevention and early intervention. Priority in education should be given to the athletes, parents, coaches, trainers, and administrators. Athletes should be assessed for the Triad at the pre-participation physical and/or annual health-screening exam. A multidisciplinary treatment team should include a physician or other health-care professional, a sports dietician, and, for athletes with eating disorders, a sport psychologist. Recently, International Olympic Committee and The Female Athlete Triad Coalition have published position statements on the screening, diagnosis and treatment of the Triad. In this paper current perspectives on the female athlete triad will be presented: current conceptual model of the Triad, causes, symptoms and consequences of the Triad, who are at risk, prevention and early identification measures.

Bio: Ş. Nazan Koşar is assistant professor in Faculty of Sport Sciences at Hacettepe University. Her research has focused on the role of physical activity and regular exercise in the prevention of chronic diseases and improving health. In this regard, her research interests are adaptations of organism, particular cardiac and skeletal muscle adaptations, to exercise and inactivity, age related muscle wasting and prevention strategies, and the female athlete triad.

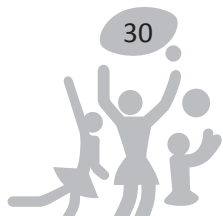
Women, Health & Physical Activity: Trends in Brazil

Maria Beatriz Rocha Ferreira

CAPES/Program, Faculty of Education, Federal University of Grande Dourados, Brazil

The international literature emphasizes the increase of sedentary life and the importance of regular physical activity (PA) to reduce the risk of chronic disease, such as cancer, obesity and cardiovascular disease. Since 1960 the Brazilian government and the civil society, influenced by international agencies, have developed different programs to improve the physical activity level of the population, especially in the schools, sport clubs and communities. In these years, one can observe a shift from sport-performance to sport-leisure and to physical activity related-to-health, which trend benefited the women participation. The gap between genders decreased over the years. The government program 'Sport for All' (from 1977), connected with existing local initiative, and brought the idea of a broader view of sport. The complexity of the program in addition to the Brazilian continental dimension, political changes made its continuity difficult. One of the legacies was to awake the consciousness of people for leisure sport. In 1996, another program was established with different ideas - the "Agita São Paulo". It is an initiative of a non-governmental organization Physical Fitness Research Center from the city of Sao Caetano do Sul - CELAFICS and the São Paulo State Health Secretariat. It is a multi-level plan that promotes messages about the benefit of physical activity to health and coordinates activities and interventions for broader physical activity opportunities among more than 40 million inhabitants (in 645 municipalities) of the state of Sao Paulo, Brazil. The main keys of the program are based on: (i) *scientific knowledge*, (ii) *movements of day life*, (iii) *network (partnership)*, (iv) *motivation of people involved and messages (mascots, folders, you tube)*. The step by step program activities and messages are intended to turn individuals into somewhat more active ones at no risk of suffering injury. The program's actions affect the general population, and focus on some specific groups such as schoolchildren (Agita Galera), the State Department of Health from São Paulo Agita (SES), and communities (Agita Comunidade). The success of the program is its clear, simple and assertive messages, low cost, participation of different social groups, capacity of building and should bring love and happiness for people. The evaluation of the program shows an increase in moderate-intensity physical activity practice stronger among women than men.

Bio: Maria Beatriz Rocha Ferreira has a Ph.D. in Anthropology at the University of Texas at Austin (USA) and Master in Physical Education at the State University of São Paulo (Brazil). Her research interests are society and culture emphasizing figurations and power relations, gender, games/sports in indigenous populations and wheelchair dance for people with disabilities. For the last 25 years developed teaching activities and research in the Faculty of Physical Education at State University of Campinas – UNICAMP and is currently included in the program CAPES Visiting Professor Senior at the Federal University of Grande Dourados – Mato Grosso do Sul.



Let's Practice Diversity and Inclusion for Girls & Women in PE and Sport

Rosa Lopez de D'Amico

Universidad Pedagógica Experimental Libertador – Maracay, Venezuela

One of the millennium development goals refers to the empowerment of women in diverse aspects of society, besides in the other goals it is expressed some principles that are basic for the human development such as access to education, equality, clean environment to mention some of them. Now, it is so important that we acknowledge that we live in societies in which there is a rich variety and diversity of human beings. In our context, physical education and sport, we need to address our attention to the differences related with disability, age, socio-economic status, sexual orientation, gender, culture, religion, ethnicity, political, geographical, language to mention but a few. It is curious that in spite of the fact that we all know that each one of us is different to the other, there is evidence in the history of humanity of reactions against to what is different or diverse. In recent years we have seen slogans such as 'embrace diversity' or 'celebrate diversity, have become frequent in some areas or discourses, no doubt that it is indeed a way that we must go, particularly because when history is reviewed we learn the consequences of not accepting diversity that has provoked segregation, discrimination, and poor living environment and conditions. The purpose is to make the audience aware of situations in which diversity has not been practiced, but also to refer to policies in place to avoid any form of discrimination and to work with the difference or diverse. It is based on critical perspectives to highlight aspects that need to be comprehended in order to provoke reactions in favors to celebrate ourselves and others for the sake of humanity.

Bio: Rosa Lopez de D'Amico received the CDCHT Award (National University Council for Scientific Development in Humanities, Technology and Science Award) the most distinguished Venezuelan honor that recognizes the last five years of research production in the area of humanities in the country. This recognition, for the first time, has been given to a woman and to a Professor from the Pedagogical University, UPEL. She is also the first woman in the area of Physical Education and Sport who receives "UPEL National Award for Research Path". Rosa Lopez de D'Amico is making great numbers of contributions to various associations at national and international level. She is currently working as General Director of the Aragua State Institute of Sport. She is the president of the IAPESGW.

Why Football Can Be the Answer for Inclusion

Sema Kasapoğlu

Turkish Olympic Committee, Turkey

Football is the most popular sport in Turkey and all over the world. There are women's teams in every developed country, which is an inspiration for the girls at the early stages of football everywhere. Everybody can play football regardless of their anatomy. There is a position in the game for every person. Every girl can be included. It is easy to play, does not need many utensils, sometimes one ball is enough. It is easy to access since the infrastructure exists. In the training it is possible to include many girls at the same time. The rules are simple. The idea of attracting girls to football in a safe environment was successful in a little club in Kireçburnu/Istanbul. Schools, and clubs around Istanbul adopted the idea. Through this project 'Çimfilizleri' the 'International Olympic Committee - 2011 Women and Sports Award for Europe' and the 'International Fairplay Committee - 2009 Diploma-Promotion of Fair Play' were awarded to Turkey. As the 'Brighton Declaration' and the 'Brighton plus Helsinki Declaration' say, in this Project it is ensured that all women and girls have the opportunity to participate in sport in a safe and supportive environment; the involvement of women in sport is increased; the contribution of knowledge, experiences and values of women to the development of sport is ensured; the value of sport and its contribution to personal development and healthy lifestyle for women and girls is promoted. Choosing football made complying with these principles easy and rewarding. The change in the lives of the participating girls was immense. A few have made it to the national team, but all of them have more self-confidence. Sport can be and should be a safe haven for everybody.

Bio: Sema Kasapoğlu studied in German School of Istanbul. She graduated from Chemical Engineering of Boğaziçi University and she received her Master of Science Degree in Industrial Engineering. The International Olympic Committee awarded Kasapoğlu with the Trophy for Europe at the Women and Sport Awards, in 2011. Also she was awarded by International Fair Play Committee, for her leadership in national promotion campaign to encourage girls to practice sports. She is a former swimmer and current member of the Turkish NOC Executive Committee.



“Smudge-proof Make up of Sultans”: Stereotyped Representation of Women Athletes in Media

İlknur Hacısoftaoğlu

Gedik University, Faculty of Sport Science, İstanbul, Turkey

Media as an institution, which does not only reflect the reality but reproduces and reconstructs it, has a great influence on the societies. It holds also an important role on naturalizing and normalizing hegemonic meanings about gender identities. In sport, given the fact that it has a symbiotic relation with media, this role becomes prominent. Thus to deepen our understanding of how gender difference embedded in sport, it is significant to analyse reproduction role of mass media. Several researches discussing the role of media regarding gender reveal consistent patterns of low coverage in women sport. Also considerable body of researches state that media reproduces patriarchal discourse and reflects traditional masculinity and femininity. Even the dramatically increasing success of women in sport has not changed this situation. In Turkey the success of elite women athletes is also pretty impressive. In spite of maintenance of lower participation rate of women in sport in general in the society, the number of elite woman athletes joining mega sport events and medals they won have conspicuously increased in different sports. Also in Turkey, in spite of all those successes, media gives women sports very limited coverage. Despite of increase in visibility during important mega events seasonally due to women athletes' success, it is difficult to generalize it. This case is closely related to male football's great effect on sport media, which directly makes sports media a male space. Moreover, along with quantitatively low coverage, it is significant to analyse how women are represented. In this study I explored images, interviews and news of distinguished woman athletes and teams to answer the question of how women athletes are portrayed in media. It will be demonstrated how media portrayed women athletes around certain themes. First the focus of media on the traditional expectations regarding (hetero) femininity, with a particular interest on the ways athletes use to preserve their femininity will be examined. Then how media emphasizes athletes' "heterosexual identity" will be analysed. Lastly it will be dwelled on how media highlights their gendered domestic roles in interviews.

Bio: İlknur Hacısoftaoğlu is an assistant professor in Faculty of Sport Sciences at Gedik University. She earned her BS degree in sociology department at Middle East Technical University and her MS and PhD on Sport Science and Technology at Hacettepe University. Her main research areas are in the fields of women, masculinity and spectatorship in sport.

Global Overview of Gender Equity and Physical Education

Tansin Benn

Visiting Professor at the University of Plymouth, UK

The introduction to the session will take a global overview, sharing recent developments in international concerns about quality physical education and gender equity. World Surveys and other research, such as that undertaken by the International Committee for Physical Education, have added knowledge of the international picture and the importance of understanding political, social and cultural context in any intervention efforts. Evidence suggests that the realities of physical education for young people, especially for girls, around the world are variable and often poor in standard. Some girls are still denied access to physical education and some women from training to teach the subject. Important questions have been raised about what constitutes quality physical education and who has access to what and why? The International Council of Sport Science and Physical Education (ICSSPE) has been proactive in shaping a Position Statement and MINEPS V held in Berlin in May 2013 led to Global Declarations and advocacy for action. An overview of these recent developments and the need for international efforts to appreciate the challenges of social, political and cultural situation will contextualise the presentations from the Gulf Council Countries, Europe and Turkey.

In what ways are the speakers' messages similar to efforts in your country?

In what ways do they differ and why?

What can you take from each presentation to your own situation?

Bio: Tansin Benn's main research interests are in the field of gender, ethnicity and religion in the UK and internationally in physical education, sport and dance fields. She is one of the major contributors to international declaration 'Accept and Respect', which urged sporting officials and bodies to listen to the voices and choices of Muslim girls and women in order to be more inclusive in their practices, especially regarding sporting dress codes. She is the former president of IAPESGW and she continues to support the Association as Chair of the Committee of Consultants on IAPESGW's Executive Board.



Physical Education Reality and Understanding in Oman

Yousra AL Sinani

College of Education, Sultan Qaboos University, Oman

Until the early 90s, the Physical Education practice in Oman was preserved by gender and class. With the initiation of the Teacher Training Program, physical education practices in Oman started to spread and moved from a content-based course to an outcome-based course. This article reviews literature relating to the role played by religion and culture in the daily lives of women living in Arab Islamic countries. After having established the social, religious and cultural context necessary for understanding any research relating to the Islamic world, this review focuses on the very important role played by initial teacher training programmes in Arab Islamic countries with a special focus on the PEITTPFW established at Sultan Qaboos University.

Bio: Yousra AL Sinani is assistant dean of the College of Education at Sultan Qaboos University for training and community service. She is the first Omani woman to gain PhD in the subject of physical education through her studies in England. In July 2009, Yousra was awarded the Kluka Love Award for her presentation at IAPESGW World Congress in South Africa. She made an outstanding contribution to the management of IAPESGW international seminar hosted by her university which led to the 'Accept and Respect' Declaration. The principles of the declaration have underpinned much advocacy work in the field around the world.

Gender (In)Equality in Turkish Physical Education Context

Deniz Hünük

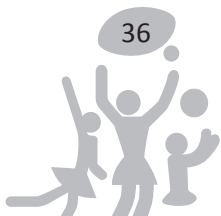
Pamukkale University, Denizli, Turkey

Despite the strong claims for the benefits of physical education (PE) and sport, girls' lack of participation in PE has been well documented in the international literature (Ennis, 1999). Relatedly, in the Turkish literature, studies indicated that level of involvement in PE is lower for girls than for boys in secondary schools and girls have less enthusiastic attitudes toward PE and sport in comparison to boys (Hunuk & Demirhan, 2010). Therefore, the purpose of this presentation is to examine the factors affecting gender inequalities in PE classes in Turkey by using the framework from the available literature findings and analyzing Turkish Secondary PE Curriculum. For this purpose, three different factors have been used to examine gender inequality in PE. First, research results supported that PE teachers' and students' gender-stereotyped beliefs have a negative impact on gender equalities in Turkish PE context (Koca, 2009). Secondly, Turkish Secondary PE Curriculum (5-8 grades) has been examined to understand if it meets the needs of all children, both boys and girls of all ability levels. It has been concluded that Turkish Secondary PE Curriculum has meet the needs of all children by delivering wide range of physical activities and sports, different teaching strategies for all levels and offering suggestions to adjust the activities for all ability levels by using some of the curriculum models. Lastly, even the curriculum meets the needs of all children, research results stated that PE teachers' content and pedagogical content knowledge has lack of deficiencies to implement the curriculum (Ince & Hunuk, 2013). One of the reasons for the teachers' low content knowledge in some specific topics could be teachers' poor adaptability to moving from a sport specific skill oriented curriculum to a lifelong physical activity oriented curriculum. In this panel discussion, above mentioned issues will be opened for discussion in the Turkish case and some recommendations for actions in the future will be outlined.

References

- Ennis, C. D. (1999) Creating a culturally relevant curriculum for disengaged girls. *Sport Education and Society*, 4(1): 31–49.
- Hunuk, D. & Demirhan, G. (2010) Turkish adolescents' attitudes toward physical education. *Perceptual and Motor Skills*, 111:2, 324-332.
- Ince, M. L. & Hunuk, D (2013) Experienced physical education teachers' health-related fitness knowledge level and knowledge internalization processes. *Education and Science*, 38:168, 304-317.
- Koca, C. (2009) Gender interaction in coed physical education: A study in Turkey. *Adolescence*, 44:173, 165-185.

Bio: Deniz Hünük earned her BS and MS degree in School of Sports Science and Technology in Hacettepe University and completed her PhD in Physical Education and Sports Department in Middle East Technical University, Ankara. Her research interest is mainly focused on the professional development of physical education teachers and its' impact on young people's learning in physical education. She is currently a research assistant in School of Sport Sciences and Technology in Pamukkale University in Denizli, Turkey.



Physical Activity of Girls and Boys in Outdoor Play Areas of Kindergarten

Rosa Diketmüller¹, Heide Studer², Franz Mairinger¹, Jenny Lischka¹, Steffi Spörl¹

¹University of Vienna, Austria

²Tilia, Austria

Studies showed that childcare center environments affect physical activity behavior of preschoolers (Bower et al, 2008). Nevertheless, little is known about preschool children's physical activity habits. Hinkley et al. (2012) found out in the HAPPY-study that preschool children spend a great deal of time being sedentary (85% of waking time), and less than 50% of the children meets physical activity recommendations (Tucker 2008, Nicaise et al. 2011). So the aim of the baseline study in the "KinderGarten"-project was to analyze how girls and boys behave in unstructured outdoor play periods in kindergarten, how active they are (steps, physical activity levels) and how factors like sex, age, migration background/SES, BMI and especially gender-awareness of the kindergarten-teachers influence the engagement of girls and boys in outdoor activity. In the baseline survey physical activity behavior of 333 children of 8 kindergartens (2,5-6yrs) was collected on three time-points during outdoor playtime through direct observation and accelerometer. In addition, pictures of the preschoolers about their favorite outdoor activities were analyzed. Finally types of activities of girls and boys were identified and located within activity-maps of the kindergarten. The findings show that boys spend a higher proportion of time in moderate-to-vigorous intensity physical activity (MVPA) than girls, older children more than younger, boys with migrant background have the highest proportion of time in MVPA. BMI seems to have no influence on physical activity patterns and physical activity levels of preschool children. There is some indication that specific physical activity programs lead to higher activity levels esp. for the girls. Large-sized outdoor areas do not automatically lead to higher levels of activity. Although there are some concerns using accelerometer data in preschool children, in combination with the activity maps of each kindergarten accelerometer-derived physical activity data were very useful to ensure awareness of the mainly female kindergarten-teachers and parents for the PA of the girls. Promoting physical activity during early childhood needs gender-sensitive initiatives and strategies and to focus on less active groups (f.e. girls with migrant background and low SES) to achieve national guidelines for daily physical activity.

References

- Bower JK et al. 2008. The Childcare Environment and children's Physical Activity. *Am J Prev Med* 34(1).
- Hinkley T, Salmon J et al. 2012. The HAPPY Study. *JSMS* 15, 407-417.
- Nicaise V, Kahan D, Sallis J 2011. Correlates of MVPA among preschoolers during unstructured outdoor play periods. *Prev Med* 53, 309-315.
- Tucker P 2008 The physical activity levels of preschool-aged-children: a systematic review. *Early Childhood Res Q* 23(4), 547-558.
- Cochlar, D. (2007). GenderMainstreaming im Kindergarten. Wien.

Bio: Rosa Diketmüller's research interests are field of physical education and sport, gender-studies and health promotion. She is Vice-President of the Austrian Association of Sport Science. In 1997 she founded the Austrian platform 'Women in Sport' to give interested women from different organizations and in different functions in sport a voice and a platform for informal networking. Since 2001, she is the editor of an annual published journal, 'Girls in PE', which offers examples of best practices for (female) PE teachers in their work with girls in PE.



ORAL PRESENTATIONS

OP1 Women Body Politics and Women Sport Activities in Victorian England

Pınar Taşdelen¹, Canan Koca²

¹Hacettepe University, Department of English Language and Literature, Ankara, Turkey

²Hacettepe University, Faculty of Sport Sciences, Ankara, Turkey

Victorian England was a ‘female-oriented’ period under great influence of Queen Victoria who gave her name to the whole period. The concept of female body was developed and discussed not only in relation to the teachings of the Bible but also the Queen herself. The idea of virginity, the significance of which had been highlighted in the Bible, in addition to the wifely and the maternal roles attributed to the women during the period especially due to Queen Victoria’s own maternity, led to the development of a female body concept which is conservative, bound to strict gender roles. This concept of womanhood has its roots in medieval understanding of femininity, which was depending mainly on the Christian dogmas. Accordingly, this paper intends to examine how the concept of female body originated in the Middle Ages and developed into the body politics in Victorian England. For a better understanding of the female body concept in the mentioned era, female physical activities, their function and application are included into this study. The discussion is expanded to the analysis of various sport activities which Victorian women were accepted to involve in, on condition that they were not challenging to male rivals. On the other hand, there are references to how sport activities helped Victorian women get a healthier and fertile body, in addition to easing their childbearing.

Keywords: Victorian England, female body, female sports

Bio: Pınar Taşdelen received her PhD from University of Hull in 2013, in the United Kingdom. She is currently working as a Research Assistant at the Department of English Language and Literature, Faculty of Letters, Hacettepe University in Ankara, Turkey. Her research interests are medieval English literature, particularly metrical romances and Chaucer, and gender studies.

OP2 Gender, Sports and Women Leaders in Morocco

Fatima Elfaquir

Higher Education at the Moroccan National Institute of Sport, Morocco

In Morocco, women's history shows that despite their participation in various social and political struggles and their presence in various spheres of economic and social fields, their presence in local and national political elites, and their number in the process of decision remains low. Moreover, the analysis "Genre" tool introduced in Morocco since the early 90s in the administrative and political domain remains unknown in its practical uses made especially in Anglo-Saxon space, in the field of Education, Sports and physical practices. Significant efforts in integrating the gender approach in public policy, the process is only beginning. However, the desire to institutionalize gender is clearly displayed by the government. Some departments have already developed strategies to integrate this approach into their programs. We must recognize that even the universal level, historians, social psychologists and even sociologists, specialized or not the themes of sports and physical education, have long ignored these questions, and it is only in the last fifteen years as the number of researches began to grow significantly. However, we note the involvement of women in other sectors of the sports movement as: teachers of physical education and sport, coaches, referees, leaders at all levels: national, regional, continental and international, and Minister. Yet access to the practice of physical education and sports, professions and trades in this area have always been encouraged for both sexes since independence, and the laws governing physical education and sport, make no difference between the sexes, and a particularly coveted by sedentary women since the 90 newest area is the systematic practice of physical activity for the well-being and health. On the other hand, the Moroccan sports movement reveals that the number of women in positions of responsibility and decision-making in the sports movement is insignificant. Despite all the measures and recommendations adopted at the international level to encourage education, training for girls and women in sport, especially since the holding of the first World Conference in Brighton in 1994, the sport remains specific for men everywhere.

Keywords: Gender, sport, women leaders

Bio: Fatima El Faquir is a PhD student at University Claude Bernard Lyon 1 in France. Her research interests are gender politics in sports, women sports participation. She is a Professor at IRFC, "Royal Institute of Professional Training of Youth and Sports" in Rabat in Morocco.



OP3 Women, Sports and Gender Discrimination in Ancient Greece

Meral Hakman

Aksaray University, Faculty of Arts and Sciences, Department of Archeology, Aksaray, Turkey

In ancient times, there were festivals with various athletic games and Panhellenic games in the name of gods such as Zeus, Apollo, Poseidon, Athena, and Hera. Gender was emphasized in these games and there were various prohibitions, restrictions, and punishments especially against women with occasional freedoms. In this respect, the aim of this study is to present the gender discrimination in that period by defining women's position in Ancient Greek games based on archaeological and literary data. The sources used in this study are archaeological data and Greek literature. Among the archaeological data are primarily the depictions about the subject on the vases of the time and sculptures. Literary sources include works by poets and historians of antiquity such as Pausanias, Pindar, Homer, and Xenophon. Based on the data, the most striking example of gender discrimination in sports is the prohibition of women to attend games not only as participants but also as even audience. The penalty for those who acted against these prohibitions was death by being thrown off high ground. Although the penalty was too harsh, Kallipateira and Kyniska broke the ban as the former coached her son, and the latter raced on chariots. Nevertheless, they escaped punishment thanks to their social status. These prohibitions are seen to have softened in time, and there were some allowances were provided. The best example of this was a foot game called Heraia which was organized in honour of Goddess Hera. Except this game, women participated in various festivals and games in different branches according to archaeological and literary data. It is a known fact that they competed in many sportive games such as ball games, chariot races, running, and acrobatics. Consequently, it can be concluded that women were mostly subjected to different rules compared to men in terms of sports. It is observed that even they attendance was initially prohibited, and they received admittance limited to specific games and regulations. All these facts indicate that women's social position and status primarily depended on their gender in Ancient Greece. The strict rules and sanctions surely changed over time, and women started to join athletic games nearly as much as men.

Keywords: Women, sports, Panhellenic, games

Bio: Meral Hakman received her PhD from Gazi University in 2012. She is currently working as Assistant Professor at the Department of Archaeology, Aksaray University in Aksaray, Turkey. Her research interests are ancient cults and gender studies in antiquity.

OP4 Sport as a Tool for Empowering Young Women

Maria Bobenrieth, Sarah Murray

Women Win, Netherlands

Women Win is an internationally recognised centre of excellence on gender and sport. Our Mission is to equip adolescent girls to exercise their rights through sport. Our vision is one win leads to another; by 2016, 1M Adolescent girls realise their leadership potential. Women Win grants and builds capacity for organisations successfully using sport as a strategy to address girls' rights. We develop free, open-source tools to advance the work in this sector and we work to build a base of evidence to demonstrate the power of sport in a girls' life. Created by Standard Chartered with the Population Council, the award-winning Goal programme (www.goalprogramme.org) aims to transform the lives of adolescent girls and young women (ages 12-18) in developing countries through a combination of sport and life skills education. The four main focus areas: 1) Be yourself: These activities cover communication, building self-confidence and valuing what it means to 'be a girl'. 2) Be Healthy: These activities cover general health, reproductive health, and hygiene. 3) Be Empowered: These activities cover rights, freedom from violence, and an understanding of how to access resources and institutions in the community. 4) Be Money Savvy: These activities cover topics around money: saving it, spending it, making it, storing it and borrowing it. The Goal programme is implemented by trained facilitators and coaches who offer weekly two- hour sessions over a period of ten months. Women Win employs its innovative and results-driven M&E system called Salesforce®, which allows us to easily compile, present, analyse and compare the data of the programme. We have developed a specific framework of indicators based on the BACKS-MEASURES: changes in Behaviour, Attitude, Condition, Knowledge and Status, which allows us to contextualise the outcomes, and make concepts such as empowerment and leadership S.M.A.R.T. In 2013, the Goal programme reached more than 14,000 girls around the world achieving exciting results: an increase of 88% of girls who became confident in their voice; a 109% increase of girls who believed they had the power to influence their future; a 70% increase in the number of girls who believed they should control the number of children they have; a 24% increase in the number of girls who aspire to work or start a business. These results demonstrate the efficiency of the Goal programme in transforming the lives of adolescent girls and young women in the developing world.

Keywords: Sport, development, women's rights, goal programme

Bio: Maria Bobenrieth, in her role as Executive Director, oversees the global operations, programmes, partnerships, and the strategic development of Women Win from the Amsterdam headquarters. Through her position as Global Director of Community Investments at Nike in 2007, Maria provided start-up funding and personal support to Women Win. She then served as the organization's first Chair of the Board of Directors, stepping down in 2009 to join as Deputy Executive Director. Maria has a strong professional and personal background in international business and community development. Born in Chile and raised and educated in the US, Maria has lived in The Netherlands since 2001.



OP5 Women Health and Physical Activity in Indonesia

Leane Suniar Manurung

Indonesian Women Sport Association (PERWOSI), Indonesia

Indonesia is a developing country, which has 248.5 million people, 60% live in rural with multi-cultural. Whereas emancipation for women to do what men do is becoming an interesting point of view, Indonesia as a developing country, practicing in 5 religion, really is paying attention on how everyone – not just men – to be healthy and wealthy. We are encouraging women and girls to be more active in sport, to be more enthusiastic in empowering themselves and their circumstances for healthy living and healthy mind. PERWOSI has a mission, to educate the women of Indonesia and to promote women in sport movement that still holds Indonesia's values as contribution to the development of the nation. As everyone knows, healthy minds and healthy bodies are the foundation of healthy families and we are taking it as our vision. Health and Physical Activity is not only to the traditional and more common definition, but more to the recreation, sport, relax and active living. It is a term of no limitation to gender, ages, religion, culture and nation. Activities of PERWOSI are giving women and girls in villages the information about the importance of having healthy life, how food disorders may result to diseases and obesity, how social relationship not just for women and girls, but for the social life itself. We also do simple exercise for the seniors at the nursing homes. Lesson learned: Every woman feels happy and healthy to do sports and exercise with no cost. No expensive equipment is required. For national wise, sport should be socialized and practiced frequently. World wise, sport makes woman healthy, then family, nation in all over the world will be the happiest.

Keywords: Health, physical activity

Bio: Leane Suniar Manurung is currently Senior Lecturer in Medical Faculty, Christian University of Indonesia in Jakarta. She received her Master in Nutrition and Public Health from University of Indonesia in 1990 and continue her works and researches at the National Sport Department in Indonesia until now, specifically the interest on Nutrition and Sport Medicine for Athletes and Women. Currently, she is also giving her contribution for PERWOSI (Indonesian Women Sport Association) to socialize sports for non-athletes women and girls in Indonesia.

OP6 The Effect of Massage Training on Primary Dysmenorrhea

Elham Karampour¹, Ebrahim Khoshnam², Mohamad Sadegh Khoshnam², Fatemeh Zareian Jahromi²,
Hamid Reza Mohamadi¹

¹ Islamic Azad University, Young Research Club, Jahrom, Iran

² Islamic Azad University, Department of Physical Education, Jahrom, Iran

Dysmenorrhea is the most common gynecological disorder among adolescents. Exercise is commonly cited as probable remedy for menstrual symptoms. The purpose of present study was to investigate the effect of massage training on dysmenorrheal symptoms. Methods. Participants of this study were 30 female collegiate students who had volunteered. The study design was semi-experimental with one group. Prior and after 12 weeks of massage training, our subjects completed questionnaires related to physical and psychological symptoms of dysmenorrhea. The massage training program included 10 types of massage training on acupressure point. Data were analyzed using the repeated measure test. Physical ($p=0.05$), and psychological, ($p=0.05$) symptoms of dysmenorrhea significantly reduced after the training program. Our findings indicate that selected massage training positively influenced dysmenorrhea symptoms.

Keywords: Massage training, physical symptoms, psychological symptoms, dysmenorrhea

Bio: Elham Karampour received her M.A. of exercise physiology from Islamic Azad University, Jahrom, Iran in 2012. Elham Karampour's research interests are sport medicine, women and sport, and sports immunology.



OP7 Identifying Glucose Intolerance and Prevalence in Pregnant Women and Exercise Suggestions: A Pilot Study for Muğla

Hazal Uzar, Gönül Babayiğit İrez

Muğla Sıtkı Koçman University, School of Physical Education and Sport, Muğla, Turkey

The aims of this study are to identify glucose intolerance and prevalence in pregnant women (pilot study for Muğla) and to review suitable exercise suggestions for pregnant women. Total 570 pregnant women data were searched for this study from public medical centers with their permissions. 50mg glucose loading have made to 24-28 weeks pregnant women for determining gestational diabetes. After this, if loading resulted over 140mg/dl then apply 100mg glucose loading for identifying gestational diabetes and normal limits for this 1 hour late 180 mg/dl and 2 hours later 155mg/dl and 3 hours later 140 mg/dl. After 100gr glucose loading generally if the results greater than 2 hours glucose limit then it can be say gestational diabetes. As a result in Muğla, there were found 27 gestational diabetes women in 570 pregnant. In literature, arm ergometer exercise, walking, swimming and yoga exercises are leading exercises for gestational diabetes.

Keywords: Gestational diabetes, glucose intolerance, exercise

Bio: Hazal Uzar is currently a master student at Muğla Sıtkı Koçman University, School of Physical Education and Sport in Muğla, Turkey. Her research interests are pregnancy and exercise, women and sports.

OP8 Influence of Exercise Intensity and Volume before and during Pregnancy on Gestational Diabetes Mellitus

Seyyede Esmat Moosavi, Maryam Koushkie Jahromi

Shiraz University, Iran

Gestational diabetes mellitus (GDMS) is one of the most common complications of pregnancy and may be influenced by several factors. Physical activity or exercise is a possible effective factor. The purpose of present study was comparison of exercise volume, and intensity before and during pregnancy in diabetic and non-diabetic pregnant women. Participants of the study were 66 pregnant women during third trimester of pregnancy including 32 diabetic and 36 non-diabetics who were selected objectively according to study criteria from mothers who referred to health centers for prenatal care. Participants exercise activities were evaluated using interview by closed questions. T independent test was used for data analysis. Findings of the study indicated that in diabetic women 66.6 % and in non-diabetic women 51.1 % exercised before and during pregnancy (all of exercisers before pregnancy continued their exercise during pregnancy). Comparison of exercisers in diabetic and non- diabetic group indicated that exercise intensity during and before pregnancy in non-diabetic women was significantly more than diabetic women ($P \leq 0.05$). Exercise volume (as well as frequency and duration) were not significantly different between two groups ($P > 0.05$). As a conclusion more intensive exercise before and during pregnancy can be effective factor in preventing gestational diabetes but frequency and duration of exercise is not effective factor on gestational diabetes.

Keywords: Gestational diabetes, exercise volume, exercise intensity

Bio: Maryam Koushkie Jahromi is the head of Physical Education and Sport Science Department where she has been active in teaching and conducting researches and thesis. Her research interests are on exercise physiology and women's health and sport, and Muslim women in sport. She has been the first best student in PhD entrance exam of exercise physiology at 1998 in Iran. She has been a scientific board member of several national and international sport science and physical education conferences in Iran.



OP9 The Impact of Physical Activity Before and After Pregnancy

Rozeta Shatku¹, Zylfi Shehu², Mimoza Tare³

¹High School Jeronim De Rada, Tirana, Albania

²Wrestling Federation, Albania

³University of Tirana, Albania

Application of physical activity (PA) in humans is very necessary, but to pregnant women is even more! Natural birth without any medical intervention is the best way for mom in psychophysical and social aspects. Preparing for natural birth is related to the physical activity during the prenatal period, without any medical intervention. The main purpose of this study is to determine the impact of physical activity before birth, as the main tool in the effective implementation of the standard for prenatal care in Albania. The study was conducted by questionnaires in Tirana, which were taken randomly by 322 women aged 18-40 years. Have been excluded from this study women with inherited diseases and chronic diabetes. They took data on age, weight before pregnancy, weight in the last month of pregnancy. Perform physical activity during pregnancy, have a natural birth or perform surgery? Have they reached the ideal weight after birth, after how many months? Results were processed in Excel and dropped in tables and graphs. Moderate PA before pregnancy have developed 4:34%, 43.47% light PA, and sedentary be 52.19%. Moderate PA during pregnancy have developed 10.3%, light PA 20:49%, 76.41% sedentary life. To those women who have become sedentary life have premature births by 10.2%. The results of the study show that regular physical activity before and during pregnancy helps in having a good pregnancy without consequences for the mother and the fetus, and can help reduce medical interventions.

Keywords: Physical activity, pregnancy, women

Bio: Rozeta Shatku received her Master Degree from University of Sport Tirana, Albania. Now her research interests are focused for PhD studies. Her research interests are gender, physical activity and health in sport.

OP10 The Effect of 8 Weeks of Aerobic Training on Primary Dysmenorrhea

Nategheh Dehghanzadeh, Ebrahim Khoshnam, Asghar Nikseresht
Islamic Azad University, Department of Physical Education, Jahrom, Iran

The purpose of this study was to investigate the effect 8 Weeks of aerobic training on the physical and psychological symptoms of primary dysmenorrhea. The subjects included, 30 female, mean age, 22.86 ± 4.56 y, height 160.10 ± 8.80 cm, weight 57.06 ± 1.10 kg and the first age period 11.93 ± 2.46 . They voluntarily participated in the research. Moss questionnaire was used to collect raw data from subjects before training, one month, and two months to complete. Statistical analysis of data was performed by analysis of variance with repeated measures. The results showed that physical symptoms ($p=0.002$) and psychological symptoms ($p=0.040$) were significantly lower following two months of aerobic exercise. According to the research findings can be concluded that eight weeks aerobic exercise reduces sympathetic activity and increases blood flow to the uterus and increase the secretion of endorphins, which can cause reduction of physical and psychological symptoms of primary dysmenorrhea.

Keywords: Primary dysmenorrhea, aerobic training

Bio: Nategheh Dehghanzadeh is MS of exercise physiology from Jahrom Azad University, Iran. Her research interests are exercise physiology and health.



OP11 An Investigation of Gender Role Orientation of Exercisers with regard to Types of Exercise

Feyza Meryem Kara¹, Selen Kelecek¹, Atahan Altıntaş¹, F. Hülya Aşçı²

¹Baskent University, Faculty of Health Sciences, Department of Sport Sciences, Ankara, Turkey

²Marmara University, School of Physical Education and Sport, Istanbul, Turkey

The purpose of this study was to investigate the gender role orientation of exercisers with regard to types of exercise. Two hundred and forty four female ($M_{age} = 27.25 \pm 7.25$), 202 male ($M_{age} = 26.92 \pm 6.28$) exercise participants voluntarily participated in this study. “BEM Gender Role Orientation Inventory” was administered to the participants. Multivariate Analysis of Variance (MANOVA) was conducted for each sex to test whether there were differences in gender role orientations with regard to type of exercise. MANOVA revealed significant differences in gender roles of female exercisers (Hotelling’s $T=0.03$; $F = 4.04$; $p<.05$) with regard to type of exercise. Females who participated group exercises had higher masculinity scores than females who participated in individual exercise. On the other hand, MANOVA did not reveal significant differences in gender role orientation for male exercisers (Hotelling’s $T= 0.01$; $F= 1.39$; $p>.05$). It can be concluded that females who participated in group exercises such as squash, spinning, plates, kangoo-jump and tae-bo, are more risk-taking, dominant, ambitious and having more leadership characteristics than females who participated in individual exercises like fitness, swimming and hiking.

Keywords: Exercise participants, gender role orientation

Bio: Feyza Meryem Kara is currently a PhD student at Gazi University, College of Physical Education and Sports in Ankara, Turkey. Her research interests are women’s participation in recreation, gender in management of sports, women sport participation and gender policies in sport.

OP12 Effect of Competitive Environment and Spectator on Children's Performance in Fundamental Motor Skills

Hasan Mohammadzadeh¹, Mandana Heydari²

¹Urmia University, Iran

²Peyam Noor University, Iran

Studies had shown when athletes compete with other athletes or in front of spectators, they have better performance. The aim of this study was to examine the impact of competitive environment and the presence of spectators on the performance of fundamental motor skills (running, skipping and standing long jump). Subjects were 90 first-grade girls (age: 7 ± 0.1) that divided to three groups (competition and competition in the presence of peer spectators and control). After warm-up, each group individually performed 45 meter running test, hoping for 10 seconds and standing long jump test 3 times and their best scores records were recorded. One way ANOVA test were performed at the significance level of 0.05 under 17th version of SPSS software. Findings showed that competition has significant effect on the performance of basic running and skipping ($P < 0.05$) but does not have any effect on standing long broad jump performance. In addition, competition in the presence of peer spectators didn't have any significant effect on the performance of any of the fundamental motor skills. Since running and skipping are more common among children, and apparently the students have learned these skills well, it's concluded that high level of arousal induced by competitive environment can lead to increased performance. Excessive arousal induced by competition in the presence of spectators seems to have been beyond the optimal level and haven't had positive impact on the performance of fundamental motor skills.

Keywords: Fundamental motor skill, girl, competition, spectator

Bio: Hasan Mohammadzadeh received his PhD from Tehran University in 2002. He is currently working as Associate Professor at the School of Sport Sciences, Urmia University in Urmia, Iran. His research interest is multiple intelligence in volleyball players.



OP13 An Examination of the Relationship between Self-Esteem, Locus of Control and Emotional Intelligence of Athletes Whom Experience Sexual Orientation and Gender Diversity

Ayşe Önlerci, Erdinç Demiray, **S. Sevil Uludağ**
Ege University, School of Physical Education and Sport, Izmir, Turkey

The present study aims to evaluate the levels of emotional intelligence, internal-external locus of control and self-esteem of athletes whom experience different sexual orientation and gender diversity. Participants were athletes who interested in different sport (N=230; N=100 heterosexual [N=52 female, N=48 male]; N=130 different gender identity [N=98 female, N=32 male]. Rotter's Internal-External Locus of Control Scale (Rotter, 1966) was used to identify participants' locus of control. Rosenberg Self-Esteem Inventory (Short form) was used in measuring self-esteem levels of the participants. Trait Emotional Intelligence Questionnaire–Short Form (TEIQue-SF; Petrides and Furnham 2000, 2001) was used in order to measure emotional intelligence levels. First of all, the descriptive statistics were applied in the statistical analysis and evaluation of the data and subsequently, the “Analysis of Variance (ANOVA)”, “independent- t test” and “pearson correlation” tests were implemented. Results of the t-test revealed that the self-esteem levels of athletes which experience altering sexual orientation and sexual identity changes (lesbians, gays, transsexuals & others) were significantly higher than heterosexual athletes ($p=0.38$ $p<0.05$). The test which was conducted between all groups revealed that lesbian athletes had higher means for the emotionality subscale of emotional intelligence when compared to gay athletes.

Keywords: Self-esteem, sexual orientation, gender diversity

Bio: Sevil Uludağ is currently a PhD student at Ege University, School of Physical Education and Sport in Izmir, Turkey. Her research interests are imagery, focus of attention and sexual orientation.

OP14 The Impact of Personality Traits on Leisure and Life Satisfaction in Women Exercise Participants

Gül Yağar, Tennur Yerlisu Lapa

Akdeniz University, School of Physical Education and Sport, Antalya, Turkey

The purpose of the study is to investigate the impact of personality traits on leisure and life satisfaction in women who participate in exercise. This study was conducted in the relational screening model. The participants of the study consisted of 288 women from Antalya with the ages ranging between 17 and 70. The data of the study were obtained through the use of the following scales: “The Eysenck Personality Questionnaire Revised/Abbreviated Form” that is translated into Turkish by Karancı et al. (2007), “Leisure Satisfaction Scale” that is translated into Turkish by Gokce and Orhan (2011) and “Life Satisfaction Scale” that is translated into Turkish by Koker (1991) and Yetim (1991). In statistical analyses; Pearson Correlation analysis and Linear Regression analysis were used. As results of the study; neuroticism and extraversion traits of personality were found to correlate significantly with leisure and life satisfaction. Other findings of this study suggest that there are statistically significant positive linear relationships between extraversion and satisfaction in life and leisure; meanwhile significant negative linear relationships between neuroticism and satisfaction in life and leisure were obtained. Regression analysis shows that total “neuroticism” score is one of the predictors of affection in women’s leisure satisfaction ($R=.151$, $R^2=.023$, $F=6.687$, $p=.01$) and life satisfaction ($R=.384$, $R^2=.147$, $F=49.351$, $p=.000$); “extraversion” score is another predictor of affection in women’s leisure satisfaction. ($R=.205$, $R^2=.042$, $F=12.542$, $p=.000$) and life satisfaction ($R=.206$, $R^2=.043$, $F=12.71$, $p=.000$). According to these results, “neuroticism” explained only 2% of the variance in leisure satisfaction and 15% of the variance in life satisfaction; meanwhile “extraversion” explained %4 of the variance in leisure and life satisfaction.

Keywords: Personality, leisure satisfaction, life satisfaction, physical activity

Bio: Gül Yağar is graduated from School of Sports Sciences and Technology, Hacettepe University, Ankara, Turkey. She is currently a master student and a Research Assistant at Akdeniz University, School of Physical Education and Sports in Antalya, Turkey. Her research interest is leisure studies.



OP15 Effect of Motivational Music and Video and Competitiveness Features on the Sprint Performance of Young Females

Hasan Mohammadzadeh¹, Mandana Heydari²

¹Urmia University, Iran

²Peyam Noor University, Iran

The aim of this study was determination the effect of motivational music and video and competitiveness features on the sprint competition of young females. Subjects were 96 female students (age: $16.53 \pm .55$) who voluntarily participated in study. All subjects filed Sport Orientation Questionnaire (SOQ) and 48 subjects who had high scores, were selected as competitiveness features groups and 48 of those with the lowest scores were selected as non-competitiveness features. Then these two groups were randomly divided into three congruent groups (extreme music and sport movies) and non-incentive group (calm music and images of nature) and control groups. All groups performed a warm-up period within 10 minutes. Then each of the two groups competed in a 60-meter sprint race. Data were analyzed with (ANOVA) and independent t test. The results showed that motivational and non-motivational music and video has a significant impact on the speed of running in competitiveness feature individuals. In addition, motivational and non-motivational music and video has a significant impact on the speed of running in non-competitive individuals. While considering the effect of motivational music and video on the individual sprint competition, a significant difference was observed on the spring competition of competitive individuals compared with the non-competitive individuals.

Keywords: Motivation, music, competitiveness, female, video

Bio: Hasan Mohammadzadeh received his PhD from Tehran University in 2002. He is currently working as Associate Professor at the School of Sport Sciences, Urmia University in Urmia, Iran. His research interest is multiple intelligence in volleyball players.

OP16 What Is the Life of the Gay Student in Physical Education and Sports Department Like? A Single Case Study

Leyla Saraç

Mersin University, School of Physical Education and Sport, Mersin, Turkey

Although accepting homosexuality as legal, homosexuals and homosexual acts are not appreciated and tolerated in Turkish society. Also the world of physical education and sports is not a welcoming environment for homosexuals. Although such hostile environments lead homosexuals to remain silent about their sexual orientation, there is an urgent need of research to break the taboo subject of homosexuality. First hand experiences from a gay individual were expected to help decrease homophobic attitudes and behaviors. For this reason the purpose of this study was to explore the Turkish gay physical education and sport major's life experiences related with his sexual orientation in Physical Education and Sport Department. A single case methodology was used in the current study since the participant was a representative of an available unique case. Semi-structured interview was conducted with a single gay physical education and sports major aged 21 years. The trustworthiness of the data was developed through various ways, such as assurance of privacy and confidentiality of data, member checking, dual coding, and verbatim transcription of interview. The analysis of the interview revealed four main themes: (a) conflicting feelings about revealing his sexual orientation to others, (b) life in community, (c) life at physical education and sports department, and (d) perceived roots of homophobia. Findings derived from the interview showed that, the participant passed through various homosexual identity development stages. Due to several reasons, first awareness of his homosexual orientation resulted in a confusion about and rejection of the new sexual identity. He also experienced peer pressure to change his behavior in order to avoid being labeled as gay. He was criticized for being "girly" and that does not match predetermined norms for "real" man. The gay identity acceptance was occurred later in his life after disclosing his homosexuality to his friends and having social contact with other homosexual individuals. He had no negative experiences related to his homosexuality in physical education and sports environment, mostly because he was publicly not an open homosexual. He was also negatively influenced by religion based rejection and condemnation of homosexuals and homosexuality. Religion was perceived by the participant as one of the main sources of homophobic attitudes and behaviors in Turkish society. This study provided evidence that life is not easy for homosexual individuals to live in heterosexist and religious society that assume everyone is heterosexual and homosexuality is sin.

Keywords: Gay, homosexuality, prejudice, homophobia

Bio: Leyla Sarac is an Associate Professor in the School of Physical Education and Sports at the Mersin University, where she has been a faculty member since 2010. She received her BA in physical education and sport; she completed her MA in curriculum development in physical education; and PhD in curriculum development at the Middle East Technical University, Ankara, Turkey. Her research interests include basic life support, physical education teacher education, and homophobia in physical education and sport setting.



OP17 Attitudes towards Gender Diversity among Spanish Athlete: A Pilot Study

Joaquín Piedra
Universidad de Sevilla, Spain

Sport has become one of the main bastions of patriarchal and heteronormative society. Traditionally, sport has been within heterosexual men's dominance and women and men with diverse sexual orientations were ignored. They were abused, harassed and attacked because they tried to show this diverse gender and sexual identity questioning then the 'heterosexist patriarchal standard'. In recent years, Spanish society has changed. A new tolerant and respectful environment towards diversity is emerging. Nevertheless, there are no studies which analyze this situation in sport. The aim of this study is to know the opinions and attitudes of a group of sportive young people towards gender diversity in sport. That is the reason why a scale to measure these attitudes towards gender diversity among athletes has been created. It is a Likert scale with 32 items and five answer options, presenting a suitable internal consistency (Cronbach's $\alpha = .906$). A lower result in this scale mean a positive attitude towards gender diversity in sport, and higher score mean a negative attitude. There are 270 university students (mean age 22.47 years) doing sport to different levels who participate in this study (68.8% male and 31.2% female). Results prove the existence of a general positive environment (68.05 mean points) towards gender diversity among athletes and that women (62.1 points) have more positive attitudes than men (70.9 points). It is still observed that there is a group of athletes who show negative attitudes towards diversity. There are not differences between associated or nor associated athletes regarding their attitudes. Negative attitudes are emphasize when young people is asked openly about transgender people. Some action is needed in order to eliminate this heterosexist bastion in Spanish sport. These actions must be specially focused on male sport and athletes where more negative attitudes towards gender diversity are present. As Griffin (2002) suggest we have some strategies for confronting negative attitudes towards gender diversity: institutional policy, education, visibility, solidarity, and pressure tactics.

Keywords: Sport, gender, sexual diversity, gender roles, sexist stereotypes

Bio: Joaquín Piedra received his PhD from Universidad de Sevilla in 2011. He is currently working as Associate Professor at Department of Physical Education and Sport, Universidad de Sevilla, Spain. His research interests are women and LGBT inclusion in sport and physical education.

OP18 The Female Boxers' Views on the Coach–Athlete Relationship and where Female Coaches Stand in the Area of Boxing

Berrak F. Firat, Canan Koca
Hacettepe University, Faculty of Sport Sciences, Ankara, Turkey

Jowett and Cockerill (2003) state in their studies that the coach-athlete relationship has crucial importance in maximizing the sportive performance. For example, physical, psychological and cultural factors that are affecting the relationship between the coach and the athlete also affects the future of the athlete (Jowett and Frost, 2007). In this line of research, numerous studies have examined the impact of gender on the coach-athlete relationship in terms of athletes' preferences for the gender of the coach and they found that male coach is mostly preferred by athletes. In Turkey, the coaching positions at all levels of all sports are mostly occupied by males, particularly in male dominated sports such as boxing. In this study, we wanted to understand where female coaches stand in boxing by analyzing the female boxers' views on coach-athlete relationship. The theoretical framework of this qualitative phenomenological study is based on the Jowett's 3C+1 model (closeness, commitment, complementarity and co-orientation). Data were collected with field observation of two days national boxing camp and semi-structured interviews with 10 female boxers and 4 coaches. Data was analyzed by content analysis. The most distinctive finding derived from the study is that there is a dramatic women underrepresentation at all coaching positions in Turkey. Female boxers we interviewed have been trained by male coaches throughout their professional lives in both their sport clubs and national teams. Further, there is a gender division at coaching positions in boxing such female coaches are only employed for a sister-like (sisterhood) moral support in national team camps. They also function as coach assistant and mediator between male coaches and female boxers by carrying information and providing communication about problems. Thus, the findings on the coach-athlete relationship was analyzed with regards to the relationship elements mostly between female athlete and male coaches as these four categories were being analyzed. For the future recommendations; we can say that since there is not any sufficient research to show where female boxing stands in the professional boxing, more researches are needed to sustain females' existence in the boxing area and to increase the number of stimulatory measures for different genders.

Keywords: Coach-athlete relationship, gender, female boxer

Bio: Berrak F. Firat is currently a PhD student at Hacettepe University, School of Sport Sciences in Ankara, Turkey. Her research interests are coach-athlete relationships in sport psychology and deaf sport participation.



OP19 A Woman Can Be a Secretary but not a General Secretary: Gendered Experiences of Women Managers at Turkish Sport Organizations

Mustafa Şahin Karaçam, Canan Koca
Hacettepe University, Faculty of Sport Sciences, Ankara, Turkey

Turkish Sport Organizations (TSOs) are where gender inequality is an institutionalized practice in favour of men. Women are mostly positioned to gendered positions/lower positions at TSOs. In this study we aim to examine the gendered experiences of women managers at TSOs. We draw on data from a wider study that explores gender inequity in sport organisations in Turkey, conducted between 2010 and 2011. Data presented here is based on in-depth interviews with 9 women sport managers in TSOs. We used Bourdieu's theory (1977) to explain the gendered position of women managers within the sport organizations and the wider social context of Turkey. We employ the master concepts of Bourdieu (field, capital, and habitus) to outline the TSOs as a field. Then we discussed that how women are positioned to certain positions; to the lower positions but not the higher positions. Interviews show that women sport managers are holders of a great amount of cultural and social capitals. However, as women indicate women have to work twice more than their male colleagues to achieve manager positions at TSOs. Because TSOs comprise of gendered elements favouring men such as discursive/material practices and required capitals. In spite of women's accumulated capitals, women are generally positioned to general secretary positions at TSOs. In conclusion TSOs as a gendered social fields, are intertwined with gendered discourses, practices and required qualities. Therefore women are marginalized and often are positioned to lower positions in TSOs. In relational context, gendered experiences of women sport managers in this study are associated with women's position within the wider context in Turkey.

Keywords: Sport organizations, gender inequality, Bourdieu

Bio: Mustafa Şahin Karaçam is a MA student at the Faculty of Sport Sciences, Hacettepe University, Ankara. His research interests are gender, masculinity, culture, and doping.

OP20 How to decide is a Female Body Builder Feminine or Unfeminine?

Neslihan Filiz

Marmara University, School of Physical Education and Sports, Istanbul, Turkey

In this study, I am going to analyze how sound is the starting point to judge the feminine-looking beautiful body of a female body builder. Literature review is used. There are different kinds of categories for female athletes to attend among the Body Building competitions such as Women's Fitness, Women's Bodybuilding, Women's Physique, and Women's Bikini Competitions etc. However, all the rules applied to select the most feminine-looking, well-built female athletes. Other than the assessment criteria of overall physique as stated in the rulebooks of International Federation of Body Building and Fitness (IFBB); having a feminine-looking body is very crucial as well. In time, it seems the definition of "feminine looking" should have been changed, so that the some related rules of IFBB has changed accordingly. It is said that the goal is to find an ideal female physique. Therefore, the most important aspect is shape -a muscular yet feminine shape (IFBB, 2008, p.46). Considering the fact that different cultures have different tastes with regard to "beauty" and female beauty accordingly, it is very difficult to decide the aesthetics of a female body. Can there be a standard of beauty of a female human being including her femininity? How can the rulebook be a guide to decide the feminine-looking beautiful female body? As Bell said "If there is a gender-neutral aesthetic of bodybuilding, then appreciating it allows bodybuilding to transcend the categories of masculine and feminine. If feminine beauty, however, is simply allowed to take a more muscular form, but is still judged primarily as feminine beauty rather than as muscular beauty, then women's bodybuilding is unlikely to upset gender roles significantly (Bell, 2008 p. 46)." She argues that the current form of the rules guiding female categories of the body building competitions is androcentric. By saying "one is not born, but becomes a woman" De Beauvoir stated the built description of woman, which is not just based on being a female human being, but socio-cultural roles attributed to her. Being a female human being is what describes the gender of the human being, whereas being a woman is what describes the socio-cultural role of the same human being.

Keywords: Female, body building, feminine

Bio: Neslihan Filiz is currently a PhD student at Marmara University, School of Physical Education and Sports in Istanbul. She is currently working as part-time instructor at the School of Physical Education and Sports, Istanbul University, Istanbul. Her research interests are philosophy of sports, history of sports, women and sport and embodiment.



OP21 How do the Novice Physical Education Teachers Define the Place of Women in Sport?

Nurgül Özdemir

Adnan Menderes University, School of Physical Education and Sports, Aydın, Turkey

In this study of the future of physical education teacher's perspectives regarding the place of women in sports has been studied to determine. The study was conducted with qualitative research approach. In this context, the participants prepared for the purposes of the survey responses to open-ended questions on a descriptive content analysis was applied. Data of the research were collected at the Department of Physical Education and Sports Education through interviews with 115 students. The results of research were showed that the physical education teacher candidates describe place in the sport of women rather than the identification of the two sexes in terms on an equal basis but also success, power, gender perception in sizes like women discriminatory and sexist basically formed. The research also revealed a widespread belief in the community that "sport is an area that belongs to men" s thinking on both girls and boys by teacher candidates as an implicit acceptance was also determined.

Keywords: Woman, sport, gender discrimination, physical education teacher candidates

Bio: Nurgül Ozdemir received her PhD from Ege University in 2011. She is currently working as Assistant Professor at the School of Sport Sciences, Adnan Menderes University in Aydın, Turkey. Her research interests are women sport participation and sport psychology.

OP22 Examining Undergraduate Physical Education Teaching Majors' Attitudes toward Women

Eda Muştu-Özyakan¹, Necat Toprak¹, Cem Y. Yılmaz², Leyla Saraç¹

¹Mersin University, School of Physical Education and Sport, Mersin, Turkey

²Çukurova University, School of Physical Education and Sport, Adana, Turkey

Although gender equality in all spheres of society guaranteed by the law, societal stereotypes of female and male gender roles still exists. Several studies have been conducted on gender role stereotypes and norms, but the research in the field of physical education and sports is lacking. Therefore, the purpose of this research is to examine the attitudes of undergraduate physical education teaching majors' toward women in relation to the university they enrolled in, their sex and grade level. Totally, two hundred and twenty physical education and sports undergraduates; 59.1% were Mersin University students, 40.9% Çukurova University students, volunteered to participate in the study. Among these, 25.5% of students were in first, 26.4% second, 32.7% third and 15.5% fourth grade. The study sample consisted of 49.55% females and 50.45% males. The participant's ages ranged from 18-30; and the mean age for females was 21.72 ± 2.38 , while the mean age for males was 22.24 ± 2.02 years. The "Attitudes toward Women Scale", originally developed by Spence and Helmreich (1978) to determine the attitudes toward women, and adapted into Turkish by Delevi and Bugay (2013), was used to collect data. The scale consists of 12 items rated on a 4-point scale ranging from 1, strongly disagree, to 4, strongly agree. The scores for all 12 items are totaled to give an overall attitudes score. The highest and the lowest scale scores range from 12 to 48. Higher scores represented positive attitudes toward women, while lower scores showed negative attitudes. Data were analyzed using an independent t-test and one way analysis of variance (ANOVA). Results showed that there were no significant differences in attitudes toward women between participants enrolled at Mersin ($M= 34.35$, $SD= 6.07$) and Çukurova University ($M= 33.89$, $SD= 5.59$), [$t(218)= -.57$, $p= .57$]; but significant difference was found by sex [$t(218)= 4.39$, $p= .001$] and compared to males ($M= 32.50$, $SD= 5.35$), females ($M= 35.84$, $SD= 5.91$) found to hold more positive attitudes toward women. Results also showed statistically no significant difference between attitudes of 1st ($M= 34.20$, $SD=5.35$), 2nd ($M= 35.62$, $SD= 5.54$), 3rd ($M= 33.50$, $SD=5.73$) and 4th ($M= 33.00$, $SD=7.16$) grade students toward women [$F(3, 216)=1.97$, $p= .12$]. This study has found that, although significant difference found between female and male students, generally the attitudes of physical education undergraduate students were slightly above average toward women. Similarity between attitudes of 1st, 2nd, 3rd and 4th graders toward women can be explained by the ineffectiveness of the 4 year university education on negative attitudes toward women. The non-significant difference in attitude toward women by grade can be interpreted as the four-year higher education has no effect on the elimination of gender role stereotyping.

Keywords: Gender roles, attitudes toward women, gender stereotyping

Bio: Eda Muştu-Özyakan obtained her Bachelor's degree from Hacettepe University in Recreation and her Master's degree in Physical Education and Sport Pedagogy from Mersin University. She is currently working as Lecturer at Mersin University, School of Physical Education and Sports in Mersin, Turkey. Her research interests are PE teacher education, teaching styles and strategies in PE, psycho-social issues in PE and sport, developing effective teaching programs for first aid/CPR skill acquisition and retention.



OP23 Secondary School Pupils Interest for Sports and Physical Education in Albania

Zylfi Shehu¹, Rozeta Shatku², Mimoza Tare³, Daniel Jano⁴, Lefter Bukaci⁵

¹Wrestling Federation, Albania

²High School Jeronim De Rada, Tirana

³University of Tirana, Albania

⁴High School Nefail Rozani, Korca, Albania

⁵University Geraldina, Burrel, Albania

In secondary education in Albania until 2010 subject of physical education held two times per week for all years teaching, while after 2010 onwards is significantly reduced, it was removed at about 12th grade. The main purpose of this study is the extraction of preferences of the students for sports, and for the development of physical education curriculum. The survey was done through questionnaires. Selection of schools across Albania and the subjects was done randomly. 120 pupils were taken for each school from age 15-18. The study was done in rural and urban areas, during October 2013 and February 2014. The average age was 16.7 years old. All data obtained from the survey were processed in Excel, and the results are presented in tables and graphics. In the town of Kukes the preferred sport is football with 48%, as well as rural areas the favorite sport is football with 38%. In Durres city swimming is preferred sport by 41%, in rural areas by 32%. In Vlora city the favorite sport is soccer with 44%, in rural areas by 35%. In Korca the preferred sport is football 46%, in rural areas by 52%. The sport of soccer is preferred by students. Less preferred is Box. In Urban areas 80% of pupils require the increase of physical education hours more than three times a week, while 84% in rural areas require increased hours of physical education.

Keywords: Sports, physical education, secondary school pupils

Bio: Zylfi Shehu received his Master Degree from University of Sport Tirana, Albania. Now he is doing scientific research for PhD studies. His research interests are gender and sport performance and physical activity.

OP24 Opinions of Ankara University Students on Women Participation in Sporting Activities

Meltem Kızılyallı, Oğuz Özbek

Ankara University, Faculty of Sport Sciences, Ankara, Turkey

The aim of this study was to examine the opinions of Ankara University students on female participation in sporting activities. The population of the study consisted of students from Faculty of Communication, Faculty of Divinity and Faculty of Engineering of Ankara University attending the School of Foreign Languages and 4th grade in the 2012-2013 academic year. To this end, 750 students out of a 1218 population were surveyed. Data were collected via a questionnaire with a 5 point Likert type scale devised by the researcher. The questionnaire consists of two parts. The first part contains 8 questions concerning the demographic characteristics of participants. The second part contains 39 questions to determine the participants' opinions on females' participation in sporting activities. Regarding construct validity of the questionnaire, factor analysis and item-total correlation tests were used. Results indicated that factor values ranged from (,30) and (,80) and item-total correlation values ranged from (,32) and (,73). The Cronbach's Alpha internal reliability coefficient was computed as (,769). 39 items were gathered into a single factor. A t test was used to determine whether there were differences in opinions according to sexes and grades. One-way Anova, Kruskal-Wallis and Mann-Whitney U tests were used to determine the differences in opinions according to the faculties and monthly income variables. Results indicated that Ankara University students have positive attitudes towards female participation in sporting activities. In general, females have more positive attitudes towards female participation than male students. Students of Faculty of Divinity have less positive attitudes than the students of Faculty of Communication and Faculty of Engineering. It can be concluded that as the monthly household income and the educational attainment of mother and father increases, the students tend to have a positive attitude toward the female participation in sporting activities.

Keywords: Women, sport participation, Ankara University students

Bio: Meltem Kızılyallı is currently a PhD student at Ankara University, Faculty of Sport Sciences in Ankara, Turkey. Her research interest is females' participation in sport.



OP25 Gender in the Pictures of Students Related to the Physical Education Classes

Cenk Temel, Mehmet Güllü
Inönü University, School of Physical Education and Sport, Malatya, Turkey

This study has been done to examine the perceptions of the students aged 11 about gender in the pictures related to physical education class. In the study, qualitative research techniques have been used. The research group consists of 359 students aged 11 from 5 different cities in different regions of Turkey. The data have been collected by the help of the physical education teachers in the art classes. The students were told “Draw a Physical Education Class” and no extra explanation was given. The main themes were defined from the drawings collected and the frequencies and percentages of the images were analyzed. In the result of the research, 4 main themes were defined and these themes were analyzed separately in the pictures of male and female students. According to the results, the gender in the pictures of female students are close to each other female=female, male=male, male=female; clothing in the pictures of male students and female students include sportswear; in sports branches male students prefer football, volleyball in female students’ as the first branch; as human figure the female students were drawn more. In the pictures of male students, the rate of the students playing substantially male=male, clothing as uniform sportswear in the pictures of female students; football for male students volleyball for female students as the first branch; the male students drawn more in the pictures of male students were defined. Additionally, it can be said that the usage of color and pattern is more in the pictures of female students. It has been concluded that the female students have drawn the gender of the students playing close to each other in three gender subtitles, on the other hand, the male students have been observed drawing more male students. This situation can be explained by the idea that football is accepted a male sport by the majority of the society. In clothing, the female students draw the sportswear for each gender when the male students draw themselves in uniform more. It shows that the aims of the physical education classes are understood correctly by the female students and it can be concluded that the male students have the feelings of competition and struggling more. It has been observed that female students draw two genders nearly equally as human figures when the male students draw male figures more. To conclude, the physical education classes have an important role for the female students to form the gender, they build sharper gender roles for male students.

Keywords: Physical education class, gender, pictures of students

Bio: Cenk Temel received his PhD from Abant İzzet Baysal University in 2010. He is currently working as Assistant Professor at the School of Physical Education and Sport, Inonu University in Malatya, Turkey. His research interests are physical education teacher training, physical education curriculum, sport management.

OP26 The Relationship between Problem Solving Skills and General Anxiety of Women Exercising in Leisure Time Activities

Gülay Yasemin Aldemir¹, Esen Kızıldağ Kale², İlhan Adiloğulları³

¹Marmara University, School of Physical Education and Sport, Istanbul, Turkey

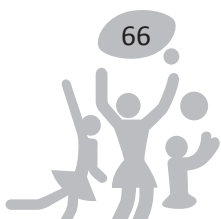
²Eskişehir Sport Club, Eskişehir, Turkey

³Çanakkale University, School of Physical Education and Sport, Çanakkale, Turkey

The purpose of this study was to examine whether there is a relationship between problem-solving skills and general anxiety level of women who participate exercise in leisure time activities, Problem solving can be defined as effective and useful tools in order to have the desired destination and choose from a variety of facilities and use behavior. In the study, women who exercise during leisure time activities, problem solving and general anxiety scale, by applying the obtained data were evaluated in the light of the results. In this study, face-to-face access to data as the survey method and sampling random sampling method is one of the simple sampling method was used. Problem Solving Scale- PSS which was developed by Heppner and Peterson (1982) and adapted to Turkish by Şahin and colleagues (1993) was used to evaluate problem solving skills of women. PSS has 35 items. General Anxiety Scale which has 20 items was used to measure general anxiety level of women's who participated exercise in their leisure time. In order to test in order to test whether there is a relationship between problem solving and general anxiety Pearson Moment Correlation was used. In The results it was found that there is a significant relationship between problem solving and general anxiety ($p<.05$). From these results, it is understood that the women who participate exercise increases the problem-solving skills to cope with anxiety can be an easier way. Exercise and exercise participation and creativity of individuals with solutions to benefit from the process of developing skills and thus easier to overcome the problems can come in the way.

Keywords: Exercise, problem solving, general anxiety

Bio: Gülay Yasemin Aldemir received her PhD from Marmara University in 2013. She is currently working as doctor at the School of Physical Education and Sports, Marmara University in Istanbul, Turkey. Her research interests are sport psychology, dance, drama, creative art therapy, self-perception and problem solving.



OP27 Examination of Attitudes of Students of Faculty of Sports Sciences at Uludağ University towards Homosexual Athletes

Nimet Haşıl Korkmaz, **Vildan Ünal**

Uludağ University, School of Physical Education and Sport, Bursa, Turkey

The purpose of the study was to examine if such variables as gender, the place where the students spent the great majority of their pre-university life, the place where they live now, class level, socioeconomic status, if they believe in God and if they are followers of any religion had any effects on their attitudes toward homosexual athletes. The study was planned as a pilot study carried out in 2013-2014. The study was carried out with 26 female and 24 male students from the Physical Education and Sports Department. Data was collected by the Attitude toward Homosexual Athletes Scale (Saraç, 2006). Chi square analysis was conducted to determine the differences between the female and the male students' attitudes. According to the analysis results, the great majority of the female and the male participants (n=26, 52%) stated that there would be negative changes in their thoughts toward a "male" athlete declaring that he was a homosexual. However, very few students (n=3, 6%) stated that there would be positive changes in their thoughts. Moreover, the number of students who stated that there would not be any changes in their thoughts was 21 (42%). 50% of the participants stated that there would be negative changes in their thoughts toward a "female" athlete declaring that she was a lesbian, 44% of them stated that there would not be any changes, and 6% stated that there would be positive changes in their thoughts. 'What would other athletes think about an athlete declaring their sexual preference?', a great majority (n=35, 70%) answered that their thoughts would change in a negative way. The number of those who stated that their thoughts would change in a positive way was very few (n=3, %6). No statistically significant differences were found between male and female students. In the second section of the scale where the participants were asked to give their opinions about the tolerance levels of the parties in case of homosexual athletes' declaring their homosexual or lesbian preferences to the society according to the branches of sports, it was found that the participant male and female students stated that the parties would not be tolerant and acceptable to these athletes especially in such branches of sports as wrestling ($\bar{x}=1,41$), football ($\bar{x}=1,68$), boxing ($\bar{x}=1,62$) and weight-lifting ($\bar{x}=1,52$). The results indicated that university students had negative views on male and female students declaring that they were homosexual or lesbian and, at the same time, they considered that these athletes would be evaluated more negatively by other athletes.

Keywords: Homophobia, homosexuality, sports

Bio: Vildan Ünal has graduated from Psychological Counselling and Guidance Department, Faculty of Education at Uludağ University in Bursa in 2014. She is currently undergraduate student of Psychology at Faculty of Science and Literature, Uludağ University. Her research interests are social psychology and sports psychology.

OP28 The Relations between Problem Solving Skills and Anxiety Levels of 1st and 2nd League Women Volleyball Players

Yeliz Özensoy Özveren, Ferudun Dorak
Ege University, School of Physical Education and Sports, Izmir, Turkey

The purpose of this study is to examine the relations between problem solving skills and anxiety levels of volleyball players. The sampling of this study is the women volleyball teams playing of the first and second leagues in Turkey. Problem solving inventory, which was developed by Heppner and Peterson and adapted to our language by Nail Şahin, Nesrin H. Şahin has been used to measure the problem solving skills of samplings. Also, anxiety inventory, which was developed by Spielberger and his friends adapted to Turkish by Oner ve Le Compte, has been used to measure state and trait anxiety levels. Reliability for the sample tested for state anxiety, trait anxiety and problem solving on the overall and respectively; state anxiety Cronbach's alpha=.72, trait anxiety Cronbach's alpha: .74, problem solving Cronbach's alpha=.75, respectively. In order to determine the relationship between state and trait anxiety scores the average Pearson's correlation coefficients were calculated and state and trait anxiety scores of $r=.235^{**}$ ($p < 0.01$) were observed at a significance level of a relationship. A significance level of a relationship between state anxiety and problem solving skills, scores at $r=.132$ ($*p < 0.05$) were observed. According to the research results of this study, it has been seen that state anxiety points of first and second league teams do not change in relation with the leagues they play, it has only been seen that state anxiety levels of Eczacıbaşı team is lower than the other teams. Accordingly, we haven't seen a meaningful difference in trait anxiety levels of the 25 teams playing at the leagues. When we think about problem solving skills of teams, it has been understood that TED Kolejliler and Vakıfbank Güneş Sigorta teams have lower points than the other teams. The difference in problem solving skills has been encountered in thinking, confident and planned sub-dimensions of the skills and the biggest difference has been seen in Vakıfbank Güneş Sigorta team. We observed that the point of this team is meaningfully lower than the other teams' points.

Keywords: Women volleyball players, anxiety, problem solving skills

Bio: Yeliz Özveren is a physical education teacher at Emir Sultan High School in İzmir, Turkey. She received her master degree (Sport Psychology) from the School of Physical Education and Sports, Ege University in İzmir and she is currently a master student (Sports Sciences) at the School of Physical Education and Sports, Ege University in İzmir. Her research interests are eurofit tests, respiration and circulation parameters of volleyball players, women triad, genetics and overreaching.



OP29 Investigation of the Effects of Sports Sexism

Gölsüm Bařtuę¹, Erkan Bingöl², Duygu Yaralı², Mevlüt Yıldız²

¹ Muęla Sıtkı Koęman University, School of Physical Education and Sports, Muęla, Turkey

² Muęla Sıtkı Koęman University, Institute of Medical Sciences, Muęla, Turkey

Gender factor, which is the most obvious category that separates people from each other, sort individual as “woman” and “man.” The aim of this study is to examine the impact of sport on sexism. Participant doing sport (experimental group, n=99) and those not doing sports (control group, n=93), totally 192 volunteers in the age mean of 21.72, participated in the study. Ambivalent Sexism Inventory, developed by Glick and Fiske (1996) and adapted to Turkish by Sakallı-Uęurlu (2002), was used to assess attitudes of participant towards sexism. Descriptive analysis, t-test and correlations test were used to evaluate data. Consequently, significant difference was found between individuals doing sport and those not doing sport in terms of sexism. Significant difference was found between genders in terms of sexism opinions of participants. It was found that male participants reported higher hostile sexism and benevolent sexism than females.

Keywords: Sexism, hostile sexism, benevolent sexism, sport

Bio: Gülsüm Bařtuę is currently a PhD student at Gazi University, School of Sport Sciences in Ankara, Turkey. Her research interests are the study of athlete’s body perception and gender role.

OP30 The Relationship between Problem Solving Skills and Life Orientations of Women Exercising in Leisure Time Activities

Esen Kızıldağ Kale¹, **Gülay Yasemin Aldemir²**, İlhan Adiloğulları³

¹Eskişehir Sport Club, Eskişehir, Turkey

²Marmara University, School of Physical Education and Sport, Istanbul, Turkey

³Çanakkale University, School of Physical Education and Sport, Çanakkale, Turkey

The purpose of this study was to examine whether there is a relationship between problem-solving skills and life orientations of women who participate exercise in their leisure time activities. Problem solving is defined as a process that ability to deal with a particular case of creating an effective option to pick and choose one of the cognitive and behavioral including the application. Life orientations is positive feelings towards life, feeding a sense of high morale, effective problem-solving skills, academic and professional success, healthy and long life, depression is regarded as an important way to get caught. In this study, face-to-face access to data as the survey method and sampling random sampling method is one of the simple sampling method was used. 128 women who are exercising in their leisure time and aged between 30 and 50 were participated in this study. Problem Solving Scale- PSS and Life Orientation Scale- LOS were used to collect data. PSS is a scale which was developed by Heppner and Peterson (1982), was adapted to Turkish by Şahin and colleagues (1993) and has 35 items. LOS is a scale which was developed by Scheier and Carver (1985), was adapted Aydin and Tezer (1991) and has 12 items. In order to test whether there is a relationship between problem solving and life orientations Pearson Moment Correlation was used. In the results it was found that there is a significant relationship between problem solving and life orientations ($p<.05$). These results showed that participating exercise is increased problem solving skills so that these people show a more optimistic attitude. The experience gained throughout an individual's life, events, evaluation and interpretation of the constantly changing forms, leads to the development of new coping attitude. This coping process in the individual self, past, future enters into an effort to define what you want to do. Relations, environment perception, in achieving the ideals and certain attitudes and approaches to solving problems develop. This attitude and approach problem-solving skills of an individual's life is enriched by the positive orientations will increase. These positive trends of increasing number of people will increase the joy of living.

Keywords: Exercise, problem solving, life orientation

Bio: Gülay Yasemin Aldemir received her PhD from Marmara University in 2013. She is currently working as doctor at the School of Physical Education and Sports, Marmara University in Istanbul, Turkey. Her research interests are sport psychology, dance, drama, creative art therapy, self-perception and problem solving.



OP31 Doing Exercise in Women-Only Spaces: Socio Ecological Model

Safter Elmas¹, İlknur Hacısoftaoglu², F. Hülya Aşçı¹

¹Marmara University, School of Physical Education and Sport, Istanbul, Turkey

²Gedik University, Faculty of Sport Sciences, Istanbul, Turkey

The aim of this study was to investigate the physical activity experiences of women in women-only sport centers based on socio ecological model with a gender perspective. The study was carried out in x-well (nickname) sport center and women's physical activity experiences were analyzed with respect to distinctive structure of this center and also by focusing on how women's exercise experiences are interacted with this structure. The research group of this study consisted of 18 women who participate in physical activity in three different x-well sports centers in Istanbul. Data were collected by qualitative research method of focus group interviews. The content analysis revealed four themes which are: (1) support for psychological development (2) the effects of social relations (3) physical environment encouragement (4) the effect of socio-cultural factors. Based on the findings, women-only exercise environment and its interaction with psychological, social, physical and cultural factors affects the participation of women in physical activity and support the maintenance of their physical activity participation.

Keywords: Physical activity, socio-ecological model, women, gender

Bio: Safter Elmas is currently working as Research Assistant at the School of Physical Education and Sport, Marmara University in Istanbul, Turkey. He is interested in sociology of sport, women participation in sport.

OP32 Understanding Women Exercise Dropout within the Framework of Socio-Ecological Model

Hatice Sim¹, Pinar Öztürk², Canan Koca²

¹Selçuk University, School of Physical Education and Sports, Konya, Turkey

²Hacettepe University, Faculty of Sport Sciences, Ankara, Turkey

The purpose of this study was to investigate the reasons of women's exercise dropout who used to exercise regularly in their past, based on socio-ecological model. In this study, qualitative research method was used to better understand the women's experiences. Data were collected by individual interviews with ten women (between 23 - 51 years old) who participated exercise at least three months in sport centres and then didn't show continuity. The interviews were taped, transcribed and analysed by using content analysis. The data were classified in four themes: (1) Women and cultural values, (2) Result focused exercises (3) Economical obstacles to reach possibilities (4) Responsibility of social roles. The results show that socio-ecological factors are effective on reasons why women's exercise dropout. Within these frame social value judgments, results focused exercises of women, economical dependence to their husbands and the necessity of using time effectively because of the position of women in a society take part among the factors that are the reasons why women cannot continue exercise regularly.

Keywords: Woman, exercise dropout, socio-ecological model

Bio: Hatice Sim graduated from Karamanoğlu Mehmetbey University, Department of Physical Education in 2012. She is a graduate student at Selçuk University in Konya, Turkey. Her research interests are sport sociology, women sport participation and gender policies in sport.



OP33 Gender in Sports: A Qualitative Study on Branches Preference of Female and Male Athletes

İrem Kavasoglu¹, Mustafa Yaşar²

¹Çukurova University, School of Physical Education and Sport, Adana, Turkey

²Çukurova University, Faculty of Education, Adana, Turkey

Gender roles emerge intense in social, political and economic life. Recent studies suggests that gender-based discrimination can exists in sports environments. Indeed, these studies has focused mostly on female athletes who face challenges because of their gender. However in Turkey, male athletes also face predetermined social roles attributed to their chosen sport fields and experience difficulties because of their gender. These challenges, difficulties and discrimination based on gender can be seen in the sports environments. Some sport branches are also perceived by society as masculine or feminine. Perception is a subjective view through which we shape our own attitudes, beliefs and values about everything. Therefore, when a sport branches perceived through gender roles, athletes who are involved in that field become disadvantaged. The purpose of this study is to explore the experiences of male athletes in sports dominated by females and female athletes in sports dominated by males. The study is a descriptive qualitative study. The participants of the study constitute as 5 male athletes who actively involved in volleyball, ice skating, gymnastics, dance and folk games; and 5 female athletes who compete in auto sports, billiards, football, boxing and wrestling. These 10 athletes were chosen according to the gender distribution obtained from each federation. In this study, qualitative interviews were used as research method. Semi-structured interview form was used in collecting of the data. The collected data were analyzed by the content analysis technique. Data analysis indicated that both female athletes in sport branches dominated by male athletes and male athletes in sport branches dominated by female athletes face challenges and difficulties as a reflection of social gender in their chosen branches because of their preferences of sport branches. The female athletes, first encounter with negative responses from their male colleagues and from society. With success in their field their social status starts to improve and they get more acknowledgment for their successes. Automobile sports provides an exception. In automobile sports, female athletes they do not face obstacles because of their gender, instead they are encouraged and supported to participate and success. Another finding related to the male athletes performing in a sport field dominated by female athletes is that because these branches are perceived as feminine in society, the male athletes are belittled, their success are undermined, and even in some branches like dance, they face homophobic reactions. Contrary to the female athletes, success do not bring change in the male athletes' social status and the social pressure for them continues. An exception to these finding is that folk dance, contrary to the other branches, do not create difficulties for the male athletes because of their gender. In fact, the male athletes get praised and acknowledged easier because of the perception of society related to role of men in folk dance. As a result, in sports context, both female and male athletes face difficulties because of gender practices. To eliminate negative aspects of gender practices on sports, it is important to prevent sport branches perceived as feminine or masculine. Beginning from the family, with the aid of media, all educational institutions work on to create consciousness related to gender roles and social practices.

Keywords: Gender, sports, female athlete, male athlete

Bio: İrem Kavasoglu is currently a PhD student at Gazi University in Ankara, Turkey. She also works as a Lecturer at Çukurova University, Physical Education and Sports College in Adana, Turkey. Her research interests are management of sports and the history of sport.

OP34 Athletics Training for Women under the Variables of Palestinian Society

Hisham A-M-Alaqra

Alaqa University, Gaza Strip, Palestine

This study aimed to identify the athletics training for women under the variables of Palestinian society. The researcher used the descriptive approach. The study conducted on intentional Sample (38) of players. As summaries of results, showed that the level of the Athletics training for women under the variables of Palestinian society is medium (53.66%) and the Family take the first Ranked (33.85%), and the Administrator is the second (72.72%), and the Religious the third (89.71%), and the Psychological the fourth (46.70%), and the Community the fifth (52.65%), and the Media the sixth (33.62%), and the potential the seventh (17.52%), and finally the political (83.51%). Consequently, this study recommended to the Ministry of Youth and Sports and the Supreme Council for Youth and Sports and the erosion to expose the Israeli practices which deliberately demolish the existing sports infrastructure, as well as posts that limit the players and the players in athletics and other games other, and increase the interest of the Federation of Athletics progress toward women's sports activity in Palestine by providing the necessary resources "material and moral".

Keywords: Athletic training, women, Palestinian society



OP35 Determination of the Factors that may constrain the Participation in Leisure Time Activities of Young Women Students in the Preparatory Education

Murat Bulut, Funda Koçak

Ankara University, Faculty of Sport Sciences, Ankara, Turkey

The purpose of this study was to determine the factors that may constrain the participation of young female students having the preparatory education into the leisure time activities. The population of the research consists of the female students in the School of Foreign Languages of Ankara University and the sample consists of 200 female students randomly selected among the population. ($X_{age}=19.07\pm1.17$). In order to determine the constraints in the participation of the students into the leisure time activities, the “Leisure Constraints Scale” which has been developed by Gürbüz and his friends (2012) was used. In the research, Cronbach’s Alpha values have been found between .82 (facility) and .64 (lack of concern). Normal distribution of the data has been examined by the Levene test. The data showing normal distribution were tested with “t-test” and “one-way analysis of variance”. LSD Tests were applied in the post-hoc analysis to identify the sources of significant differences. The data not showing normal distribution were analyzed by the Kruskal Wallis test. In the study, the margin of error was regarded as 0.05. In the study, “Facility” factor has been observed as the first constraint in the participation of the university students’ into the leisure activities and respectively “lack of information”, “individual psychology”, “time”, “lack of friends” and “lack of interest” as the other factors. When the factors that constrain the participation have been examined according to the female students’ “Age”, “Graduation of high school type”, “Type of town lived most”, “Accommodation situation” and “Post-school employment”, no meaningful differences have been found. The ones who have never done any sports have regarded “the lack of time”, “lack of friends” and “lack of interest” as more constraining factors in comparison with the ones who have done any sports. In addition, the young female students who have good/ very good life standards –in comparison with the ones having normal or poor life standards - have thought that their participation into the leisure time activities have been constrained less. The final results have showed that the young female students’ situation about doing sports and the life standards have affected their participation into the leisure time activities.

Keywords: Leisure time, constraints, young women students, sport

Bio: Murat Bulut graduated from Sports Management Department from School of Sport Sciences in Ankara University in 2014. He is interested in football.

OP36 Examining the Effect of Aerobic Exercise on the Postural Dynamic Balance among Sedentary Women

Fatma İlker Kerkez¹, Fatma Kızılay², Cengiz Arslan³

¹Muğla Sıtkı Koçman University, School of Physical Education and Sports, Muğla, Turkey

²Inönü University, Turgut Özal Medical Center, Department of Physical Medicine and Rehabilitation, Malatya, Turkey

³Firat University, School of Physical Education and Sports, Elazığ, Turkey

The purpose of the present study is examining the effect of aerobic exercise on the postural dynamic balance among sedentary women between the ages of 35-45. 20 sedentary women between the ages of 35-45 (age average: 40, 3±4, 4 years) living in Malatya province center in 2011 voluntarily participated in the research. Postural dynamic balance of the volunteers were tested by experts at Inonu University, Faculty of Medicine, Department of Physical Therapy and Rehabilitation Laboratories, using Biodex Stability System (BSS)(Biodex, Inc, Shirley, New York) as pre-test and post-test and in two ways; eyes open and closed (two feet and at 60-180-300°/s angular velocity). 60s test started at 8th level and ended at 3rd level. Following pre-test, the volunteers attended 1 hour of aerobics-run-walk exercises 3 days a week for 8 weeks. Obtained data were evaluated using descriptive statistics and Wilcoxon analysis at 0.05 significance level. The findings of this study showed that as OA index is accepted as the best indicator of balance skill among stability indexes in the literature; eyes open and closed OA index values were taken into consideration. Higher OA index values indicate higher loss of balance. Wilcoxon analysis revealed that both the change in eyes open OA index (Asymp. Sig. (2-way) = 0.000, p< 0.05) pre-test and post-test levels and the change in the eyes closed OA index (Asymp. Sig. (2-way) = 0.031, p< 0.05) pre-test and post-test levels were significant at 0.05 significance level. In accordance with these findings, we can claim that aerobic exercise affects the balance skill among sedentary women. As a conclusion, it was found that aerobic exercises started in premenopausal period can improve the balance skill among sedentary women and decreases the risks of fall and injury caused by loss of balance.

Keywords: Sedentary women, balance, aerobic exercise

Bio: Fatma İlker Kerkez received her PhD from Karadeniz Technical University in 2006. She is currently working as Assistant Professor at the School of Physical Education and Sport, Muğla Sıtkı Koçman University, in Muğla Turkey. Her research interests are motor development and skill acquisitions.



OP37 Acute Effects of Pilates Exercise on the Flexibility of Elderly Women

Thoma Polixeni, Thomopoulos Nikolaos, Kaitelidis Theodoros, Karamitroudi Efthimia, Tripi Zoi
Association of Physical Education, North Greece

The aim of the present study was to examine the acute effects of Pilates exercise on the range of motion on low extremities and trunk in 20 women 60-72 years of age. All participants performed two Pilates exercise protocols in different training days with random order. The first protocol was performed once and consisted of 10 repetitions separately for each Pilates exercise. The second was performed twice, each consisting of 10 repetitions. Range of motion (ROM) was determined during knee, hip, ankle and trunk flexion, knee extension and hip abduction using Brodin and Myrin (Lic Rehab 17183 Solna, Sweden) goniometers. The analysis of variance with repeated measures, used to compare the two available protocols of exercise, prior and after their application, showed that the motion range of the joints was significantly improved ($p<.001$), both when the Pilates exercises were performed in sets of ten repetitions and in two sets of the same number of repetitions and that the improvements ranged at the same level in both protocols. The findings of the present study provide useful information for the design and implementation of proper exercise routines with the Pilates technique, which aims at improving the joints flexibility of elderly women.

Keywords: Pilates exercise, flexibility, range of motion, elderly women

Bio: Thoma Polixeni was a member of the Greek National Team of rowing, gaining distinction in the Balkan Championship, in 1980. She graduated from the Faculty of Physical Education and Sport Science of Aristotle University of Thessaloniki in 1984. She worked in Municipality of Thessaloniki as a public sector employee for 30 years, gaining experience and specializing with: 1. People with disabilities in social integration, 2. Women's fitness, 3. Fitness for elderly people, 4. Pilates for women and elderly people. She received her MSc Degree in the Acute Effect of exercise Pilates in flexibility of joints in elderly women, in 2013.

OP38 The Acute Effects of Static and PNF Stretching Exercises on Stability in Older Aged Women

Burçak Keskin¹, Osman Ateş², Sibel Gör³

¹Istanbul University, School of Physical Education and Sport, Istanbul, Turkey

²Moda Fen Primary School, Istanbul, Turkey

³Istanbul Metropolitan Municipality Sport A.Ş., Istanbul, Turkey

The main objective of this study is to determine the effects of regular stretching exercise on the balance and flexibility of older aged women for 8 weeks. The participant of this study was 20 middle age and older woman whose mean age was 51, 25 ± 9 , 1 years. Static and PNF stretching exercises reveals the effects on the balance for older people. The obtained results of the data, stretching exercises which accepted by the whole world and proposed in warm-up exercises before all kind of sporting activities contribute to organize for reduce the risk of injury and increase the athletic performance. Two different stretching exercises were implemented in this study. Rest for 48-72 hours was given each of stretching exercises. Balance measurement was done with studying of stork position before the exercise. After warm-up exercise was done 10 minutes. The content of warming was determined 5 minutes for walk and 5 minutes for jog-trot. Finally, the result of our work, it has been observed increase the balance of standing over one leg in valuations of group PNF and static stretching. There were significant differences in balance test pre and post exercise ($p>0.05$).

Keywords: Stretching exercise, balance, middle age and older women

Bio: Burçak Keskin received her PhD from Marmara University in 2011. She is currently working as Associate Professor at the School of Physical Education and Sports, Istanbul University in Istanbul, Turkey. Her research interests are sports disabled, training science and women sport participation.



OP39 The Effects of Sleep Deprivation on Cardiovascular Factors and Fatigue Index of Female Athletes in Morning and Evening

Shahrzad Asghari, Maryam Koushkie Jahromi, Zahra Abbasi
Shiraz University, Iran

Many studies show that sleep deprivation induce different effects on athlete's performance. However, little attention has been paid to the effects of circadian rhythm upon sleep deprivation. The aim of this study was to investigate the effect of 4 hours of sleep deprivation on anaerobic power, some cardiovascular factors such as Heart rate, Blood pressure and also perceived exertion in morning and evening. 23 female collegiate athletes voluntarily participated in this study. Subjects were measured for blood pressure, heart rate, anaerobic power, perceived exertion. Findings showed no significant difference in anaerobic power, blood pressure and heart rate in the morning and the evening ($p=0.2$, 0.4 , 0.8 respectively), but perceived exertion differed significantly in the evening following sleep deprivation ($p=0.04$). It was concluded that short-term sleep deprivation is not effective on anaerobic performance, blood pressure and heart rate, but adversely affects perceived exertion in the evening.

Keywords: Sleep deprivation, blood pressure, heart rate, anaerobic power, perceived exertion

Bio: Shahrzad Asghari is a student of MS in exercise physiology in Shiraz University, Iran. Her research interests are exercise physiology and women's health and sport.

OP40 Swimming Is Not a Simple Issue: Exploring the Experience of Women Going to Swimming Pool

Sevda Yurt, İlknur Hacısoftaoğlu

Gedik University, Faculty of Sport Sciences, Istanbul, Turkey

When the participation in physical activity and sport is investigated in terms of gender equity, it is seen that women's position is not equal with men (Hartmann-Tews & Pfister, 2004). Thus it is significant to conduct researches on women's participation in physical activity and sport in order to struggle with this inequality. The purpose of this study carried out in a swimming pool was to explore the reasons for going to swimming pool and experiences of women. Accordingly, it was focused how their gender identity structured their experiences. Qualitative research method was used and data was collected via semi structured individual interviews. The swimming pool is located in a region where the religion is a one of the main elements for the regulation of daily life. Interviews were conducted with seven participants and the manager of the swimming pool. Data was analysed by content analyse. As a result of the analyses, the data was sorted into three main themes: The reasons of beginning, factors and strategies for the maintenance of participation, constraints to swimming participation. Therefore, it was concluded that care ethic, approval of the family and environment, and gender segregation were key points determining women's swimming experiences. Moreover it was stated that the reasons for beginning and maintenance of women in swimming activity was closely related to regulation of circumstances in the swimming pool according to cultural and social conditions of the region.

Keywords: Gender, gender segregation, swimming, care ethic, constraints

Bio: Sevda Yurt is currently a Master of Sports Science (M.S.S.) student at Gedik University also, she works as a physical education teacher at a public high school. Her research interests are social issues related to women's sport participation, gender policies and promoting women's involvement in sports.



OP41 Sexism in Sports Media: Masculine Wordplays and the Discourse of Hegemonic Masculinity in G.Ö.T. and A.M.K. Newspapers

Hatice Çoban Keneş¹, Merve Diltemiz Mol²

¹Cumhuriyet University, School of Physical Education and Sport, Sivas, Turkey

²Ankara University, Faculty of Communication, Ankara, Turkey

Description of sports, and especially football, with a reference to notions such as active, aggressive, competitive, strong, challenging and brave and the presentation of such notions as the founding qualities of masculinity by the hegemonic masculinity play an important role in shaping the perception that sports activities are “naturally” regarded as a masculine territory. On the other hand, sports media, which reconstructs and frames the superficial bond between sports and the values of hegemonic masculinity, plays a central role in justification of a sexist discourse. Therefore, sports media has a direct role in reconstruction, dissemination and acceptance of discourses of hegemonic masculinity. This study will focus on the role of sports media in reconstruction of the discourse of hegemonic masculinity in Turkey. To this end, the news stories of sports newspapers entitled “AMK” and “GÖT” published for 30 days will be analysed with a specific focus on their sexist content. By presenting how the sexist discourse, produced and “enriched” through the wordplays in the names, web pages and news stories of these two newspapers, is articulated in the news discourse of sports and especially football, the role of sports media in reconstruction and dissemination of discourses of hegemonic masculinity in Turkey will be analysed. The news stories of these two newspapers, which are “compulsorily” included in this study, which focuses on the role of sports media in reconstruction and justification of male-dominant values, will be analysed through discourse analysis. By means of this analysis, the wordplays of hegemonic masculinity, which produces sexism through articulation of sports, will be exposed.

Keywords: Sports media, masculinity, sexism, discourse

Bio: Hatice Çoban Keneş received her PhD from Ankara University, Faculty of Communication in 2013. She is currently working at Cumhuriyet University in Sivas, Turkey. Her research interests are racism, discrimination, refugees, and discriminatory discourses in the media.

OP42 The Entrepreneurship Problems of the Women Entrepreneurs

Mustafa Türkmen, **Meral Sevinç Tirpan**
Celal Bayar University, School of Physical Education and Sport, Manisa, Turkey

The purpose of the study is to research women entrepreneurs' problems in sports world and to see if the problems are effected by demographic and business profiles. The sample of the study consists of 279 women entrepreneurs working in sports market. In order to gather data Cici's (2013) 'women entrepreneurs' problems survey' is used. SPSS program's Friedman two-way Anova test and Kruskal Wallis one way variance analysis were used. The findings of the study showed that entrepreneurship problems of the women entrepreneurs; the biggest problem related to the social environment is the negative effect of a male dominant society on women entrepreneurs; the biggest problem related to the micro environment is that women entrepreneurs' lack of role models and experienced leaders; the biggest problem related to the economic environment is the complications that raises with the suppliers while the entrepreneurs purchase a product. In the aspect of communication and coordination, the problem is to direct or lead the male personnel. In the financial aspect, the women entrepreneurs have harder time providing resources for their businesses than men. The problem with the educational aspect is the insufficient level of entrepreneurship information in the classes they attend. The problem for organization is that the women entrepreneurs organizations' lack of being active and does not work hard enough. As a conclusion, women entrepreneurs in sports market have different problems than men. In addition to this, women entrepreneurs have more problems depending on the difference of the demography and business profiles. In the women entrepreneurs that took part in the survey showed no difference when mother's occupation, father's occupation and partner variables were taken into consideration.

Keywords: Entrepreneurship, woman entrepreneur

Bio: Meral Sevinç Tirpan is currently a graduate student at Celal Bayar University, School of Physical Education and Sports Science at the Department of Sport Management in Manisa, Turkey. Her research interests are career in sports management and women entrepreneurs.



OP43 Being a Woman in Football and Working with Football Women

Necla Güngör

Turkish Football Federation, Directorate of Football Development, Istanbul, Turkey

Being a woman in football, which has a commanding share in sports industry, can be described as both an economic and a social success. The ratio of women in football in developed countries is quite high, however this ratio is low in developing countries. According to the TFF Amateur Football Almanac 2012-2013, the number of women's teams is 150 and there 2.700 women players in amateur leagues in regards to 4.331 teams and 273.382 players in men's leagues. It can easily be noted that there is a huge gap between the women's and men's time within the football, and their orientation to other sports in adolescence. To be a woman in football and continue existing in the football World, women are constantly pushed to prove their knowledge of football. While the player background of men help them to obtain certain statuses and positions within the system, girls who play football do not have opportunities that can help them develop and move forward in their careers. Girls are oriented towards sports that have historically been favored in accordance with society's existing sexist esthetical values. If a woman prefers to play a sports like football which has been historically attributed to male values; she is perceived to be manly, rough and not having womanly features. To create the perception that football is not just a "man's game", and to make sure that women are in the football environment as managers, players and role models; social responsibility projects and special work in Professional circles must be completed. Although there is a subliminal discrimination towards women that are in football as trainers, managers, masseurs or doctors, a common understanding and actions base must be created to make decisions and apply these decisions against discrimination.

Keywords: Football, women, social structure

Bio: Necla Güngör has graduated from Hacettepe University School of Sport Sciences, in 2004. Necla Güngör has received a MSC degree in Sport Management Programme of Bahçeşehir University. Necla Güngör has UEFA B Coaching License. She had worked for U15 National Team Coach and several top-level professional football teams as assistant coach and coordination specialist in physical education. Her interests are coordination, rhythm, football, women's participation in sports.

OP44 Changing Images of Woman Football through Social Determinants

Veysel Küçük

Marmara University, School of Physical Education and Sport, Istanbul, Turkey

Modern community, which has been influencing our world, is the main factor of image production. There are many differences between the image productions of countries in terms of social structures such as sport. Turkey, as it has been through a developmental process, is one of the countries where gender mainstream is an important issue. The purpose of this research is to find out people's perceptions of women's football according to some social determinants such as age, gender and education level. To collect the data, a ten-question survey was used. The participants for this research were a sample of 1025 literate people whose ages are over 20. Quota sampling was used in order to compose the participants based on the population of Istanbul. Data analysis revealed that there is a significant difference between the perceptions of people according to age, gender, education level and sport participation. Generally, sampling group defined the meanings of women football as '% 38.7 Beautiful', '%24 Hard, %10.6 Rude', most striking property as %32 Joyful, % 18.7 agility and 14.3 dangerous'. Additionally, % 51.3 of participants defined football as best fit for both gender and most attention grabbing feature of women football athlete's revealed as '%14.4 Smart and %14 Rude. These findings concluded as common grounds for the community and therefore, could be generalized for the universe of the sample. Last of all, it could be said that these factors revealed as strong variables in the community.

Keywords: Women's football, social determinants

Bio: Veysel Küçük received his PhD from Marmara University in 1997. He is currently working as Assistant Professor at Marmara University in Istanbul, Turkey. His research interest is specially violence and aggression in sport.



OP45 Experiences of Women with Breast Cancer in the Dragon Boat Program in Turkey

Aysen Çevik¹, Pinar Öztürk²

¹Ankara University, Faculty of Sport Sciences, Ankara, Turkey

²Hacettepe University, Faculty of Sport Sciences, Ankara, Turkey

The purpose of the study was to raise awareness of cancer, to promote early diagnosis for adults who were dragon fest participates and to raise dragon boat ability and experience and to make a start for the dragon boat sporting of women cancer patients in Turkey. The dragon boat festival spread to 76 countries in the world and number of participants in Turkey increased year by year. Study participants were Turkish women cancer patient, survivors and relatives of cancer patients who were members of the Amazon Dragon Boat Team. All the members of team are women and team include sixteen rowers and one drummer. The data is collected through participant observation in Ankara. The team captain found all participant and trainer and she organized all. Than the team was training in Gölbaşı Ankara. They have done a total of 10 training 2 times per week before competitions with trainer. For trainings and competition time they organized service for transportation and uniform. Exercise has emerged as an important quality of life intervention for cancer patients and survivors. In this respect, the women who were members of the Amazon Team experience fun, competition and relatedness through the festival.

Keywords: Dragon boat, physical activities, cancer patients

Bio: Aysen Çevik is PhD student at Ankara University, School of Sport Sciences in Ankara, Turkey. Her research interests are inclusion in sport and person with disability sport participation.

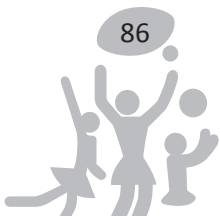
OP46 Athletes' Perceptions and Experiences of Sexual Harassment in Turkey

Gülay Özen, Esra Emir, Canan Koca
Hacettepe University, Faculty of Sport Sciences, Ankara, Turkey

The aim of this study is to understand the perceptions and experiences of athletes about sexual harassment. 62 female and 101 male athletes from different sport branches (e.g. boxing, football, gymnastics, swimming, taekwondo, tennis, track and field, and volleyball) were participated in this study. The questionnaire which was developed by the researchers includes the questions about knowledge for the sexual harassment behaviors, experiences and views for the measures. Descriptive analysis and Chi-square analysis were applied to analyze data. The findings of the study showed that the most rated sexual harassment behaviors by female athletes were asking about your sexual life (79%), making compliments or comment about your body (75.8%) and making sexist jokes (71%, n=44). Whereas the most stated sexual harassment behaviors by male athletes were sending sexually-explicit materials (e.g., photo, email, SMS) (75.2%), repeated unwanted sexually suggestive glances (72.3%), and sending flirting request message (62.4%). In addition, 32.7 per cent of male athletes reported that they exposed to sexual harassment mostly in the locker rooms whereas 30.6 per cent of female athletes reported that they exposed to sexual harassment mostly in sport areas. The most stated reactions to sexual harassment by sexually harassed female athletes were saying warnings words (30%), and showing no reaction (29%). However, the most stated reactions to sexual harassment by sexually harassed male athletes were leaving the environment (11.9%) and not thinking the harassment (33.7%). The overall findings of this study show that some female and male athletes have experience sexual harassment.

Keywords: Sexual harassment, gender, experience, sport

Bio: Gülay Özen is a PhD student at the Faculty of Sport Sciences at Hacettepe University. Her research interests are gender and sport.



OP47 The Interest in and the Importance of Physical Activity in the Functional Development of High School Students in Albania

Mimoza Tare¹, Rozeta Shatku², Zylfi Shehu³, Aida Shehu⁴

¹University of Tirana, Albania

²High School Jeronim De Rada, Tirana, Albania

³Wrestling Federation Albania

⁴University of Sports, Tirana, Albania

Since 2010, physical education classes in our country's high schools have been significantly reduced to only two hours per week for grade 10 and grade 11 students, while completely eliminated from grade 12 curriculum. The amount and quality of physical activity classes offered in schools play an important role in the functional development of students in this age category, while the sports infrastructure is another issue. Our goal is to provide evidence of students' level of interest in and their opinions on physical education classes offered in schools, their attitude towards alcohol, smoking and drugs. For the purpose of this study, 5 schools were randomly selected from rural areas in our country: Tirane, Shkoder, Pogradec, Sarande, Fier. In each of the selected schools, two hundred 15-18 year old male and female students were interviewed via a questionnaire. The average age of the students was 16.9 years of age. The questionnaires were completed during the month of May and November 2013. In Tirane, 65% of the students agreed that physical education classes should be increased to three hours per week, while 80% responded that even if physical education classes were not mandatory they would still attend. In Shkoder, 85% of the students agreed that physical education classes should be offered at least three times per week, while in Fier only 68% had a similar opinion. In all participant schools, 75% of the students think that schools lack the athletic and physical education equipment necessary for physical education classes while 25% do not agree with the above statement. 80% of the participants would like to have a say in which physical activities to participate rather than having the teachers develop a program for them. 20% of the participants do get involved in extracurricular sports activities while 80% cannot afford to participate. In Tirane, 35% of the participants believe that physical activity is a deterrent to drugs, smoking etc. High school students in our country like physical education classes and they agree that the hours of physical activity classes offered in schools should be increased. Young people see physical activity more as recreation rather than as a deterrent to alcohol and drugs and as an instrumental part of their functional development. In the future, our government, in cooperation with other sports institutions, should develop physical education policies, unify the curriculum according to the European standards, and invest more in the sports infrastructure as an immediate response to the urgent need of the development and education of the youth.

Keywords: Albanian, functional development, physical activity, high school, student

Bio: Mimoza Tare received her Master Degree from University of Sport Tirana, Albania. Now her research interests are focused for PhD studies. Her research interests are sports management and sports game.

OP48 Hegemonic Masculinity in Turkish Sports News: The News Discourse of UEFA Matches in Fotomaç

Birce Pakkan

Middle East Technical University, Media and Cultural Studies, Ankara, Turkey

In this study, the constant re-construction of the concept “hegemonic masculinity” which is a certain type of masculinity that is accepted and reinforced in society through sports and sports media is examined. The data of the study is collected from one of the Turkish Daily newspapers, Fotomaç, since it has the highest circulation. The news in Fotomaç concerning the UEFA matches played by the “Big 3” in 2013-2014 season- four matches played by Galatasaray with Juventus and Real Madrid, two matches played between Fenerbahce and Arsenal and two matches played between Besiktas and Tromso form the the main data of the study. Several methods are used in the study. First is critical discourse analysis developed by van Dijk in which photos, headlines, leads, news stories are examined through macro (thematic) and micro (syntactic) analysis. Most of the time, only headlines and photos are subjected to analysis since the data is high in number. The reason for the selection of this method is that it makes possible for the ideology hidden in the news to be revealed. Though it may be assumed that the discourse revealed in the news concerning the matches played between Turkish and foreign teams carries a nationalist atmosphere, I believe there is a discourse of hegemonic masculinity embedded in the news that goes parallel with nationalism. That’s the reason why I also use “manipulative discourse analysis” in the study which was also developed by van Dijk himself; even though this type of analysis is based on a political discourse, it was appropriate to be applied to the news discourse in sports and particularly in football. At the end of the study, the ideology of hegemonic masculinity embedded in sports news are revealed both in textual and visual contexts.

Keywords: Hegemonic masculinity, critical discourse analysis, football, media

Bio: Birce Pakkan is currently a master student at Middle East Technical University, Media and Cultural Studies Department in Ankara, Turkey. Her ongoing thesis concerns the hegemonic masculinity in sports media. Her research interests include queer theory, gendered discourses in sports, sociology of sport and masculinities.



OP49 Elite Women Athletes and Pregnancy

Hande Öztürk

Turkish Basketball Federation, Istanbul, Turkey

This study aims at analyzing the forms of discrimination women athlete face during pregnancy and how can women athletes be protected via legal tools against this discrimination. In this regard, the study examines the cases where pregnant athletes may be considered having doped, where they are forced to compete despite their condition, where their contracts are terminated and cannot get their job back even after the pregnancy. The problems pregnant athletes face have been determined both via personal interviews conducted by female athletes and case studies. The cases of Anastasiya Verameyenka, Vanessa Johnson, Katie Chapman, Anna Watkins are chosen both because such cases are both well-known and explain the different aspects to the problem. The mentioned cases will be compared to Neslihan Darnel case which constitutes a good example in terms of termination of contracts with clubs/sponsors. Then existing legal arrangements will be explained with the focus on Australian the Sex Discrimination Act and WNBA practices. Additionally, possible solutions will also be suggested. It is found through both personal interviews with the athletes and the case studies that sportswomen are under a professional, financial and emotional pressure regarding the pregnancy. The sportswomen are forced to choose between motherhood or sports and a job security provided through legal tools is crucial in order to prevent women from being pushed out of sports field. To conclude, the study shows many problems pregnant athletes face. Based on the legal arrangements that already exist in certain countries, new arrangements can also be introduced in other countries and in international platform. In such case, a progress can be recorded related to the solutions of the problems referred in the study.

Keywords: Pregnancy, termination of contracts, right to decline to perform, job security

Bio: Hande Öztürk received her law degree from Galatasaray University, Istanbul, Turkey. She is currently doing her legal traineeship, admission to Istanbul Bar pending and also working as a basketball referee since 2009. Her interest includes sports law.

OP50 The Analysis of Vertical & Horizontal Ground Reaction Forces that Occurs Different Sprint Distance in Terms of Male and Female Athletes

Mehmet Kale, İzzet Kirkaya
Anadolu University, Faculty of Sport Sciences, Eskişehir, Turkey

Applying force to the ground and in return creating counter force of the ground are named as ground reaction force (GRF). GRF is one of the important components which determine the acceleration during sprint. GRFs are divided into two as braking and propulsion forces (Mero and Komi, 1986). Every step which is stepped during sprint run is composed of concentric muscular contraction phases which follow eccentric contraction (Wilson and Flanagan, 2008). During eccentric phase, mechanical energy is stored in the elastic elements of the support leg and during concentric phase, it is released (Morin and et al, 2006). This eccentric and concentric cycle which continues during sprint is named as stretch and shortening cycle and it has the quality of composing optimum power and force output by decreasing energy consumption and accordingly it is able to affect the performance positively (Rumpf and et al, 2013). Short sprint performance substantially depends on athletes' changing their body position forward with great speeds. In order to do this, neuromuscular system especially body and lower extremity need to produce power (Mero and et al, 1992). This is solely possible providing that the braking force is reduced and impulsion is increased and also the duration of contact with the ground is reduced (Weyond and et al, 2010; Kale and et al, 2009). Voluntary 16 (8man, 8 woman) athletes were participated to the study [age (year)=20.9±2.3, training age (month)=91.3±48.2, body height (cm)=173.1±6.5, body weight (kg)=64.7±8.4] Subjects participated four different sprint tests (10m, 20m, 30m, and 40m) for vertical forces on a non-motorized treadmill (Woodway Force 3.0, Woodway Inc., Waukesha, USA). Independent two samples were analyzed via Mann Whitney U test and probability level was $p \leq 0.05$. There were no statistically significant results have been found between man and woman while performing 10m, 20m, 30m and 40m sprints. Vertical and horizontal forces are occur because of ground reaction forces braking influence and have negative effect on athletes' acceleration. For acceleration at anterior-posterior axis, horizontal-vertical forces minimize and propulsive force to maximize. This situation depends on how quickly contact with the ground.

Keywords: Female-male athletes, ground reaction force

Bio: Mehmet Kale received her PhD from Hacettepe University in 2008. He is currently working as Assistant Professor at the Faculty of Sport Sciences, Anadolu University in Eskişehir, Turkey. His research interests are training and movement theory, training periodization, adaptation to training, sprint mechanics, sprint physiology, sprint endurance, strength and strength training, motion analyze.



OP51 Risk Factors for the Female Athlete Triad in Athletes and Non-Athletes

Yasemin Güzel, Tuğba Nilay Güngör, Pınar Öztürk, Canan Koca, Ş. Nazan Koşar
Hacettepe University, Faculty of Sport Sciences, Ankara, Turkey

The female athlete triad is a syndrome comprising 3 interrelated health problems (low energy availability, menstrual dysfunction and low bone mineral density). Studies showed that this syndrome occurs not only in athletes but also in sedentary and physically active females. Development of the female athlete triad takes time before it is recognized. Hence the predetermination of risk factors and taking the necessary precautions are important. The aim of this study was to determine the percentages of athletes and non-athletes at risk of the female athlete triad. A total of 678 females (307 athletes, 371 non-athletes, age range: 12-35 yr) participated in this study. Body weight and height measured and body mass index (BMI) was calculated. Moreover, a detailed questionnaire which comprised questions about training/physical activity, menstruation, weight control method, stress fracture/low bone mineral density (BMD) history, eating habits and Eating Attitude Test (EAT-40) was applied. For the analysis of data the athletes were divided into seven groups according to their sports (aesthetic, technical, endurance, weight class, ball games, power and antigravitation sports). Then the seven different sport groups were divided into two groups: leanness sports (endurance, aesthetic, weight class and antigravitation sports) and non-leanness sports (technical, ball game and power sports). Descriptive statistics of variables and incidence of female athlete triad risk factors (according to sports) were calculated. Mean age of controls were 17.87 ± 4.93 and athletes were 17.25 ± 4.48 years. Training years, training frequency and training hours of the athletes were 3.01 ± 1.2 years, 5.61 ± 1.2 d/w, 2.7 ± 1.1 h/d, respectively. Results indicated that 3.9% of the athletes and 3.0% of the controls exhibited all three triad risk factors. When evaluated in terms of low energy availability, 32.2% of athletes and 36.7% of controls were classified as being at risk. More athletes reported menstrual dysfunction (30.9%) and stress fracture/low BMD (19.6%) compared with controls (27.5%; 15.5%, respectively). A higher percentage of athletes competing in leanness sports reported low BMI (%7.1;%5.4), disordered eating (%16.3;%14), using pathogenic weight control methods (%19;%14), menstrual dysfunction (%34.8;%25.6) and stress fracture/low BMD (%12.5;%6.2) compared with athletes competing in non-leanness sports. Both athlete and non-athlete females at risk of the Triad. Menstrual dysfunction was more common in athletes. With respect to low energy availability and bone health the two groups were similar. Athletes competing in leanness sports were at greater risk of the triad compared with non-leanness athletes.

Keywords: Female athlete triad, menstrual dysfunction, bone health, low energy

Bio: Yasemin Güzel is currently a PhD student at Hacettepe University, School of Sport Sciences in Ankara, Turkey. Her research interests are exercise metabolism and nutrition, sport nutrition.

OP52 The Evaluation of Female Athlete's Triad and Gynecological Complaints on Turkish Female Athletes

Pınar Solmaz Hasdemir¹, **Onur Oral**², Esat Çalık¹, Rana Varol², Yeliz Özveren², Hasan Tayfun Özçakır¹

¹Celal Bayar University, Department of Obstetrics and Gynecology, Manisa, Turkey

²Ege University, School of Physical Education and Sport, Izmir, Turkey

The purpose of this study is to evaluate the female athlete triad and the incidence of gynecological complaints in Turkish female athletes. The study was planned as an observational survey. A total of 88 adolescent and young women who are interested professionally in sports from different provinces of Turkey, after receiving their consent, were asked to respond to questionnaires prepared, regarding general health and women's health. The data were analyzed by using SPSS 21. The averages of age, BMI (Body Mass Index), age of starting to play sports and pulse rate (with MIN-MAX values) were 19.38 ± 5.75 (10-43), 19.78 ± 2.53 (14.8-26.7), 8.98 ± 3.46 (4-19), 84.67 ± 14 , 66 (62-118) respectively. Gymnast distribution of test subjects in percentage was 53.41%. 18.18% of test subjects were Folk dancers, 9.09% of them were dancer, 6.82% of them were volleyball players, 4.55% of them were rugby players, 2.27% of them were handball players and 5.70% of them were athletes of different branches of athleticism. 65 of the test subjects (76.5%) were menstruating. The findings of the study showed that most of the participants' menarche age was between 1-15 years (76.93%) and annual menstruation frequency was 12 (76.92%) and 58.46 per cent of females were dysmenorrhea. As a conclusion, it is widely thought that the sports is done for health and athletes would be healthier than the average of health; however in recent years, the discovery of having a couple of situations, which are females' low energy intake, bone mineral density change and menstrual irregularity, at the same time revealed that there has to be focused on female athletes' health more carefully. This situation is called female athlete triad which is occurred as a result of low energy intake that causes to secondary to menstrual cycle irregularities; afterwards that arises as a result of hypo estrogenic and hypo caloric situations which are cause deterioration of bone mineral density. In our country, there are limited studies about how this triad affects the female athletes and the gynecological examination of female athletes. In our study it is pleasing to see that menstrual disorder and eating disorder averages are lower than the world average. However, the incidence of bone fractures is insufficient compared to the BMD.

Keywords: Female athlete triad, gynecological complaints, bone mineral density

Bio: Onur Oral is medical doctor since 1992 graduate from Ege University Medical Faculty in Izmir, Turkey and received his PhD from Ege University in 2008. He is currently working as Sport Medicine Physician Faculty Member at Ege University School of Physical Education and Sports in Izmir, Turkey. His research interests are sports genomics, stem cell, platelet rich plasma, regenerative medicine therapies, genetic testing for sports and kinesiogenomics.



OP53 Investigation of Body Composition in Female Athletes

Tuğba Nilay Güngör, Yasemin Güzel, Pınar Öztürk, Canan Koca, Ş. Nazan Koşar
Hacettepe University, Faculty of Sports Sciences, Ankara, Turkey

The aim of the present study was to determine the body composition of Turkish female athletes according to the sports they compete. A total of 307 female athletes (Age range: 12-35 years) participated to the study. A questionnaire was distributed to obtain data on participants' demographic information and sports history. Height, body weight and body fat percent (Tanita TBF-310GS) were measured. Body mass index (BMI) and BMI percentiles (for subjects younger than 18 year old) were calculated. Body composition by sport branches was compared first by forming seven different sport groups: aesthetic (n=46), weight-class (n=37), ball game (n=104), endurance (n=83), power (n=16), anti-gravitation (n=7) and technical (n=8) sports. Then these sport groups were combined into two groups: "leanness sports" (n=183) (endurance, aesthetic, weight class and anti-gravitation sports) and "non-leanness sports" (n=130) (technical, ball game and power sports). Kruskal Wallis Variance Analysis and Mann Whitney U tests were used to compare sport groups with regard to body composition. Mean age, training years, training frequency and training hours of participants were 17.25 ± 4.48 yr, 3.01 ± 1.2 yr, 5.61 ± 1.2 d/w, 2.7 ± 1.1 hr/d, respectively. According to World Health Organization (WHO) BMI classification standards 4.9% of the athletes were underweight, 86% were normal, 7.5% were overweight and 2% were obese. Female athletes competing in power and weight-class sports have significantly higher body fat percent (respectively, 24.83 ± 8.00 ; 24.01 ± 7.29) and BMI (respectively, 23.63 ± 3.97 kg/m²; 23.44 ± 3.98 kg/m²) compared with the athletes competing in aesthetic sports (18.01 ± 3.92 ; 19.96 ± 2.13 kg/m²) and endurance sports (19.55 ± 5.51 ; 19.92 ± 2.05 kg/m²) ($p < 0.05$). Although the power athletes have relatively higher body fat percent and BMI compared with weight-class athletes, the difference wasn't statistically significant ($p > 0.05$). Athletes competing in nonleanness sports had significantly higher body fat percent (23.09 ± 5.80) and BMI (21.58 ± 2.94 kg/m²) compared with athletes competing in leanness sports (respectively, 19.91 ± 5.84 ; 20.61 ± 2.93 kg/m²) ($p < 0.05$). Athletes competing in power and weight-class sports had significantly higher body fat percent and BMI compared with aesthetic sports and endurance sports competitors. In addition, athletes competing in leanness sports had significantly lower body fat percent and BMI compared with athletes in nonleanness sports. This result indicate that body composition of the athletes in the present study represents the demands of the particular sport and the long-term effects of the special training methods.

Keywords: Body composition, female athlete, body mass index

Bio: Tuğba Nilay Güngör is currently a master student at Hacettepe University, School of Sport Sciences in Ankara, Turkey. Her research interests are exercise and nutrition metabolism. Tuğba Nilay Güngör received her bachelor of science from Hacettepe University in 2011.

OP54 Body Mass Index of Individuals from Sports Centre for the Study of Knowledge Level

İbrahim Kubilay Türkay¹, Özgür Dinçer², Kadir Pepe¹, Ebru Dinçer³

¹Mehmet Akif Ersoy University, Burdur, Turkey

²Ordu University, Ordu, Turkey

³Samsun 19 May University, Samsun, Turkey

This study of individuals going to the fitness center and body mass index were performed to examine the level of knowledge on. The study of 518 men going to the fitness center between the years 2013-2014, a total of 687 people participated, including 169 women. The knowledge level of participants' body mass index, age, gender, occupation, height, weight, measurements, fitness before considering whether they have been examined and disturbance situations. In collecting the data, to increase public awareness 10-item questionnaire developed by the researcher was used. Data analysis was performed on the percentage frequency values and crosstab chi-square. Participants asked questions "from ministry of health of the body mass index to be aware of your work?" The question of percentage of 37.6% yes, 62.4% percent have said no. Participants asked questions "What is the meaning of body mass index? To the question of 40,3% of ideal weight, 59,7% of ideal body fat percentage was the answer. Again, participants asked questions "Which is how to calculate body mass index?" To the question 48,9% kilo/boy², 51.1% were answered as boy/kilo². You also analyzed according to gender; "Which is how to calculate body mass index" to the question of male participants 246 of 518 (47,5%) "Weight / height squared", 272 were (52, 5%) and "height / weight frame" was the reply. 169 female participants of the same question 90 (53,3%) "Weight / height squared", 79 (46,7%) "Height / weight frame" was the reply. (P> 0.05). Again according to gender examined 687 participants "health ministry body mass index from the operation Are you aware?" Question 518 male participants of the 178 (34,4%) "Yes", 340 (65,6%) "No" was the answer. The same question 80 of 169 female participants (47,3%) "Yes", 89 (52,7%) "no" was the answer.(P<0.05) As a result, the sports center of the individuals, more than half of body mass index from the operation is not aware, however, body mass index, meaning still more than half did not know and calculation method also still more than half unknown from which has emerged. However, body mass index (BMI) in both children and adults used to show nutritional status is quite objective measure. The BMI calculator is very easy (weight [kg] / boy² [m]), the ideal weight is a good measure for determining acceptable and socially by knowing this information is thought to reduce the risk of obesity.

Keywords: Body mass index, knowledge level, obesity

Bio: İbrahim Kubilay Türkay is a postgraduate at Mehmet Akif Ersoy University, School of Teaching Physical Education and Sport in Burdur, Turkey. His research interests are sport and health science. He is also a fitness trainer the past 14 years.



OP55 Civil Law's Window for Women and Women's Participation in Sports in Turkey

Aysu Melis Bağlan
ilke Law Office, Istanbul, Turkey

It is possible to talk about different practices in various areas, based on gender differences, depending on concrete terms related to religion, sociology, political trends, legal orders and economies of countries. Although indicated by supranational principles to establish equality “for every women, everywhere” and basic legal applications aiming to avoid social imparity, in our country, it seems that it is not adapted fairly within the frames of social gender equality. The purpose of this study is to bring out the effects of women's contribution to sports by searching and comparing international and national legal principles and practices via the assistance of sub-social sciences. Within this context, women's contribution in sports and acceptance and access to sports life, taking into consideration the perceptions and ongoing applications and our social habits through legal principal's point of view will be studied. Putting aside the applications that keep on increasing day by over women; it is a fact that our legal procedures are still not sufficient enough to contribute in establishing the women's freedom in sports, although we mention the universal women rights and freedom issues in every occasion over and over again.

Keywords: Law, women, sport

Bio: Aysu Melis Bağlan graduated from Istanbul Commercial University, Law Faculty in 2009. She completed the post graduated diploma from the Galatasaray University EU Programme in 2013. She has been a member of Istanbul Bar Association since 2010. She is currently working as a lawyer at İlke Law Firm. Her research interests are sports law, arbitration for sports and doping.

OP56 Gender Inequality in the Girls' Swimming Activity “Unforeseen” Effect

Nuran H. Belet

Gazi University, Faculty of Economics and Administration, Department of Economics, Ankara, Turkey

The participation and guidance of children in sporting activities is not only supported by relevant state ministries but also by various civil society organizations and sports clubs in Turkey. Families living in urban areas tend to encourage their children to take part in summer activities involving some form of sport. One of the most popular activities is swimming. According to generally accepted theory, there are several important points to be considered with regard to children taking part in any field of sport. Firstly, the field of sport should be suitable for the child's gender, age group and ability. Within this process, societal gender inequality should not be a determining factor. Generally, it is stressed that children between the age of 6-7 who take part in sports such as gymnastics and swimming, which require physical activity and assist in development, are more likely to be healthier in the future. As summer approaches each year we frequently read news of young children who have drowned in lakes, rivers, dams or water holes. The majority of these cases are young boys while it is very rare in the case of girls. Unfortunately, many young boys use these sources of water as natural swimming pools as a means of learning to swim but the results are usually tragic. Hence, the biggest factor for why it is usually young boys that drown and not girls is that in rural areas girls are normally not permitted to swim. Our topic focuses on the participation of girls in sport or any form of physical activity and how rural societal gender inequalities create negative or positive discrimination prohibiting girls from learning to swim because it is considered to be “sexually risky behavior”. In many conservative societies in Turkey, girls are prohibited from wearing swimwear which is considered to be open/closed to avoid nudity or exposure of their body parts. Although this constraint could have a direct impact on eliminating any possibilities of young girls drowning, it could actually cause them to drown within the pressures of society later on in life. The method to pursue based upon theoretic debates regarding societal gender inequalities is to analyze reports of drowning cases of both girls and boys and the locations where they happened.

Keywords: Gender inequality, swimming, girl

Bio: Nuran H. Belet received her PhD from Gazi University in 2006. She is currently working at the faculty of economics and administrative Sciences, Gazi University in Ankara, Turkey. Her research interests are labour force and labour market, gender policies and macroeconomic, growth and development.



OP57 Reading of Contemporary Women in Early Republican Era through Women Athletes

İrem Kavasoglu¹, İbrahim Yildiran²

¹Çukurova University, School of Physical Education and Sport, Adana, Turkey

²Gazi University, School of Physical Education and Sport, Ankara, Turkey

The aim of this study was to evaluate presentation formats of acquisitions and role models through the media which provided by the early republic staff whom strived to make women modernized and more visible in public area through sport as a success and beneficial tool. Literature search method which is evaluated as one of the qualitative research methods is used in research, inversion process of traditional women to modern one, regulations which prepare the ground for women's participation in sports and reviews of sport women who have reached to high performance have been interpreted by following through era media. There was no remarkable change achieved in women's position which traditional social structure gave them a passive role in the constitutional period. A rapid progress has been achieved in limited environment at the beginning though radical steps of republic in supportive fields which aimed to gain a modern life style for women. Showing up of Turkish women yet in 1936 Berlin Olympics which can be counted as a short time for social changes, is the most concrete view of this in the sports field. The size of the modernization effort progress in Turkey cannot be denied. If the negative legacy left to world's women considered about women's participation to the games by founder willpower of modern Olympic Games with the obsession of "ancient age" sample. Access of women to public area and equal education rights was primarily guaranteed by legal regulations in early republican period. Modernizing instruments should not conflict with women's functions which is being "wife and mother" ascribed as a public role in the culture? Sport was seen as the most effective instrument in this context. Healthy, strong community could be created by the children of women who have gained health and power through physical education. Indeed, especially in a short time, women from high socio-economic situated families' daughters, sister of athletes began to appearing in sports area. Thus presentation of the sport women performances supported with plenty of visual materials and incentive interviews with sport women about modern life styles started to taking place more and more in media from the beginning of 1930s. Sport 's effects on health, beauty and especially aesthetic emphasized and women's attention intensified to sport who doesn't fit to presented "new women" model with their physical mode. Bodies of beauty queens were shaping with body exercise, effects of sports on weight loss were showing. Policies which attracts large numbers of women to sport seems to caught most conducive environment with participation of two female athletes to the Olympic Games yet in 1936. As a result, the traditional gender role of women were tried to be inverted to modern expectations through sports and athletes during the early republic period; sport were tried to be one of the indispensables of modern lifestyle with national, social, sanitary and aesthetic reasons.

Keywords: Early republican period, women, modernization, gender, sport

Bio: İrem Kavasoglu is currently a PhD student at Gazi University in Ankara, Turkey. She also works as a lecturer at Çukurova University, Physical Education and Sports College in Adana, Turkey. Her research interests are management of sports and the history of sport.

OP58 Woman in the Philosophy of Olympism of Baron Pierre de Coubertin: Reasons and Results

Aycen Aybek¹, İbrahim Yıldırım²

¹Gaziosmanpaşa University, School of Physical Education and Sport, Ankara, Turkey

²Gazi University, School of Physical Education and Sport, Ankara, Turkey

It was the aim of this study to discuss the reasons and results of the prevention of women's participations in Olympic Games in late 19th century, recreated by Baron Pierre de Coubertin with the mission of "humanistic excellence and international peace via sport". Literature review technique, considered to be one of the qualitative research methods, was used in the study. In this context, data concerning the process of the participation of women in Modern Olympic Games were obtained through a detailed review of Baron Pierre de Coubertin's articles, books and printed speeches and other related sources. Olympism is a philosophy of life aiming to raise a compatible, decent and peaceful ideal man via sport. However, the targeted ideal man who would be presented as a role model in Olympic Games excluded the woman right from the start, which indicates that the ideal man was identified as man. As a matter of fact, once on a radio speech, Coubertin would describe Olympic hero as an adult man and stress that he disapproves of participation of women in Olympic Games, free for everybody. The roles of the woman in Olympic Games should have been to engarland the winners as it was in the past. Gender roles Coubertin's philosophy of Olympism foresaw are clear but open to discussion. The common belief is that the prevention of the participation of married woman has been inspired by ancient Olympic Games. Yet, the main reasons are the woman's manner and her social roles. Coubertin believes that it is not possible for women to take part in competitions because of their sensitive emotional manners. In fact, he is not opposed to the woman's participation in sport, but he is opposed to the idea that women present themselves in the free competitions. Furthermore, he is worried that the equality of man and woman in his age would affect the man authority in family and society. As a result of this, Olympic Games has been given a role of sustaining the role of man since the late 19th century modernization process accelerating against the threat of changing the daily routine of the gender role. Women's winning right of participation for modern Olympic Games and her being put in the position of otherness by the philosophy of its founder came true by surpassing the obstacles the reasons of which are not known. In spite of Coubertin, women succeeded to penetrate into the 1900 Olympic Games in two branches. They organized themselves in a short time with the woman movement developed by the leadership of sport woman Alice Milliat and they organized the first women Olympic Games in 1921 and the first women world games and they became an effective power against the movement excluding them. The process, specifically after the death of Coubertin, caused to free the obstacles of the participation of women by IOC and led to be almost equal today. Finally, it has been concluded that traditional, religious, social, and biological reasons play an important role for excluding the women in Olympic Games. However, it causes the women to increase their awareness on rights, equality and notion. In spite of Coubertin, women participation in Olympic Games resulted in increasing number of women.

Keywords: Woman, sport, olympism, Pierre de Coubertin

Bio: Aycen Aybek is currently a PhD student at Gazi University, College of Physical Education and Sports, Physical Education and Sports Division of Institute of Health Sciences in Ankara, Turkey. She is currently working as a lecturer in Gaziosmanpaşa University, College of Physical Education and Sports in Tokat. Her research interests are gender policies in sport and women sport participation.



OP59 Speeches on the Issue of “Physical Training” Delivered During the Parliament Session in Single-Party Period

Halise Karaaslan Şanlı

Ankara University, Faculty of Communication, Ankara, Turkey

The reconstruction of the citizens in terms of reason, morality and body in accordance with the requirements of the modern society has been one of the fundamental pursuits of the political elites since the Second Constitutional Monarchy. Since the Second Constitutional Monarchy, the qualities of the “acceptable citizens” within the framework of “body, reason and soul” were first defined, and then invented based on these definitions. This pursuit continued after the Republic was established and the objectives with regard to the reconstruction of citizens based on ideas, morality and physicality, which constituted the foundation on which the newly constructed identity is based, have been one of the fundamental issues dealt with in the speeches delivered at the Parliament. The objective of this paper is to critically evaluate the perspective of the members of the Parliament of the period by analysing the definitions, requirements, expectations and criticisms in the speeches by casting light upon the discussions centred on the theme of “physical education” as observed in the Parliamentary sessions between 1923 and 1946, also known as the Single Party Period. In the speeches delivered at the Parliament between 1923 and 1946, it can be observed the discussions in relation with physical education, which was brought to the agenda within the framework of training the new generation, occupied a separate place within the general discussions on education. Physical education, which was named as “physical taming”, - reflective of the perception of education prevalent in this era - was generally associated with military service and was brought to the agenda with a specific interest on the education of males. The speeches on “physical taming”, which are mainly observed in the Budget Discussions of The Ministry of Education, where the general educational policies at the level of primary and high schools were discussed, show the understanding, objectives, expectations of the political elites of the era as well as their visions with regard to social role models deemed suitable for males and females. The study is based on the minutes of proceedings where the discussions in the Turkish Grand National Assembly were recorded. The discussions on the issue of “physical education” during the General Directorate of Physical Education Budget Discussions and The Ministry of Education Budget Discussions between 1923 and 1946 will be examined through the method of rhetorical analysis.

Keywords: Single party period, physical education critics, parliament sessions

Bio: Halise Karaaslan Şanlı received her PhD from Ankara University in 2010. She is currently working as Assistant Professor at the Faculty of Communication, Ankara University in Ankara, Turkey. Her research interests are gender, political communication, and political public relations.



POSTER PRESENTATIONS

PP1 Undergraduate PE Teacher Education Major's Perceptions of "Gender Appropriate Sports"

Leyla Saraç¹, Necat Toprak¹, Cem Y. Yılmaz²

¹Mersin University, School of Physical Education and Sports, Mersin, Turkey

²Çukurova University, School of Physical Education and Sports, Mersin, Turkey

Gender roles expectations imposed on women and men within a particular social and cultural context by society. These expectations also persist in the world of sports. The purpose of this study was to examine the male and female undergraduate physical education teacher education major's perceptions of gender specific sports. Two hundred and twenty volunteer physical education undergraduates (109 female, 111 male) participated in this study. The average age of the participants was 21.98 ± 2.22 ($\bar{x}_{\text{female}} = 21.72 \pm 2.38$; $\bar{x}_{\text{male}} = 22.24 \pm 2.02$). Data collection instrument included a list of totally 43 different types of sports obtained from the Ministry of Youth and Sports official website. The participants were asked to decide the appropriateness of the sports for women, men or both. Data were analyzed using descriptive statistics such as frequencies and percentages. The numbers in the below parentheses represent percentage of respondents. The results showed that, of the listed 43 sports, karate (0), weight lifting (0), body building (0), judo (0), kick box (0), taekwondo (0), soccer (1%), motorcycle (1%), automobile sports (1%), wrestling (1%), muay thai (1%) and many others were perceived to be less; gymnastics (46%), volleyball (31%), figure skating (23%), and dance sports (22%) was perceived to be more appropriate sports appropriate sports for females. However, volleyball (2%), gymnastics (3%), figure skating (4%), and dance sports (4%) was perceived to be less; weight lifting (73%), wrestling (78%), body building (72%), boxing (72%), soccer (68%), kick box (68%) and many others were perceived to be more appropriate for males. In addition, wrestling (21%), boxing (26%), weight lifting (26%), body building (27%) and many others perceived not appropriate for females and males; and chess (94%), swimming (92%), underwater sports (91%), tennis (91%), table tennis (91%) and many others perceived appropriate for females and males. The results revealed that certain types of sports were perceived by physical education teacher education majors as female-appropriate, male-appropriate and female-male appropriate. The prevalence and underlying factors of gender stereotyping in sport setting need to be addressed in future research.

Keywords: Gender-appropriate sport, sex-appropriate sport, gender-specific sport

Bio: Leyla Saraç is an Associate Professor in the School of Physical Education and Sports at the Mersin University, where she has been a faculty member since 2010. She received her BA in physical education and sport; she completed her MA in curriculum development in physical education; and PhD in curriculum development at the Middle East Technical University, Ankara, Turkey. Her research interests include basic life support, physical education teacher education, and homophobia in physical education and sport setting.

PP2 An Analysis of Sport Participation Rates of Women and Men at Various Sports between Years 2009-2013

Cem Y. Yılmaz, Zeynep Dinç

Çukurova University, School of Physical Education and Sport, Adana, Turkey

In order to prevent all forms of discrimination against women, it is important, as a first step, to find out any possible indicators of discrimination, and take necessary precautions to eliminate them. Accordingly, it is also necessary to disclose any data on discrimination in sports. There are 60 sports federations (56 of them officially independent and 4 of them being connected to the General Directorate of Sports) in Turkey that sports participation rates of women and men, as licensed athletes, can be gathered. The purpose of this study is to analyze the athletic participation rates of women and men as a member of sports federations at various sports between years 2009-2013. In this study, the Sports Statistics database, which composed of statistics related to the “Licensed Number of Athletes” between 2009-2013 years, of the Turkish Statistics Institute were examined; explanatory data on the number of female and male athletes were analyzed and presented by using descriptive statistics. Results of the study revealed that the total number of female athletes participating in sports is increasing each year, but the number of female and male athletes are still far from being equal. For instance, based on data from 2013, there were totally 2,798,719 athletes, but the number of male athletes was 1,959,602 and female athletes was 839,117. Specifically, the number of male athletes were more than twice the number of female athletes. Analyzing the data across the five-year period revealed that the difference between the number of female and male athletes were highest in basketball ($n_{diff.} = 125.781$), taekwondo ($n_{diff.} = 111,554$), chess ($n_{diff.} = 103,270$), wrestling ($n_{diff.} = 61,447$) and kick boxes ($n_{diff.} = 59,892$); and lowest in volleyball ($n_{diff.} = 13.485$), folk dances ($n_{diff.} = 9.364$), gymnastics ($n_{diff.} = 3.110$), dance sports ($n_{diff.} = 636$) and ice skating ($n_{diff.} = 241$). Analysis of these sports showed that, except volleyball, they contain elements of dance and music. Although the number of athletes in Turkey has increased in the past 5-year period, the gap still exists between women’s and men’s rates of participation in athletics. The findings of this study provided descriptive data on the number of athletes, however, in line with these data, future studies should address the possible reasons of the difference between the athletic participation rates of women and men, and should examine the strategies to eliminate inequalities in athletic participation of women and men. Findings, especially those related to density of male and female athletes will provide an insight into the female and male dominated sports for future studies.

Keywords: Gender equality, sport, women sports, men sports

Bio: Cem Y. Yılmaz is currently a Lecturer in the Physical Education and Sports College at the Çukurova University in Adana, Turkey. He received his M.S. degree in Psychosocial Aspects of Sport from the Çukurova University and he is currently a PhD student. His research efforts focus on fat phobia, obesity, feedback, and instructional strategies.



PP3 Gender Roles of Women Athletes from 11 Sport Branches in Inter-Universities Competitions

Zehra Certel, Ziya Bahadır

Akdeniz University, School of Physical Education and Sport, Antalya, Turkey

The concept of social gender is an important concept just like social class, race, age and ethnic category and it's an important social and cultural category when working on analyzing sports social factors (Hall, 1988). The role of Gender in sports has started being researched just like research on the role of gender on all areas of life. The connection between sports and gender is becoming more important each day because this connection is important to portray the importance of daily life on the sports field. The aim of the study was to determine sex-roles in points of sportive branches and sportive experiences among the female athletes who participated in inter-university competitions during 2013-2014 academic year. The sample of the study was composed of 642 athletes [badminton players (n=103), football players (n=38), archery players (n=59), handball players (n=73), basketball players (n=84), tennis players (n=35), athletics players (n=80), orienteering players (n=45), gymnastics players (n=50), swimming players (n=45) and martial arts players (n=30)]. Mean age of the athletes was ($\bar{X}_{years}=21.52\pm3.16$) and their sportive experiences was ($\bar{X}_{sportive\ experience}=6.95\pm4.14$). As the data collection tool; "Bem Sex-Role Inventory-BSRI" which was developed by Bem (1974) in order to discover which sex-roles the athletes had and Turkish adaptation of which was performed by Dökmen (1991) and a personal information form designed by the researcher were used. The inventory is consisted of 60 items with 7-point Likert type. The inventory has three subscales: Femininity, Masculinity and Social Desirability. Cronbach Alpha internal consistency coefficients in the study were .87 for Femininity, .84 for Masculinity and .61 for Social Desirability and total scale consistency coefficient was .89. Non-parametric test of Kruskal Wallis test was used in analyzing the data because the data did not follow a normal distribution. According to the data results; there were significant statistical differences in terms of Femininity scores ($\chi^2=48.723$, $p=.000$; $p<.05$), Masculinity scores ($\chi^2=69.695$, $p=.000$; $p<.05$) and Social Desirability scores ($\chi^2=65.412$ $p=.000$; $p<.05$) as far as sportive branches were concerned. As for playing individual and team sports; there were significant statistical differences in terms of Masculinity scores ($Z= -4.571$, $p=.000$; $p<.05$). Also; there were significant statistical differences in terms of Femininity scores ($\chi^2=7.290$, $p=.026$; $p<.05$) and Masculinity scores ($\chi^2=7.257$, $p=.027$; $p<.05$) as far as sportive experiences were concerned.

Keywords: Sex-role, sportive branch, athlete, sports

Bio: Zehra Certel received her PhD from Dokuz Eylül University in 2006. She is currently working as Associate Professor at the School of Physical education and Sport, Akdeniz University in Antalya, Turkey. Her research interests are gender policies in sport and psycho-social fields in sport.

PP4 Investigation Barriers of Sports Participation of Female Teachers in Iran

Amin Koushkie Jahromi
Hormozgan Azad University, Iran

The purpose of this study was evaluating the barriers of sport participation of female Iranian teachers. The study was a kind of descriptive correlation one and has been done as typical field. The population of research was 500 female teachers in three educational levels in Jahrom city. The standard barrier factors questionnaire was used and its validity was confirmed by experts and its reliability was approved through test re test method. The data was analyzed using descriptive statics, Spearman correlation coefficient, K-V test and chi-squire. The results of study indicated that there was significant negative relationship between barrier factors and sports participation of female teachers, but there was no significant relationship between two subdivided scales of personal, economics and financial barriers and sports participation. Also there was no significant difference between three educational levels (primary, guidance and high school female teacher sport participation and barriers of sport participation and barriers of sport participation. It was concluded that increasing the barriers of sport participation is associated with sport participation in female teachers in all levels of education.

Keywords: Female teachers, barriers, Iran

Bio: Amin Koushkie Jahromi had MA in sport management. Amin Koushkie Jahromi is currently teaching in Jahrom Azad University and is an active member of Red Crescent for different organizations including different universities, schools, etc. Her research interests are sport management, swimming, lifesaving, soccer (coaching, playing and referee), and physical fitness.



PP5 Research on Sportive Exercise Participation of Girls and Boys

Kadir Pepe, **Hülya Bal**

Mehmet Akif Ersoy University, School of Physical Education and Sports, Burdur, Turkey

The study has been conducted in order to determine how boys and girls participate in sports exercises. The universe of research is composed of four secondary schools chosen in the center of the province, while the sample group is composed of students studying at these schools. Research data have been obtained from written sources and through survey method. A questionnaire is developed for the purpose. After understandability and content validity of the questionnaire have been ensured, the participants have filled the form. A total of 370 individuals, 201 men and 169 girls, have participated in the study. The obtained data have been transferred to a computer for statistical processing. Frequency, percentage and crosstab have been applied as statistical processes and Chi-Square has been conducted to test the differences. 0.05 significance level is adopted in the detection of differences. As a result of the assessment of results, of the participants, boys usually play football, cycle, whereas girls skip rope, play ball games, volleyball. The biggest obstacles to do sportive exercises are course density due to their exams and help their families at home. Families, in general, encourage their children for sportive exercises. In sportive exercise participation, based on gender variable, statistically significant differences have been observed in 0.05 significance level. As a result, there are differences in sportive exercise participation of girls and boys; families tend to encourage boys to sports more than girls; the biggest obstacle to do sportive exercise is course density due to exams.

Keywords: Girl, boy, sportive exercise, participation

Bio: Hülya Bal holds a Bsc in Statistics from Science and Art Faculty of Anadolu University, Eskişehir, Turkey. She is a graduate student in the department of Physical Education and Sports, Institute of Education Sciences, Mehmet Akif Ersoy University, Burdur, Turkey. Her study areas are physical education and sports management.

PP6 Evaluation of Factors which Effect Women Sport Participation regarding Women Sports Participant and Non-Participant

Kadir Pepe, Hülya Bal

Mehmet Akif Ersoy University, School of Physical Education and Sports, Burdur, Turkey

The aim of the research is to evaluate the factors which effect women's participation to sports by women who play sports and who do not play sports. The population of the research is composed of Mehmet Akif Ersoy University, Uludağ University and Gazi University as we can find people from every segment of society; and the sample group is composed of the students of these universities. The data of the research have been gathered from literature and questionnaire method. A questionnaire to the purpose has been improved. Comprehensibleness, content validity and reliability of the questionnaire has been insured. Cronbach's Alpha reliability coefficient of the questionnaire has been defined as 0,60. This coefficient is regarded as valid by researchers. The questionnaires was filled in by the sampling group who were selected by random sampling method. Totally, 828 women, 538 of whom are playing sports and 290 of whom are not playing sports, participated in the research. The data gathered, keyboarded to computer environment for statistical operation. As statistical operation, frequency, %, Crosstab and Chi-Square tests for determination of the differences have been applied. For determination of the differences 0,05 has been accepted as the significance level. After the evaluation of the data it is determined that the factors which effect women's participation in sports are, religious matters, family pressure, government policy, the fact that some sports are not appropriate for women's physical characteristic, that the sports blemish their beauty, that there is no place appropriate for sports and that sports is not a part of the culture of the society. It is also determined that there is meaningful difference between the opinions of women who play sports and who do not at 0,05 significance level. As a result we can say that the factors which affect women's participation in sports are religious, familial, politic, physiologic, cultural and spatial factors.

Keywords: Women, sports participation

Bio: Hülya Bal holds a Bsc in Statistics from Science and Art Faculty of Anadolu University, Eskişehir, Turkey. She is a graduate student in the department of Physical Education and Sports, Institute of Education Sciences, Mehmet Akif Ersoy University, Burdur, Turkey. Her study areas are physical education and sports management.



PP7 Female Gender Roles in University Students Sporty Attitude Relationship

Yiğit Türk, Duygu Yaralı, Halil Evren Şentürk
Muğla Sıtkı Koçman University, School of Physical Education and Sport, Muğla, Turkey

The aim of this study was to examine the correlation between gender roles and attitudes toward sport of female college students. 186 female college students who study at Muğla Sıtkı Koçman University, School of PES have voluntarily participated in the study. Three instruments (The Turkish version of BEM gender roles inventory (Kavuncu, 1987), Attitude Scale Toward Sport (Şentürk, 2013) and personal information form) have used for data sets of the study. Data sets analyzed (independent samples t-test, one way ANOVA and correlation) by authors. There were no significant differences (attitudes toward sport and gender roles) between different departments of the School of PES. But there was a negative significant relation between feminine roles and attitudes toward sport of female college students. As a result, it can be said that the attitudes toward sport of them increased as the feminine roles of them decreased.

Keywords: Women, student, sex, sport, attitude

Bio: Yiğit Türk is currently a student at Muğla Sıtkı Koçman University, School of Physical Education and Sport in Muğla, Turkey. His research interests are psycho-social fields in physical education and sport.

PP8 Sociological Research on the Tendencies of Women Football Fans toward Football Violence and Profanity Cheering

Mustafa Türkmen, Uğur İşbilir

Celal Bayar University, School of Physical Education and Sport, Manisa, Turkey

The purpose of the study is to research the social aspect of female soccer fans' tendencies and attitudes toward sports violence and profanity cheering. The universe of the research is 2692 female soccer fans who were at the soccer games during the 2013-2014 season. The fans that volunteered to participate were from Altay (169 fans), Altınordu (94 fans), Balçova Belediyespor (45 fans), Bergama Belediyespor (33 fans), Bucaspor (114 fans), Göztepe (567 fans), Karşıyaka (686 fans), Menemen Belediyespor (22 fans) clubs of the city of İzmir and Akhisar Belediyespor (477 fans), Manisaspor (401 fans) ve Yeni Turgutluspor (84 fans) clubs of the city of Manisa. The scale named 'The Reasons and Consequences of Sports Violence and Profanity Cheering' by Özdemir and Mercan (2006) is used. The 5 level Likert scale showed the level of the participation. The analysis and validity and accountability of the research is conducted by Özdemir and Mercan (2006). The validity and accountability of the implementation of the scale reanalyzed by Türkmen (2011). The items of the scale had; a factor load value of 0,64 through 0,92, KMO sample coefficient of 0,72, Barlett Sphericity Test χ^2 value of 1216,731 ($p < .001$) and Cronbach Alfa coefficient of 0.71 through 0.92. Depending on these results, the scale can be counted valid and reliable. The data was collected from the female soccer fans before the home games during 2013-2014 season. SPSS statistics program was used to analyze frequency and variance. Of the fans that participated, it is found out that; %49,0 were between the ages 21-30, %51,3 were students, %62,0 were bachelors, %64,4 had university education, %90,6 exercised, %63,2 did not consider herself as a fanatic, %35,1 watched an average 7-10 games a season, %42,9 watched the game from the field to support the team, %35,2 joined debated to improve soccer knowledge, %32,2 became angry when her team lost, %25,6 swore when they became angry, %63,0 swore while watching the game, %49,6 became hostile while watching a game. Once the female soccer fans' sports violence and profanity cheering reasons are examined the following results are found; it is normal to swear while cheering (I agree %34,0), head cheerleader's provocation is one of the main reasons for profanity (I agree %37,8), specific people directed by clubs lead the sports violence and profanity cheering (I agree %48,7), Clubs accusing each other with fixed games boosts sports violence (I totally agree %60,0), False decisions by the referee increases the sports violence (I totally agree %85,5), there are serious setbacks in security measures preventing sports violence (I totally agree %49,9), debates on the TV that raises the tension increases tendency for violence (I agree %70,2), News inviting violence on the newspapers raises the tension and increases tendency for violence (I agree %32,5), people who swear during games actually reflect their psychological problems to the field (I totally agree %47,3), misconduct by the security increases violence (I totally agree %36,8), sports violence and profanity cheering are secretly being supported (I agree %43,4) and children being in an environment where swearing exists affects their personality (I totally agree %77,0). It can be concluded that female soccer fans of teams in İzmir and Manisa are seldomly violent, seldomly swear and generally do not see themselves as fanatics. According the results, the fans think that it is normal to swear in games and the reasons for this profanity are; head cheerleaders, people related to the sports clubs, game fixing accusations, false decisions by the referee, lack of security, misconduct by security, debates on the TV and news on the newspapers that raises the tension.

Keywords: Women football fans, violence

Bio: Uğur İşbilir is currently a graduate student at Celal Bayar University, School of Physical Education and Sports Science at the Department of Sport Management Manisa, Turkey. His research interests are career in sports management and women entrepreneurs.



PP9 Contemporary Sports Participation and Gender Policy Approaches: Australia and Turkey in Contemporary Sports Participation and Social Policy and in Men and Women Limitations of Liability's Perspective

Mürsel Akdenk¹, **İbrahim Kurt**²

¹European and Mediterranean University, Portorosa, Slovenia; Ashley Institute of Training, Certificate IV Disabilities Education, Melbourne, Australia

²Physical Education and Sports Teacher, Samsun, Turkey

The purpose of this study to explain sports participation and gender politics in the contemporary approaches; Australia and Turkey in the contemporary gender and sports participation and community's policy perspectives on women and men and limitations of liability. In the methodology part of this comparative case study related documents were found in Australia and Turkey were studied systematically. Sports participation and gender politics in the contemporary stage in the preparation and implementation of various approaches was observed. The findings of this study showed that Australia and Turkey's sports participation describes various aspects of different gender policy. On the one hand; Australia's preparation and implementation of sports policy issues are analyzed. Their school; non-school; local sports organizations and institutions; regional; on national and transnational applied practice models there are given. In yearly; middle; long and very long-term sports planning are included. On the other hand, in Turkey; only yearly; 3-7 years sports strategic planning for the preparation and implementation of the center of care is not enough to be seen as a systematic critique of innovative models are introduced. In general conclusion; sports participation and community releasing gender politics in contemporary approach to the transnational and global studies are the main elements looked at. In special conclusion; Australia and Turkey in the contemporary gender and sports participation and social policy in limitations and liability in men and women in perspective are given to the main components in Turkey.

Keywords: Sport gender policies, Australia, Turkey

Bio: İbrahim Kurt received his Master from 19 May University in 2010. He is currently working as Specialist Teacher of Physical Education and Sports at the Ministry of Education in Samsun, Turkey. Disability Federation has been working in Samsun. His research interests are Movement and Training, Physical Education and Sports Teaching and Disabled and Sports.

PP10 The Participation of Females in Rural and Urals Areas in Sports

Rozeta Shatku

High School Jeronim De Rada, Tirana, Albania

In Albania, the participation of females in sport is less common compared to European Union countries. The participation in sport among females in rural and Urals areas is different. The real intent of this study is to show the results of females' participation in sport, reasons and policies that have to be followed in the future to increase the number of females that practice sports and improve the welfare of Albanian society and the future generation. The questioner was conducted in Tirana and its environs; the number of the females that participated in this study was 200 in rural areas and 200 in Urals. The questions were: What kind of sports you practice, with what frequency do you practice sports, what is your job, how important is the impact of sport in your life, the results of the questionnaire: females that live in the city are engaged in different sport organization and frequent the gym. Females that live in rural areas practice a moderated sport but are not engaged in sport organization or frequent the gym. Because of the old mentality, low income and the big distance of the sports centers, the rural females don't practice sports. Rural females have lack of information regarding the benefits derived from participation in sport and physical activity; females have also no role in decision-making. There is an old mentality in the rural families, while in the town the females make their own decision regarding the participation in sports and have a definitely better career.

Keywords: Ural area, Tirana, female sport participation

Bio: Rozeta Shatku received her Master Degree from University of Sport Tirana, Albania. Now her research interests are focused for PhD studies. Her research interests are gender physical activity and health in sport.



PP11 Gender, Physical Activity Level and Negative-Positive Affection: A Study on University Students

Tennur Yerlisu Lapa¹, Nimet Haşıl Korkmaz²

¹Akdeniz University, School of Sport Sciences, Antalya, Turkey

²Uludağ University, School of Sport Sciences, Antalya, Turkey

The aim of this study is to examine the effect of physical activity levels on Negative/Positive Affection which is one of the components of subjective well-being according to the gender in university students from two different universities. This study was conducted in the relational screening model. The participants of the study consisted of 693 university students from Akdeniz and Uludağ Universities (311 males and 382 females) with the ages ranging between 17 and 30. The data of the study were obtained through the use of the following scales: "International Physical Activity Questionnaire-Short Form" that is developed by Öztürk (2005) and "Positive - Negative Affect Scale" that is translated into Turkish by Gençöz (2000). The student's t test, Pearson correlation techniques and simple regression analysis were employed for the statistical analysis of the study. As a result of the study; the high, moderate and low physical activity levels of male university students were found significantly higher than the high, moderate and low physical activity levels of female students. Other findings of this study suggest that there is a statistically significant positive linear relationship between total physical activity score and positive affection meanwhile a significant relationship with positive affect was not obtained. Regression analysis shows that total physical activity score is one of the predictors of positive affection in male ($R=.19$, $R^2=.037$, $F=12.02$, $p<.01$) and female ($R=.19$, $R^2=.037$, $F=14.74$, $p<.01$) students. According to these results, total physical activity score explains 3% of the variance in positive affect in males and females.

Keywords: Gender, physical activity, negative-positive affection

Bio: Tennur Yerlisu Lapa received her PhD from Gazi University in 1999. She is currently working as an Assistant Professor at the School of Physical Education and Sports, Akdeniz University in Antalya, Turkey. Her research interests are leisure studies.

PP12 Imagery Types of Elite Athletes

Esen Kızıldağ Kale, M. Şefik Tiryaki
Eskişehirspor Club, Eskişehir, Turkey

The purpose of this study was to investigate whether there is a difference between imagery types of elite male and female athletes. Imagery is defined as a life which stimulated real life. When we imagine a skill we can feel it or without real life we can live image of sounds, tastes and odors. 186 athletes (122 male ($M_{age} = 20.01 \pm 3.48$) and 64 female ($M_{age} = 20.82 \pm 3.49$)), from 6 various sports, aged between 15 to 33 years ($M_{age} = 21.25 \pm 3.42$) participated in the study. Athletes who participated this study filled Sports Imagery Questionnaire-SIQ which was developed by Hall and collegiate (1998) and it was adapted to Turkish by Kızıldağ and Tiryaki (2007). SIQ consists of 5 subscales and 30 items. Principle component factor analysis is used for testing the construct validation of the scale and it supported the 4-factors and 21 items in Turkish version. Cognitive Specific Imagery subscale wasn't found for Turkish athletes. The subscales were Cognitive Imagery, Motivational Specific Imagery, Motivational General-Arousal, and Motivational General-Mastery. For the data analysis "t" test was used. According to the results, it was found that there were significant differences between Cognitive Imagery, Motivational Specific Imagery and Motivational General Arousal of female and male athletes. Female points of SIQ's subscales were higher than males' points. As it can be seen, female athletes are using cognitive and motivational process more than male athletes. Female athletes believe that sport is not an activity only for male athletes and it is not done only physical workouts. In addition to these female athletes believe that psychological process is important for increasing performance as well as physical workouts. Accordingly, in order to show that female athletes succeed in sports, physical and psychological studies have used as a combination.

Keywords: Cognitive imagery, motivation, imagery, arousal

Bio: Esen Kızıldağ Kale received her PhD from Mersin University in 2013. She is currently working as a Consultant of Psychological Performance at Eskişehir Sport Club in Eskişehir, Turkey. Her research interests are imagery, goal orientation and anxiety.



PP13 Task and Ego Orientations in Sport According to Gender, Sport Type and Education Level

Bahri Gürpınar¹, Ümit Şentürk², Özkan Koçalp³

¹Akdeniz University, School of Physical Education and Sport, Antalya, Turkey

²Physical Education Teacher, Batman, Turkey

³Physical Education Teacher, Antalya, Turkey

The purpose of this study was to evaluate task and ego orientations of the athletes according to gender, sport type and education level. The athletes studying in high school and college and living in central districts of Kepez, Muratpaşa, Konyaaltı in Antalya participated the study. There are 277 men and 148 women total 425 athletes ranging from 14-30 years of age ($M_{age} = 19,24 \pm 3,47$) voluntarily participated the study. Data was collected with "Task and Ego Orientations in Sport Scale-TEOSQ" developed by Duda and Nicholls (1992) and adapted to Turkish by Toros (2001). The scale is 5 point Likert type scale scored as strongly disagree to strongly agree. The items 2, 5, 7, 8, 10, 12, 13 (7 items) represents task orientation and the items 1, 3, 4, 6, 9, 11 (6 items) represents the ego orientations. In the analysis of data" frequency, percentages and T test was used. Women's ego orientation and total goal orientation was found significantly different from men. Type of sport analysed as individual versus team sports and contact sports versus noncontact sports and the differences between them were not found significant. Among the parameters examined in this study, no significant difference was found except gender. Future studies should examine the higher values of ego orientations in women.

Keywords: Task and ego orientations, gender, sport type, educational level

Bio: Bahri Gürpınar received his PhD from Gazi University in 2009. He is currently working as Assistant Professor at the School of Physical Education and Sport, Akdeniz University in Antalya, Turkey. His research interests are morality in sport and sport psychology.

PP14 Team Identification Levels of the Male and Female Sport Spectators Living in Antalya

Bahri Gürpınar¹, Mahir Demirer², Yazgan Demir³

¹Akdeniz University, School of Physical Education and Sport, Antalya, Turkey

²Hakkâri Anatolian High School, Hakkari, Turkey

³Gaziantep Ali Tiryakioğlu Commercial Vocational High School, Gaziantep, Turkey

The purpose of this study was to evaluate team identification levels of the sport spectators living in Antalya according to gender, bet playing status, income status, their football team and the level of education. The spectators living in central district of Kepez, Muratpaşa, Konyaaltı in Antalya participated the study. There are 300 men and 300 women total 600 sport spectators ranging from 12-67 years of age ($M_{age} = 27.07 \pm 8.98$) voluntarily participated the study. Data was collected with "Sport Spectator Identification Scale (Sport Spectator Identification Scale-SSIS)" developed by Wann and Branscombe (1993) and adapted to Turkish by Gunay and Tiryaki (2003). The scale is 8 point Likert type scale from 1 (it doesn't matter, never, never dislike) to 8 (very important, completely, completely like). The scale consists of seven items with one factor and higher scores indicate more level of identification. In the analysis of data" frequency, percentages, T test and ANOVA test was used. The team identification levels are higher in males than females; people who put a bet than those not to put a bet; people with high income than people with low income; spectators of Galatasaray and Beşiktaş than other spectators except Fenerbahçe spectators and people in elementary and high school level than people in graduate, post graduate and doctorate level. There are significance difference found between level of team identification and income status, betting situations, their favorite team, levels of education and gender in spectators living in Antalya. Most identified spectators are Besiktas, Galatasaray, Fenerbahçe and other team spectators, respectively.

Keywords: Spectator, team identification, gender, betting

Bio: Bahri Gürpınar received his PhD from Gazi University in 2009. He is currently working as Assistant Professor at the School of Physical Education and Sport, Akdeniz University in Antalya, Turkey. His research interests are morality in sport and sport psychology.



PP15 The Relationship between Physical Fitness and Physical Self-Concept in Athletes and Non-Athlete Girl Students Aged 15-17 Years in Jahrom

Shekoofeh Najafi

Islamic Azad University, Department of Physical Education and Sport Science, Jahrom, Iran

The purpose of this study was determining the relationship between physical fitness and physical self-concept in female athletes and female non-athletes aged 15-17 years in Jahrom. Method of this study was descriptive and correlation. Participants of this study were 175 female athletes and 322 female non-athletes who were selected by using cluster sampling. Physical self-concept was evaluated by Physical Self-Description Questionnaire (Marsh 1994). Physical fitness was measured by endurance, strength and flexibility variables. Pearson correlation and independent t test were used for data analysis. Research findings indicated that there is a significant relationship between physical fitness and physical self-concept in female athletes ($p < 0.01$). Also there was a significant relationship between physical fitness and physical self-concept in female non-athletes ($p < 0.01$). Independent t test indicated that there is a significant difference between physical fitness in female athletes and non-athletes ($p < 0.01$). Also there was a significant difference between physical self-concept in female athletes and female non-athletes ($p < 0.01$). According to the findings, it can be concluded that physical fitness may have a positive impact on physical self-concept. It means that physical self-concept will increase by increasing physical fitness.

Keywords: Physical fitness, physical self-concept, female athlete, female non-athlete

PP16 Effect of Eight Weeks Aerobic Exercise on the Global Self-Concept of Female Adolescents

Seyedeh Faezah Pourhashemi, Ehsan Zarian

University of Allamehatabataba, Department of Physical Education and Sport Sciences, Tehran, Iran

Adolescence is an important course of human life as it is the period of transition between childhood and adulthood. This transition is naturally accompanied with significant changes, both physically and psychologically. However, the quality of these Physical and mental developments can be strongly affected by several parameters such as the environmental conditions, adolescent experiences etc. The purpose of this study is to evaluate the effect of eight weeks of aerobic exercises on the global self-concept of female adolescents. A semi-experimental method comprising of a pre- and post- test along with a control group was used for this research. To perform this research, sixty female students (13 ± 1 years old) from the secondary schools of the city of Karaj were asked to participate in experimental and control groups. After the period of eight weeks of exercises, they filled in the self-concept Questionnaire about their "self-concept". Results reveal that eight weeks of aerobic exercises, all in all, improved the global self-concept of the members to a great extent ($p \leq 0.05$). However, the amount of improvement is found to be spectacular in the case of moral and temperamental self-concept ($p \leq 0.05$), whereas for the social, educational and rational aspects of the global self-concept, though yet remarkably high, the development results weren't too spectacular ($p > 0.05$). As a conclusion, it is found that for the latter ones, the degree of success strongly depends on various external parameters.

Keywords: Aerobic exercise, adolescence, self-concept



PP17 Relationship of Psychological Fluency Level with Competitions of Bow and Arrow for Girl

Fatimah Abed Malih¹, Muna Tha Idrees², Afarah Abdulqadir Abbas³, Ferdous Majeed Amen³

¹University of Bagdad, Iraq

²University of Technology, Iraq

³Diyala University, Iraq

The study aiming at identifying the psychological fluency level for the youth players in bow and arrow sport then to find the relation between the psychological fluency level and the results of competition for the youth players. The researchers used the descriptive method of the correlation study on a sample has chosen intentionally to represent (19) bow and arrow shooters from the youth category, and from those participated in the annual Iraqi championship for the session 2013 represented Iraqi clubs (100%). The psychological fluency level criterion has used in the sport field and it obtained the following competition results for the youth players from the refereeing committee in the central union of bow and arrow, the outcomes of the competitions were calculated then collecting data and processes them statistically. The researchers has concluded that the research sample enjoys high psychological fluency and in light with bow and arrow sport outcomes has reached, the researchers recommends to pay attention to the psychological variables as a level of fluency for its importance in the shooter's competition results.

Keywords: Psychological fluency, girl, bow and arrow

PP18 Personal Development Initiative for Self-editing Investigation of the Effects of Taking Skills: A Study on Female Students of Marmara University, School of Physical Education and Sports

Gülay Yasemin Aldemir¹, Ayhan Bayram²

¹Marmara University, School of Physical Education and Sport, Istanbul, Turkey

²Trakya University, Department of Management, Edirne, Turkey

The purpose of this study was to investigate the effect of taking skills on personal development initiative for self-editing among female students at Marmara University, School of Physical Education and Sport. In the study, girl students take the initiative and personal development, self-editing skills scale, applying the obtained data were evaluated in the light of the results. In this study, face-to-face access to data and sampling survey method as a method of random sampling method is one of the simple sampling method was used. In the first part of the study variables was to determine the demographic characteristics of the participants. Questions to determine demographic variables; gender, age, marital status, department, branch, class, with whom he lived and place of birth, includes questions. In the second part of the study to measure self-fi Kağıtçıbaşı developed in 2007 by "Family Autonomous-Relational Self" scale was used. On this scale, there are a total of 22 questions. In the third part of the study to measure personal development initiatives, Claes, Beeydt and Lemmens developed in 2005 by "personal growth initiative" scale was used. Akin and Anli in 2011 this scale was adapted to Turkish and scale are a total of 9 questions. In this study, self-fi and personal development of girl students take the initiative aimed to investigate the relationship between skills. The data prepared in accordance with the model developed in the survey were analyzed using SPSS 20 program will be evaluated.

Keywords: Female students, self-editing, personal growth initiative of taking skills

Bio: Gülay Yasemin Aldemir received her PhD from Marmara University in 2013. She is currently working as doctor at the School of Physical Education and Sports, Marmara University in Istanbul, Turkey. Her research interests are sport psychology, dance, drama, creative art therapy, self-perception and problem solving.



PP19 A Descriptive Study on Body Image of Men and Women Athletes

Nurdan Karagöz, Elif Karagün

Kocaeli University, School of Physical Education and Sport, Kocaeli, Turkey

Today, sports, mass media and different events and community life as a result of women entering male sport known as weightlifting, football, arm-wrestling to take part in such branches are gradually increasing. By society in the form of women's sports or men's sport to sport with the idea that differentiation is observed orientation. In this study, female and male athletes playing the sport they thought about their bodies according to branch did not differ according to sex were asked to determine. For this purpose, body images in athletes from various branches have been evaluated. This was a descriptive study. Team and individual in Turkey in 2013, including 240 female and 240 male athletes from eight branches, including a total of 480 athletes were studied. Research; Istanbul, Kocaeli, Ankara, Sakarya, Aydin, Bilecik, Sivas, Kars, Kutahya province of Hatay has worked with. A total of 650 units were sent to those provinces specified scale. The total expected return after 3 weeks' time scale of 490 to 480 scales that appears to be filled in accordance with the instructions examination is taken into consideration. Working athletes a portion of the national team at the European, World degrees with the Olympic experience, which is a part of the first in Turkey in the league, playing the part of Turkey and regional championships degree and which are a part of the sports history, the athletes are. Surveys e-mail, via courier, to help as a volunteer coach with some branches was collected. To collect data Berscheid, Walster and Bohrnstedt was developed by (Body Image Questionnaire) Peregrine (1988) adapted to Turkish by the Body Image Scale was used. Gender in the direction of the mean scores of men and women body image of women compared to the average score of 102.89; The male body image as 112.21, body image scores of both groups from a statistical point of difference compared were found to be highly significant ($p=0.000$, $p<0.05$). Again, as well as gender; Review status for any inconvenience, discomfort species, not to use drugs, live action sports industry and in terms of gender whereas no significant difference between athletes' body image; marital status, regularly attended non-sports activities whether it is age, number of children, education level, economic status, non-sports work they do, non-sports event hassle, do sports year and as a professional sport in terms of results to be significant was found. The findings of the study of the body image of male athletes than female athletes were found to be good. This result, gender roles, and some branches of learning regarded as men's sports bodies of the female athletes will have an impact on perceptions in mind, more comprehensive studies are recommended.

Keywords: Body image, men and women athletes, sex

Bio: Nurdan Karagöz was graduated from Kocaeli University - Academy of Physical Education and Sports in 2012. She has attended the London Olympic Games in 2012 in weightlifting category which she has been professionally performing since 2004. She has won Turkey Championships, European Championships and third place in World Championship along with records in Turkey.

PP20 A Comparative Study of the Psychological Adjustment according to Body Mass Index among Women Practices for Non-Sports Activity and Mathematics Retreats Age (50-60 years)

Saad Nafai¹, Fatima Abd Mleh²

¹Mosul University, Faculty of Physical Education, Iraq

²University of Baghdad, College of Physical Education for Girls, Iraq

The study aimed to identify the psychological adjustment and body mass index among a sample research; to find out the differences in psychological adjustment according to BMI research sample; to find the differences in body mass index among women is practices and Mathematics retreats for sports activity; and to find the differences in psychological adjustment among women who don't practice and Mathematics retreats for sports activity. The method has been used in a manner descriptive survey on a sample of women practices of non- sports activities and retreats for women and sports activity of their number (100) woman, has been divided intentionally to: four groups according to body mass index, which includes under normal weight, naturally, overweight and obesity, and then finding the differences among them; into two practices of the non- sports activities and retreats for the activity to demonstrate the differences among them. The results of the study showed that there is a difference in psychological adjustment according to body mass index between the members of the research sample. The existence of differences in psychological adjustment between the practices of non- sports activities and retreats for physical activity. The existence of differences in body mass index between the practices of non- sports activities and retreats for physical activity. Therefore, the researchers recommend interest in psychological adjustment and body mass index being a pattern of an individual and a form acceptable to the women in particular, and therefore complacency and interaction with the environment and society.

Keywords: Sport activity, women, body mass index



PP21 The Effect of Menstruation on Athletic Performance and Menstrual Disorders Occurred in Female Athletes

Mesut Hekim¹, Tuğba Hekim²

¹Mehmet Akif Ersoy University, Burdur, Turkey

²Professional Academic Consulting

It is known that some problems experienced by female athletes, doing sport at elite or amateur level, in menstrual phase. In literature, there is a lot of research examining the effect of some problems experienced by female in this phase and alterations occurred in hormonal structure on athletic performance. In this research, it is purposed investigation of the effects of menstruation on athletic performance and identification of participation to sport on menstrual phases. In this context, content analysis of 50 articles which were conducted regarding menstruation and sport was done. In the end of research, it was established that athletic performance in menstrual phase is effected in sometimes positive and sometimes negative way. There are research results establishing that no alteration in athletic performance is occurred in this phase. Besides, it was established that performance increase or decline are occurred in different motoric aspects in different phases of menstruation. Also, it was established that menarche age in female doing sport at elite level is late, especially this situation is seen at runners.

Keywords: Sport, female, menstruation, menstrual disorders

Bio: Mesut Hekim is currently a lecturer at Mehmet Akif Ersoy University, Physical Education and Sport Department in Burdur, Turkey. His research interests are child and sport, women and sport participation, sport physiology and movement sciences.

PP22 A Comparative Study Before and During Menstruation and its Impact on some Biochemical Variables for a Sample of the Girls Players

A.M.D. Mayson Alwan
University of Babylon, Iraq

This study is concerned determine the mechanism of action of some variables, biochemical, where gaining Find great importance by understanding the mechanism of action of hormones special stage of menstruation and a comparison of these changes before or during menstruation, control and provided on what is required for the cramps muscle to understand the changes that occur in the performance of activities Sports and through access to recent studies there appeared few studies of biological variables own menstrual phase and the impact of that phase (menstrual) in the biochemical activities of the body, and in order to identify the variables associated with either positive or which adversely affect menstrual and the most important variables that precede or accompany this phase of this study was to compare the variables before and during the menstrual phase of the goals of either research is to identify some of the biochemical variables before and during the menstrual phase of the five football players and a comparison between them and the researchers concluded. There are some variables were not affected before and during the menstrual phase, namely, (and the proportion of nitrites and ketones, protein and pH). That's where some of the biochemical variables were represented by the menstrual phase less than during the menstrual phase of a (high-density proteins, yellow dye).

Keywords: Menstruation, female players

Bio: Mayson Alwan received PhD from Babylon University in Iraq. She is currently working as a lecturer in Physical Education College for girls/sporting activity for female students in Babylon, in Iraq. Mayson Alwan is a coach of Babylon University team Handball for female students and coach for several clubs in volleyball for females.



PP23 The Effect of an Aerobic Exercise on the Hormone Insulin and Blood of some Ions Football Players (Women)

Safa Al-Din Taha Hajjar, Diar Ahmed Mgdid, Soudade Fadel Muhammad
University of Salahaddin, College of Physical Education, Erbil, Iraq

Involved hormones secreted by the body along with metal ions in many processes biochemical to occur metabolism target for access to the energy that the body uses in most of the movements carried out by the player in the performance of physical activity, which leads continuously needs which body the player to energy, given the specificity of women and the presence of menstrual cycle and the effects incident of spin in some hormones and metal ions for stages three and wrought sports training of physiological changes affect these hormones and metal ions , which invited researchers put these changes monument eyes trained in developing their own curriculum training to deal with women and try to shed light on this type of research to attain the best. The research aims to identify the changes occurring on the hormone insulin and some metal ions (sodium and potassium) between rest and after aerobic exercise during the second phase of the women football players. It was hypothesized that the presence of statistically significant differences in the hormone insulin, and some metal ions (sodium and potassium) between rest and after aerobic exercise during the second phase of the football players. The researchers used a descriptive approach in the search as the research sample consisted of (8) players from club football Iachta, was the use of appliances, tools and means of gathering information, and the results have been dealt with by statistical means using appropriate statistical bag (SPSS). After processing the statistics and discuss the results, researchers concluded that aerobic exercise significant impact in increasing the concentration of the hormone insulin, as well as metal ions (such as sodium Na⁺, potassium K⁺), which reflected positively on the provision of energy to the cells by affecting the metabolism own Glucose and fats and protein.

Keywords: Aerobic exercise, women football players, hormone insulin, ions

PP24 The Effects of 8-week Aerobic Exercise Training on Basal Metabolism and Physical Fitness Parameters in Sedentary Women

Fatma Kızılay¹, Cengiz Arslan², Fatma İlker Kerkez³, Ayşegül Beykumül¹, Egemen Kızılay⁴
¹Inonu University, Turgut Ozal Medical Centre Department of Physical Medicine and Rehabilitation, Malatya, Turkey

²Firat University, School of Physical Education and Sports, Elazığ, Turkey

³Muğla Sıtkı Koçman University, School of Physical Education and Sports, Muğla, Turkey

⁴Kadirli State Hospital Department of Physical Medicine and Rehabilitation, Osmaniye, Turkey

Physical fitness is essential for a healthy lifestyle and daily energy consumption is essential for basal metabolism. Therefore, our study is carried out to investigate the effects of aerobic exercise on basal metabolic rate and physical parameters in sedentary women. Sedentary women between the ages of 35-45 (n=40) were randomized into two groups; control group (CG) (n=20) and exercise group (EG) (n = 20). Exercise group underwent 8 weeks of aerobic-run-walk exercise training: 3 days a week, 1 hour sessions. The control group was not trained. Basal metabolic rate (BMR), body mass index (BMI), waist-hip ratio (WHR), body fat percentage (BFP), body fat mass (FM) and lean body mass (FFM) were measured in all of the subjects before and after the training program. Height measurement tool (cm) was used to measure height. Bioelectrical impedance analyzer was used to measure the weight (kg), FM, FFM and BFP. BMI was calculated using the formula of 'weight (kg) / height (m)²'. Portable meter was used for measurement of BMR. Statistical analysis: Mann - Whitney U test was used for determining intergroup differences in age, height and weight parameters. Distribution of data was analyzed by the Kolmogorov-Smirnov test. Two-way analysis of variance (ANOVA) was used for pre-test - post-test comparison of the exercise and control groups in repeated measurements. All statistical analyses were performed using SPSS program and the significance level was 0.05. Mean BMR was found to decrease from 1386 ± 213.6 kcal to 1327 ± 253.7 in CG, raised from 1308 ± 201.8 to 1409 ± 218.3 kcal in EG. While BMI raised from 31.39 ± 6.15 kg/m² to 31.51 ± 6.09 kg/m² in CG, it was found to decrease from 29.62 ± 3.78 kg/m² to 28.47 ± 3.74 kg/m² in EG. While FFM was found to raise from 46.63 ± 4.68 kg to 46.69 ± 5.03 in CG, it was found to increase from 50.62 ± 5.41 kg to 51.55 ± 5.95 kg in the exercise group. BFP was found to decrease from 36.64 ± 6.28 to 35.53 ± 6.32 in CG, from 37.10 ± 4.47 to 34.59 ± 4.47 in EG. There was a statistically significant difference in FM and WHR in favor of EG (p < 0.05). After 8 week aerobic exercise training program there was a statistically significant difference in the parameters of BMR, BMI, BFP, FM, FFM, WHR and weight between CG and EG.

Keywords: Sedentary, aerobic, basal metabolism, physical fitness

Bio: Fatma Kızılay is currently working as a physiotherapist at Inonu University Turgut Ozal Medical Center and she is also a PhD student at Inonu University School of Physical Education and Sports, in Malatya, Turkey. Her research interests are exercise physiology and sports rehabilitation. She is married and has a baby girl.



PP25 Effects of Aerobic Exercise Training on Total Oxidant-Antioxidant Capacity and Oxidative Stress in Sedentary Women

Fatma Kızılay¹, Cengiz Arslan², Fatma İlker Kerkez³, Osman Çiftçi⁴, Egemen Kızılay⁵

¹Inonu University, Turgut Ozal Medical Centre Department of Physical Medicine and Rehabilitation, Malatya, Turkey

²Firat University, School of Physical Education and Sports, Elazığ, Turkey

³Muğla Sıtkı Koçman University, School of Physical Education and Sports, Muğla, Turkey

⁴Inonu University, Faculty of Pharmacy, Malatya, Turkey

⁵Kadirli State Hospital Department of Physical Medicine and Rehabilitation, Osmaniye, Turkey

This study was conducted to investigate the effects of an 8-week aerobic-run-walk exercise program on the total oxidant-antioxidant capacity and oxidative stress in sedentary women. 40 healthy women with sedentary lifestyle between the ages of 35-45 participated in the study. Participants were randomized into two groups; control group (CG) (n=20) and exercise group (EG) (n = 20). While control group did not exercise; exercise group underwent 8 weeks of aerobic-run-walk exercise training: 3 days a week 1 hour sessions. Total oxidant capacity (TOC) and total antioxidant capacity (TAC) were measured before and after the exercise program. TAC and TOC levels were measured using the method described by Erel. Oxidative stress index (OSI) was calculated according to the formula of OSI (Arbitrary Units) = TOC (mmol H₂O₂Equiv./L) / TAC (mmol TroloxEquiv./L) (200). TAC and TOC values were found significantly different in EG (p<0.05). While TAC values raised from 2.10 ± 0.01 micromol to 2.35 ± 0.06 micromol in EG, there was no significant change in CG. TOC values significantly decreased from 5.95±1.41 micromol to 5.64±1.67 micromol in CG and from 6.33±1.23 mmol to 3.48±1.94 mmol in EG (p<0.05). While OSI values showed significant decrease from 3010.65±589.784 to 1478.65±822.079 in EG, there was no statistically significant difference with decrease from 2830.8±677.368 to 2656.85±788.576 (p<0.05) in CG. It was concluded that an 8-week aerobic-run-walk exercise program reduces oxidative stress index value by reducing the total oxidant capacity and increasing total antioxidant capacity in sedentary women.

Keywords: Sedentary women, aerobic exercise, total oxidant capacity, total antioxidant capacity

Bio: Fatma Kızılay is currently working as a physiotherapist at Inonu University Turgut Ozal Medical Center and she is also a PhD student at Inonu University School of Physical Education and Sports, in Malatya, Turkey. Her research interests are exercise physiology and sports rehabilitation. She is married and has a baby girl.

PP26 The Impact of a Proposed Training Program in some Immunological Indicators of Blood and the Level of Seclusion to Women Aged (35-40) Years

Agharid Salim Abdulridha¹, Luma Akram Jallu²

¹ University of Mustansiriyah, Iran

² University of Technology, Iran

Individuals in the last decade are weak and ill health so as their bodies do not resist diseases they are exposed to, which makes them seclude, and this is what prompt the two researchers in this study. The study aimed at identifying the impact of the training program proposed in some blood Immunological indicators (WBC, IgG, IgM) and the level of seclusion in women aged 35 – 40 years. The two researchers have implied the empirical method of solo group of sample consists of 31 women who suffer from a lack in the level of blood indicators under study. After excluding participants in exploring experiment and those who were indisciplined in training, the final number of the sample has become 20 women. The sample has undergone the pretest of filling the form of measuring the seclusion, and then the training program was implemented. The program has been lasting for 16 week, three training units per week, and sixty minutes per unit. After finishing the training program, the two researchers have carried out the post-tests, which include checking Blood Immunological indicators under study and filling the forms of measuring the seclusion. Having collected and treated statistically the results, the two researchers have concluded that the proposed training program has made a positive development in improving immunological indicators under study, consequently, improving the level of seclusion among the members of the search sample. The two researchers, as a result, recommend to adopt the application of the proposed training program when designing training and health programs because it has a positive impact in improving the level of immunological indicators and the level of seclusion for individuals, as well as, to encourage engaging in various sports activities and programs of physical and health fitness in institutions and sports and social clubs.

Keywords: Training, immunological indicators, women



PP27 Using Proper Strategies for Weight Loss for Judo Players

Hala Nabeel

Portsaaid University, Faculty of Physical Education, Egypt

The current research aims at identifying the best strategies of using pharmacological products suitable for weight loss in Judo sport and effects of these products on the axes under investigation. The researcher used the descriptive (survey) approach. Research subjects (40 females) were purposefully chosen from judokas national team athletes. Researcher conclude that the most frequently used pharmacological products for weight lose are Lipo6, Lipo6 Black, Glucomannan and vitamin D. Judo personal experience was highest, compared to other sports, in relation to pharmacological products use. For the first stage of weight loss, frequently used non-pharmacological methods were increased effort, water, special diet and finally calories cut. Taking pharmacological products affects performance positively for judokas performers. There is no effect of taking pharmacological products on the psychological status of athletes under investigation. Routine diet of athletes before and after weigh-in with the use of pharmacological products includes sports drinks, water and snacks for judokas. Help in weight lose using pharmacological products comes from nutritionists for personal experience for judokas.

Keywords: Weight loss, judo players, pharmacological products

Bio: Hala Nabeel is currently work as a Professor at the Faculty of Physical Education, University of Port Said in Egypt. Hala Nabeel is interested in the field of community service, the development of education, training judo and sport physiology.

PP28 Massage Effect Using the Reflective Dots on Raising the Efficiency of the Central Nervous System and the Skills Performance of Karate Players

Safaa Saleh

Zagazig University, Faculty of Physical Education for Girls, Egypt

This study aims to design a program of massage using the reflective dots and identify the impact on both the efficiency of the central nervous system and the level of performance of some of the skills of karate player. The researcher used the experimental method and the design of the experimental measurement of pre and post using two groups (experimental group and control group). The research sample was selected intentional way of players who have brown belt totaling 20 player aged between 12-14 years old and 5 players to conduct exploratory experiments and find the scientific processing. Tools and equipment as follows: restameter to measure the total length (cm) and weight (kg) - A device for measuring the percentage of choline asters in the body - Stopwatch time stop watch to the nearest 1.0 of a second (seconds). It was measured efficiency of the central nervous system through the appreciation of the chemical Colin esterase using photolysis. Massage has been implemented through the reflexive (12) by a week (4) units per week and massage session begins time (30 s) and extends until it reaches (60 s). The most important results that the program proposed reflex massage had a positive impact in reducing the proportion of the enzyme choline esterase which shows the level of improvement in the efficiency of the central nervous system also led to the improvement of the level of performance of the skill players karate for the experimental group.

Keywords: Reflective dots, central nervous system, choline asters

Bio: Safaa Saleh is currently work as a Professor at the Faculty of Physical Education for Girls, Zagazig University in Egypt. Safah Saleh is interested in the field of improving the quality of basic education and university, karate training, sports psychology and sport injuries.



PP29 Determine the Benchmark for Predicting the Level of the most Important Elements of Fitness in Terms of some of Indicators of the Physical Construction of 15 Years Old Pupils in the Center of Basra Governorate for the Academic Year 2013–2014

Raed Mohammed Mshatat, Youssef Lazim Kemash, Sadiq Abbas Ali
University of Basra, Physical Education College, Iraq

The importance of this research lies in identifying the most important physical tests of stage age 15 years and then to find a standard grades and levels of them and predict the level of physical performance tests in terms of some indicators of physical construction. The aim of the research are to identify the most important physical tests of the intermediate stage of 14 years old; to identify the simple factor construction of the most important physical tests; and to identify benchmark to estimate the performance level of the 15 years old pupils. The researchers used the descriptive manner scanning and connectivity relations and studies normative and predictive suitability of the nature of the study. Community and the research sample were selected pilot schools in the county of (7) Mar been selected as a deliberate way schools where he studied physical education lessons are available and approved by the arenas and stadiums and ease of testing them and called this sample, a sample of the special cases being representative samples. In order to reach the targets set in this research is to extract the most important physical tests, and after getting the results of preliminary tests, so the researcher processed statistically as a first step in the factor analysis, as has been extracted their midst calculations means, standard deviation and the coefficient of torsion. The results of the study showed that tests the candidate is characterized by moderation, as the matrix of links that start the process of factor analysis should not be variables to considerable variation, and the tests must be selected for the analysis of a tight global level difference and difficulty, and because of the difficulty of the tests reduce the link between them. The results were presented and analyzed and discussed as well as the standard grades and levels have been extracted and found the equations of prediction. After collecting data for research and processed statistically using analysis Alumbly and then find a prediction equations for the researchers to reach conclusions and recommendations which will be mentioned later.

Keywords: Fitness, physical construction

PP30 Obesogenic Environment in School Age Children – Importance of the Mother

Fatma İlker Kerkez¹, Varol Tural²

¹Muğla Sıtkı Koçman University, School of Physical Education and Sport, Muğla, Turkey

²Malatya Directorate of National Education, Malatya, Turkey

The purpose of the present research is defining the obesogenic environmental factors of 6-11 years old school-age children and drawing attention to the importance of mother in this issue. 6-11 years old 313 children (155 girls, 158 boys) living in Malatya province center in 2013 and their mothers participated in the research. Family Eating and Physical Activity Habits Scale” developed and revised by Golan (2012) was used to determine the eating and physical activity habits of children and mothers. The most important characteristic of the scale is that it enables defining the obesogenic factors besides obtaining separate results under 4 sub-dimensions (physical activity, eating form and habits, fasting-thickness tips, being exposed to problematic foods and control) for mother, father and children. Higher scores from the scale indicate higher risks in terms of obesity. Scale results enable arrangements intended at family members’ problems in the program organized for fighting against obesity. BKM was calculated by measuring the heights and weights of children and mothers. Children were classified as overweight and obese according to the values provided in the table of Cole et al. (2000). The findings of the study showed that 17.7% (n=28) of the boys in the present research were overweight, 12.7% (n=20) of them were obese; 14.2% (n=22) of the girls were overweight, and 7.7% (n=12) of them were obese. Spearman analysis conducted to determine whether there is a correlation between the “Family Eating and Physical Activity Scale” scores of children and mothers revealed a positive relationship ($r=0.733$, $p<0.05$). Examination of the sub-scales presented that, physical activity averages of the children are very low, and their levels of being exposed to problematic food are very high. Research findings reveal the importance of mother in the formation of obesogenic environment for the school-age children. Starting from early ages, weight control among school-age children should be provided via healthy nutrition and physical activity with the participation of mothers and life style modification.

Keywords: School-age, obesogenic environment, mother

Bio: Fatma İlker Kerkez received her PhD from Karadeniz Technical University in 2006. She is currently working as Assistant Professor at the School of Physical Education and Sport, Muğla Sıtkı Koçman University, in Muğla Turkey. Her research interests are motor development and skill acquisitions.



PP31 The Effects of a 6-Week Superimpose Whole Body Electromyostimulation Training Program on Selected Performance Parameters in Female Canoe Players

Celil Kaçoğlu, Mehmet Kale
Anadolu University, Faculty of Sport Sciences, Eskişehir, Turkey

The aim of our study was to examine the effects of a 6-week superimpose whole body electromyostimulation (WB-EMS) training program on some selected performance parameters of a group (n=5) of young amateur female canoe players aged 16-21. Volunteered five healthy female canoers participated in this study. All subjects were familiarised before the experiment with the test and training protocol that is a complete practice and WB-EMS (Miha Bodytec, Augsburg, Germany). A total of 12 EMS sessions were spread over a 6-week period, with 12 min per session and two sessions per week. During the WB-EMS (85 Hz, 4s current, 4s rest, 350µs, bipolar), participants performed 5 different exercises been listed in Table-1 respectively with 2 set and each set consist of 8 reps, besides these one WB-EMS training lasted about 15 minutes. Participants performed these 5 exercises in low speed with no any extra load except WB-EMS and 5-minute resting periods were given between sets. Participants were tested with squat and countermovement jumping tests (Freejump, Sensorize, Italy), dominant knee and elbow joint flexion/extension consantric isokinetic strength (Humac Norm Testing & Rehabilitation System, ABD) with 3 different angular velocities (maximal 5 reps, 60°, 180°, 300°.s⁻¹) and body mass and body fat percentage (Tanita, Japan) before and after the study with respectively.

No	Definition
1	Squat combine with elbow flexion & extention
2	Squat combine with butterfly
3	Squat combine with latissimus pulley and unilateral trunk rotation
4	Squat combine with elbow flexion & extention
5	Squat combine with butterfly and trunk flexion & extention

Table-1 Exercises performed during the WB-EMS

According to Wilcoxon signed rank test results 180° and 300°.s⁻¹ flexion, 300°.s⁻¹ extension knee strength and 300°.s⁻¹ extension elbow strength and body fat percentage values showed statistically significant decreases as seen in Table-2 (p<0,05). Besides that all other test results didn't show any statistical changes (p>0,05). The results showed that these form of WB-EMS isn't effective on knee or elbow flexion/extension isokinetic strength,

jumping heights. Besides that decrease in body fat percentage without any changes in body mass similar to some previous EMS studies (Kemmler et al. 2012), however some studies didn't get fat percentage decreases (Porcari et al. 2002) as we did.

Isokinetic Torque Values (Nm)			Pre-test	Post-test	%	Z	p
60°.s ⁻¹	Flexion	Knee	108±44	83±28	-31,1	-1,820	0,068
		Elbow	35±26	36±16	2,8	0,365	0,715
	Extension	Knee	141±55	127±33	-9,9	-0,674	0,500
		Elbow	47±21	45±16	-4,2	-0,730	0,465
180°.s ⁻¹	Flexion	Knee	87±29	67±17	-22,9	-2,023	0,043*
		Elbow	40±38	29±10	-27,5	-1,184	0,854
	Extension	Knee	98±37	84±23	-14,2	-1,753	0,080
		Elbow	45±14	31±9	-31,1	-1,826	0,068
300°.s ⁻¹	Flexion	Knee	72±16	55±15	-23,6	-2,023	0,043*
		Elbow	34±33	28±7	-21	0,365	0,715
	Extension	Knee	70±15	61±15	-12,8	-2,023	0,043*
		Elbow	42±12	30±7	-21	-2,023	0,043*
Jumping Heights (cm)		Squat	23,6±3,2	24±4,1	1,7	0,552	0,581
		Countermovement	26,2±4,5	26,1±4,3	0,76	0,577	0,564
Body Composition		Body mass (kg)	57,7±12	57,8±13	0,09	0,000	1,000
		Body fat percentage (%)	23±6	21±6	-2,6	-2,023	0,043*

Table-2 The statistics of pre- and post-test values. *p<0,05

Keywords: Electromyostimulation, fat percentage, jumping, strength

Bio: Celil Kaçoğlu is currently a PhD student in Health Sciences Institute at Anadolu University and a research assistant at same University and his supervisor is Dr. Mehmet Kale. His research interests are performance and movement in sport and exercise sciences.

PP32 Effects of Suggested Exercises of Sensitive-Movement Realization Development and Response Speed in Performance Accuracy of some Overhead Kicks for Women Badminton

Wisam Salah, Maysaloon Zuhair, Nadia Shakir, Abeer Ali Hussein
Karbala University, Sport of College, Iraq

The problem of research has been centralized in that most youth players are suffering from a weakness in some special realization of badminton game (realizing of dimension, time, strength and direction), and the speed of movement response, whom in return are effecting the accuracy of attacking skills performance in Badminton, because that the identifying and realizing of motives help the player to prepare movement programs inside the brain which lead to a fast response, the aim of research is to prepare exercises for the developing of sensitive – movement realizing and the speed of response in the accuracy of some attacking skills for youth in badminton. And identifying the effects of suggested exercises for the developing of sensitive – movement realizing and the speed of response in the accuracy of some attacking skills for youth in badminton. The two researcher used the experimental course in designing of (the two efficient groups with the pre and post-test) since it fits the nature of the problem and to achieve the goals of research. The sample of research has been represented by whole research group whom are youth Team players (women) of Babylon Governorate for the season 2011 – 2012; they are (6) players in ages of (13-15) years. The conclusions of research have been as follows: The exercises of sensitive – movement realization helped to develop the accuracy of most overhead kicks in badminton. The exercises of response speed helped to develop the accuracy of most overhead kicks in badminton and that the exercises of sensitive – movement realization and response speed helped the individuals of experimental group to understand and realize most motives regarding badminton game and the speed of movement response availability of these motives. The exercises of sensitive – movement realization and speed of response helped experimental group individuals to provide the greatest number of movement programs for a skill which led to the easiness of facing most playing conditions and response to them.

Keywords: Sensitive exercises, sensitive movement, response speed, badminton

Bio: Wisam Salah holds a doctorate in 2011 and work as Associate Professor in Faculty of Physical Education, University of Karbala in Iraq. He works as a coach at the Iraqi National Badminton Team for men and women. Wisam interested in the themes of sports and women, sports and girls.



PP33 The Impact of Walking Over Wet Sands on Some Functional Variations in Fencing Players

Huda Saleh Mohammed¹, Ahmed Abdulzahra Abdullah²

¹University of Baghdad, Iraq

²University of Qadisiyah, Iraq

The process of healing or comfort represented in the field of sports training an essential element to provide the level, and in order to be that the comforts of a positive effect should be codified Physiology, suitable, especially in training camp or in the numbers of private units require intensive training and high stressed high, any training long hours posing fatigue and pressure on the player. It is here came the importance of research in the use of the researcher and the way, a walk on the wet sand for 10-15 minutes after the training module, because of the positive effects of walking on the level of physical and psychological. And that these are the means of therapeutic translate the so-called science of reflection any reflexology, which aims to help the body to restore natural balance and created conditions favorable to help him address himself to the reflection of the health status of the feet, because of the close contact between the various organs and nerves and glands in the body and between the regions of reactions involved in soles of the feet, fingers, edges and sides of the feet. Here lies the problem of current research in a bid proposal Platform continuous manner codified after training modules in order to achieve the best performance during the Mehari and physical training, and reflected positively on achievement and competition. So study aimed to determine the impact of the use (walking on wet sand) on some functional variables (pulse before and after the voltage and measuring the concentration of lactic acid after the voltage) when players fencing. So the researcher used the experimental method. As was the choice of players club girl Baghdad fencing and of their number 12) for the player the way deliberate, and to weapons of three (epee, Sabre, weapon saber) and divided the sample random method to (experimental group and a control group), and each kit contains 6 players, train sets the same curriculum and are subjected to the same components pregnancy training, except for the difference in the independent variable, which (means hospital), a walk on the sand wet for a period of 15 minutes after the training module, and after selecting variables functional under study, namely (measuring index pulse during a rest before the voltage pulse and measure the index after the test effort and lactic acid concentration in the blood) has been testing the tribal.

Keywords: Fencing, walking

Bio: Huda Saleh is a science teacher of Physical Education in Baghdad, Iraq. Huda Saleh got his PhD from the University of Baghdad, College of Physical Education for Girls in Iraq. His research interests are physiology training in the game of fencing.

PP34 The Control of Physical-Technical Performance of Kukës Team in Free-Style for Adult

Zylfi Shehu¹, Mimoza Tare², Rozeta Shatku³, Daniel Jano⁴, Lefter Bukaci⁵

¹Wrestling Federation Albania

²University of Tirana, Albania

³High School Jeronim De Rada, Tirana, Albania

⁴High School Nefail Rozani, Korca, Albania

⁵University Geraldina, Burrel, Albania

Kukës team is a team with tradition in Albania in terms of development of the sport of wrestling in its history since the second half of the 20th century until today itself carries high national and international scores. The main purpose of this study was to check physical qualities of the wrestlers, identifications of the test results, extraction of deficiency in several components in order to design special programs to achieve the required standards, which will apply to us and to eliminate deficiency to achieve results in future tournaments for qualification to the 2016 Olympic Games. Seven wrestlers of the weight categories from 50 kg to 120 kg, who were participating in the national championship, were tested. The average age of the subjects was 22:51 years. They were tested on November 22nd 2013, five days after the event for these elements: the dummy throw, running 3 x 400 meter, 30 meter sprint, long jumping, weight lifting test in horizontal bench, pull-ups in the gymnastic iron, rope climbing 5 meter length, flips from a wrestling bridge and jumps through the backs with a partner. In the dummy throw 3 x 30 the highest scores were achieved by the light weights with 78.01 % for weight 50 kg, by the calculation of the index by 100% which is the standard index of FILA's. Weight 120 kg has achieved 58.03%. In the flips from a wrestling bridge, the weight 50 kg has achieved the highest score with 15 crossings, meanwhile, the 120 kg weights with 10 crossings. In the strength components, the middle weights have achieved the highest scores. Meanwhile in the technical preparing elements, high weights obviously dominate with higher results than the other subject categories. In the future trainers and specialists should create programs which affect the improvement of deficiencies identified by our study in order to increase the standards according to the FILA's.

Keywords: Physical-technical, free-style, wrestling, performance

Bio: Zylfi Shehu received his Master Degree from University of Sport Tirana, Albania. Now he is doing scientific research for PhD studies. His research interests are gender sport performance and physical activity.



PP35 The Relationship Between Explosive Power and Accuracy Performance Front and Back Hits of the Students (Girls) in Tennis

Falah M. Abood¹, Rawa Alawi Kadhum², Hayder M. Abood²

¹ University of Basra, Physical Education College, Iraq

² University of Babylon, Physical Education College, Iraq

Tennis variety of skills including basic and non-basic skills and the evolution of accuracy performance of those skills linked to the development of a high capacity and high physical attributes. For the purpose of achieving a good result for accuracy, the performance of girls shall be interest in such capacity and physical attributes, especially the explosive power of the arms. The objective of this research to identify the explosive power of the arms for female tennis players; to identify accuracy performance of the strikes front and back of female tennis players and to identify relationship between the explosive power of the arms and accuracy the performance of the strikes front and back of female tennis players. The researchers used a descriptive approach his style survey. The research sample included female students of the third stage in the Faculty of Physical Education - University of Babylon - and of their number 24 female students for the academic year (2013-2014). The most important thing researchers will produce the following: There is a correlation between the explosive power of the arms and accuracy the performance of the strikes front and back tennis for female student. The researchers recommended that the recommendations of the: Interest in muscle strength of the arms of the girls in particular, to the existence of a general weakness in the physical intent for girls.

Keywords: Explosive power, female tennis players

Bio: Hayder M. Abood received his master from Babylon University in Iraq. He is currently working as Lecturer in Physical Education College for Girls in Babylon, Iraq. He is a coach of Babylon University women volleyball team and he is also coaching several volleyball clubs for girls.

PP36 Sensing the Distance and Time Assessment and its Relation to Passing Accuracy for Girls Players in Volleyball

Firas Kassob Rashid, Hind Mohammed
University of Kufa, Faculty of Physical Education, Iraq

The research aims to reveal the connection between sensing the distance evaluation and the accuracy of passing the ball from above by female students of the Faculty of Physical Education - University of Kufa, and improving the passing accuracy of volleyball players. In addition, it aims to reveal the connection between sensing the time evaluation and the accuracy of passing the ball from above by the female students of the Faculty of Physical Education. The researchers employed the descriptive method for its compatibility with the problem of the research. The research sample included players from the Faculty of Physical Education for the year 2013-2014. The sample reached 24 female volleyball players and % 50 random samples were chosen from the sample. The researchers adopted the suitable tools, methods and apparatuses to conduct a survey then attempt to find the scientific basis for the talent tests. After that, talent tests were conducted to obtain data and deal with them statistically after which they are analyzed and discussed. The researchers reached number of results, most important of which are that there is a significant statistical indirect correlation between the tests of sensing the distance evaluation and the accuracy of passing the ball from above by the students. And there is an insignificant statistical correlation between the tests of sensing the time evaluation and the accuracy of passing the ball from above by the female students.

Keywords: Passing accuracy, time assessment, female volleyball players

Bio: Hind Mohammed received Master degree from Babylon University in Iraq. Hind Mohammed is currently working as Lecturer in Physical Education College for girls / sporting activity for female students in Kufa, Iraq. Hind Mohammed is the coach of Kufa University Handball Teams for female students.



PP37 Effect Variance of Muscle Strength Portion of the Hamstring and Quadriceps Muscle Groups on Sports Injuries

Akram Hussein Jabur Al-Janabi
University of Qadisiyah, Faculty of Physical Education, Iraq

Good physical preparation has a great importance in the preparation of the basic rule of building performance skills at a high level, especially muscle strength which is one of the most important physical attributes needed in sports as an adjective as well as to support other physical attributes such as speed. Many experts stress the importance of avoidance lack of muscular balance because it leads to a disability level of muscle strength, speed and coordination. Muscular balance requires an equivalence between muscle strength or muscle group working with the muscle strength or muscle group corresponding this requires a balance of strength in the proportions of the body player on both sides of the body (right and left). As a result of exposure a lot of female players in speed events of Qadisiyah University team athletics sports to injuries in the back of the thigh muscles, researcher wanted to measure the muscle strength of the muscles that straighten (extend) thigh for the players and the female players; to measure the muscle strength of the muscles that bend (flex) thigh for the players and the female players; to find muscle strength portion of the hamstring and quadriceps muscle groups for player; to find muscle strength portion of the hamstring and quadriceps muscle groups for female player; to compare portion of muscles strength between players and female players, and to analyze whether they are compatible with the proportion of which came by experts in the field of training and sports physiology. The researcher used the descriptive manner by correlative relations. Sample research was include two female groups. The researcher used a range of devices including a device for measuring muscle strength for each muscle separately. The researcher concluded that the female players more balance of strength between the work muscle and the anti-work muscle strength while Players more balance of the players in the muscles on the right side and the left. The researcher recommends giving attention exercises that work to restore and improve the balance of the body in terms of muscle strength due to its effect on the preservation of the players from injuries as well as conduct periodic tests to identify the balance of strength players and the continuing effects of the training.

Keywords: Muscle strength, sport injuries

Bio: Akram Hussein Jabur Al-janabi had a bachelor, master and doctoral degrees from the University of Qadisiyah College of Physical Education, Iraq. He taught sports training and athletics for students of physical education for more than 10 years and supervised a number of master's students in Iraq. His interests are sport training for both sexes and the special needs in sport.

PP38 Studying the Motor Energy for the Motor Trajectory of the Three-Dimensional Weight in Snatch Lift for the Female Champions of the Arab States in Weight Lifting

Saad Nafi Al-Dulaimi
University of Mosul, College of Sport Education, Iraq

The research aims at recognizing the values of the motor energy for the stages of the motor trajectory for the three dimensional weight for the female champions of the Arab states in weight lifting; recognizing the relationship among the values of the motor energy for the stages of the motor trajectory for the three dimensional weight for the female champions of the Arab states in weight lifting; drawing the trajectory of the stages of the motor trajectory for the three dimensional weight for the female champions of the Arab states in weight lifting. The researcher has adopted the descriptive methodology for its convenience to the nature of the research. The research sample included the female champions of the Arab states in weight lifting. The sample members were randomly selected and included four female champions for the weight category (69kg., 75kg.) for they achieved the first positions in Arab states female champions held in Erbil-Iraq. The researcher used the video filming by a camera with speed (25 pics/sec.), kind (Sony) and at a distance (7mr) from the right side of the female players and with a corner (45 degrees). Then, the special software was used to motor analysis for the best successful lawful attempt to obtain the mechanical variables related to the research like (the horizontal motor energy, the columnar motor energy, and the summation of the motor energy). The following statistical processes were used: the arithmetic mean, the standard deviation, and the simple correlation coefficient.

Keywords: Motor energy, snatch lift, females, weight lifting



PP39 An Analytic Study for the Motor Momentum of the Motor Trajectory for the Three-Dimensional Weight in Snatch Lift

Thair Ghanim Mala-Alo
University of Mosul, College of Basic Education, Iraq

The research aims at recognizing the values of the motor energy for the stages of the motor trajectory for the three dimensional weight for the sample members; recognizing the relationship among the values of the motor energy for the stages of the motor trajectory for the three dimensional weight for the sample members; drawing the trajectory of the momentum of the motor trajectory for the sample members. The researcher has adopted the descriptive methodology for its convenience to the nature of the research. The research sample included the female champions of the Arab states in weight lifting. The sample members were randomly selected and included four female champions for the weight category (69kg., 75kg.) for they achieved the first positions in Arab states female champions held in Erbil-Iraq. The researcher used the video filming by a camera with speed (25 pics/sec.), kind (Sony) and at a distance (7mr) from the right side of the female players and with a corner (45degrees). Then, the special software was used to motor analysis for the best successful lawful attempt to obtain the mechanical variables related to the research like (the horizontal motor momentum, the columnar motor momentum, and the summation of the motor momentum). The following statistical processes were used: the arithmetic mean, the standard deviation, and the simple correlation coefficient.

Keywords: Snatch lift, motor momentum

PP40 The Effect of Exercises with Additional Weights on the Muscle Ability, Amount of Movement and Peripheral Speed of the Striking Leg and Scoring Accuracy in 10M Penalty Kick for Futsal Female Players

Adel Turkey Hassan, Wissam Yaseen Burhan, Majid Abdul Hameed Rasheed
Qadissiya University, Iraq

This study aims to identify the effect of exercises with additional weights on the muscle ability, amount of movement and peripheral speed of the striking leg and scoring accuracy in 10M penalty kick for Futsal female players. The researchers conducted their study on a sample of female Futsal players of Al-Eskan Youth Center in Qadisiyah province numbered (20) female players, where they were distributed randomly into two experimental groups, an average of 10 players per group. The test, measurement and scientific observation technique were used to obtain variables, the program of exercise lasts 6 weeks (3) units of training each week. Exercises with additional weights according to the relative weights of the parts of the body at a rate of (5-7%) of the mass of striking leg for the experimental group with additional weights either the experimental group without the other additional weights. Researchers conclude to that the experimental group with additional weights exceed the experimental group the other without additional weights in muscle ability, amount of movement and peripheral speed of the striking leg and scoring accuracy, which had a positive effect on the development of scoring accurate of 10M penalty kick for futsal female players.

Keywords: Futsal female players, penalty kick



PP41 Effects of Gender Composition on Students' Physical Fitness in Secondary Rural Physical Education Classes (Northeast of Iran)

Davood Rezaeenia¹, Alireza Ramezani², Mohammad Hassan Sepehri Nejad³, Ali Najafi³, Malihea Dankoob Nodeh⁴

¹Physical Education Teacher, Neyshabour, Iran

²Faculty of Physical Education and Sport Science, University of Tehran, Iran

³University of Tehran, Iran

⁴Physical Fitness Trainer

Gender composition in physical education classes has been examined in many variables such as students' attitude toward PE classes, but effects of these classes on students' physical fitness is not examined fully. However coed physical education classes in Muslim communities have special conditions. So this study was done with the aim of comparing level of students' physical fitness in two groups of coed and non-coed (single gender) students. This study is administered on 200 girl and boy students including coed and non-coed secondary school students which was divided to 4 groups of 50 people in each group in rural districts of Firouze city in 2012. Subjects in secondary school included ninth grade students. Subjects were selected in cluster random method among coed and non-coed classes with age (14-15) years old. Height, weight, (BMI) and Seven tests of physical fitness (flexibility, standing broad jumping, modified pull – up, shuttle run 4×9 meters running, 45 meters running, sit-up and 540 meters running) were assessed. T-test for independent groups was used for comparing data. Results indicate among male students, results in 540 m running test ($p=0.037$) difference were favorable for non-coed group and in female group in the results of 45 meters running test (0.018) and 540m running test ($p=0.002$) a significant difference was observed in favor of non-coed group. According to the findings of this study it became clear that the effect of gender composition on all dimensions of students' physical fitness is not the same and gender is influential. The findings indicate both female and male students physical fitness were influenced by the class format (coed or non-coed) and this effect is more evident in the results of 45 meters running test and 540 meters running test so it is recommended that gender composition be considered in the formation of physical education classes by programmers and provide circumstances of physical fitness improvement particularly in coed students cardio-respiratory fitness.

Keywords: Students, gender, coed classes, physical fitness, physical activity

Bio: Davood Rezaeenia received his Msc of exercise physiology from Shahid Rajaei Teacher Training University in 2011, Tehran, Iran. He is currently working as physical education teacher at the primary and secondary schools, in Neyshabour, Iran. His research interests are gender and physical activity, physical activity in primary and secondary schools, gender policies in sport, and women sport participation.

PP42 A Study on the Sportsmanship Behaviors of Female Students in Physical Education Course According to Their Sportive Features

Yakup Koç¹, Kemal Tamer²

¹Erzincan University, School of Physical Education and Sport, Erzurum, Turkey

²Gazi University, School of Physical Education and Sport, Ankara, Turkey

For students to have ethical values, acquisition of sportsmanship behavior is a means used in education. Physical education course satisfies most of sportive activities of female students. Therefore, measurement of physical education course sportsmanship behaviors and its investigation according to some variables are of a great necessity. The aim of this study is to examine the effect of some sportive features of elementary and high school female students on their physical education course sportsmanship behaviors. The sample of the study consists of totally randomly selected 706 female students of whom 476 are elementary school, 230 high school students studying at state schools in the province of Erzincan in 2013-2014 school year. In the study, "Physical Education Course Sportsmanship Behavior Scale" (PECSBS) including features of students related to physical education course and sports developed by Koç (2013) for elementary school students was conducted. The validity and reliability of the scale for high school students were also measured. It was also tested whether the scores of female students obtained in the sportsmanship scale differed according to their sportive features. For data showing normal distribution, parametrics tests were used while for those showing no normal distribution, non-parametric tests were employed. In the analysis of the data, SPSS 15 and LISREL 8,7 programs were consulted. In the factor analysis of PECSBS for high school students ($n= 230$), KMO value was found .87 and Bartlett test was significant ($p < .001$). Total variance both factors accounted for was found to be 40.12%. Item-total correlation values ranged between .36 and .62. As a result of confirmatory factor analysis in order to test factor structure, consistency values were found to be admissible. Reliability of Cronbach Alpha internal consistency of the scale was .88. It was found that the scale would also be valid and reliable and could be used for high school students. In female students physical education course sportsmanship behaviors, significant differences were observed in all sub-dimensions such as class level, doing sports except in school and sports clubs (in favor of those doing sports), watching match on television (in favor of those not watching it) and in total average of the scale ($p < 0.01$). In addition, according to the variable that students read sports news, in terms of the factor *avoidance from inappropriate behavior* in physical education course sportsmanship behaviors, significant difference was seen (in favor of those not reading the news) ($p < 0.05$). No significant difference was observed sub-dimensions like students' playing in school teams, sports clubs as well as in scale total averages ($p > 0.05$). In the light of the data collected, female students sportsmanship behaviors according to some factors differed. In sportsmanship practices to be planned for physical education course, it was found that these factors should be taken into consideration. Researchers are strongly suggested to consider socio-economic traits of students physical education course sportsmanship features and diverse ethical values.

Keywords: Physical education, sportsmanship behavior, female student

Bio: Yakup Koç had a physical education teaching and professional football career. He received his PhD from Gazi University in 2009. He is currently working as Assistant Professor at the Faculty of Education, Erzincan University in Erzincan, Turkey. His research interests are physical education and sportsmanship.



PP43 Correlates of Happiness among Turkish Physical Education and Sport Majors

Necat Toprak¹, Cem Y. Yılmaz², Leyla Saraç¹, Eda Muştu-Özyakan¹

¹Mersin University, School of Physical Education and Sports, Mersin, Turkey

²Çukurova University, School of Physical Education and Sports, Adana, Turkey

Several factors, that affect the level of happiness, have been reported in the literature. Although there is a growing body of research on positive effects of sport on happiness, there are many other factors that need to be considered. For this reason, this study aimed to determine some of the correlates (sex, grade level, weight, height, Body mass index-BMI) of happiness for Turkish physical education and sport majors. The sample consisted of 109 females (mean age 21.72 years) and 111 males (mean age 22.24 years). Participants of the study were 1st (25.45%), 2nd (26.36%), 3rd (32.73%) and 4th (15.45%) graders. Participants' level of happiness was measured by using "Oxford Happiness Questionnaire-Short Form". The questionnaire originally developed by Hills and Argyl (2002) and adapted into Turkish by Doğan and Çötök (2011). The questionnaire consists of seven 5-point Likert items ranging from 1= "strongly disagree" to 5= "strongly agree". The total happiness score was obtained by summing the scores for seven questions. Higher scores reflect greater happiness, while lower scores reflect lesser happiness.

	Female		Male	
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>
Weight	59.83	10.24	71.56	8.44
Height	169.08	7.49	177.01	6.49
BMI	20.81	2.22	22.84	2.50
Happiness score	21.58	3.87	21.96	3.89

Table 1. Mean and standard deviation of weight, height, BMI and happiness score

The results showed no sex difference, $t(218) = -.74$, $p = .46$, $M_{\text{female}} = 21.58 \pm 3.87$, $M_{\text{male}} = 21.96 \pm 3.89$; also no grade difference, $F(3, 216) = .78$, $p = .46$, $M_{\text{1st grade}} = 22.39 \pm 3.36$, $M_{\text{2nd grade}} = 21.43 \pm 3.52$, $M_{\text{3rd grade}} = 21.78 \pm 4.28$, $M_{\text{4th grade}} = 21.32 \pm 4.36$, with respect to happiness level. Furthermore, the result of a Pearson correlation analysis was statistically not significant, showing a no relationship between females' and males' weight (Female: $r = -.11$, $n = 109$, $p = .24$; Male: $r = -.01$, $n = 111$, $p = .88$), height (Female: $r = -.16$, $n = 109$, $p = .10$; Male: $r = -.30$, $n = 111$, $p = .20$), BMI (Female: $r = -.05$, $n = 109$, $p = .64$; Male: $r = .18$, $n = 111$, $p = .06$) and their happiness level. Although there is no sex and grade difference in overall happiness level, the mean scores of participants fell within midpoint of the scale, and happiness level is neither very high nor very low.

Keywords: Happiness, physical education, sport, BMI

Bio: Necat Toprak is an instructor in the Department of Physical Education and Sport and sports manager at Mersin University. He received a BS degree and MS degree in Physical Education. His research interests involve physical education teacher education, attitudes toward physical education and dance sports.

PP44 The Investigation of the Relationship between Motivated Learning Strategies and Approach to Learning and Studying: A Study in High School Students

Oğuz Kaan Esentürk¹, Ender Şenel², Mehmet Ulaş³

¹Gazi University, School of Physical Education and Sport, Ankara, Turkey

²Muğla Sıtkı Koçman University, School of Physical Education and Sport, Muğla, Turkey

³Kırıkkale University, School of Physical Education and Sport, Kırıkkale, Turkey

The aim of this study was to examine the relationship between motivated learning strategies and approach to learning and studying of high school students. 287 of high school students in Vakfıkebir Anatolian High School and Çarşıbaşı Anatolian High School (92 female, 195 male) participated in this study. Turkish form of motivated strategies for learning questionnaire (MSLQ) was used to determine the motivational learning strategies. Pintrinch and De Groot (1990) developed the scale and Üredi (2005) adapted to Turkish language. Approaches to Learning and Studying Inventory (ALSI), developed by Hounsell, Entwistle, Anderson et al. (2002) and adapted to Turkish by Topyaka, Yaka and Öğretmen (2011), was used to identify students' approaches to learning and studying. Collected data was analyzed in SPSS 22.0. No significant differences were found between educational statuses of mothers and fathers, monthly incomes in terms of self-efficacy, intrinsic value, test anxiety, cognitive strategy use, self-regulation, surface approach, deep approach, monitoring, strategic approach, effort management, and organized study ($p>0.05$). Significant differences were found between genders in terms of cognitive strategy use, self-regulation, deep approach, strategic approach, effort management ($p<0.05$). Positive correlations were found between self-efficacy and intrinsic value, cognitive strategy use, self-regulation, deep approach, monitoring, strategic approach, effort management, organized study ($p<0.05$). Positive correlations were found between intrinsic value and deep approach, monitoring, strategic approach, effort management, organized study ($p<0.05$). Positive correlations were found between test anxiety and strategic approach, organized study ($p<0.05$). Positive correlations were found between cognitive strategy use and deep approach, monitoring, strategic approach, effort management and organized study ($p<0.05$). Positive correlations were found between self-regulation and deep approach, monitoring, strategic approach, effort management and organized study ($p<0.05$). Negative correlation was found between self-efficacy and surface approach. Consequently, female students showed lower scores in terms of cognitive strategy use, self-regulation, deep approach, strategic approach, and effort management. Students having high level of motivational beliefs adopt appropriate learning and studying approaches like deep and strategic approaches. It can be said that reducing test anxiety and increasing self-efficacy will result in adopting deep learning and studying approach in high school students.

Keywords: Learning strategies, learning approaches, high school students

Bio: Oğuz Kaan Esentürk is a currently working as research assistant at Gazi University Physical Education and Sport College in Ankara, Turkey. His research interests are educational sciences and psycho-social fields in sport.



PP45 The Impact of Learning Small Toys to Develop Some Basic Skills and Creativity for Handball Players for Ages (14-16 years)

Mushreq Aziz Allamiy

Qadisiyah University, College of Physical Education, Iraq

Importance of the research is the basic skills a game of handball cornerstone in the composition of the handball player, where he works on the development aspects of personal and learn the basic skills that beside the acquisition of knowledge and information of great importance as help in teaching the basic skills so that they are an integrated unit balanced physically, mentally, psychologically and socially, is the basic unit Platform for Physical Education in a mini-unit building integrated check progress through all experiences. And is characterized by small games in connection with such conditions as many of them can be implemented without tools using alternative tools Scientists confirm. The small toys occupies a prominent place in the education plan, it is a means of favorite in the field of learning some basic skills gaming organization. The research aims to analyze the impact of the way of learning games on small experimental group to learn some basic skills of female handball players. As well as to identify the relationship between the small games and creativity. The researcher used the experimental nature of the search for suitability. The research sample included the club Suleikh handball class junior women reaching (16 players). The research methodology has lasted for six weeks by (3 modules) in a week where the intensity range (60-70%) researcher has used the method ripple (1 : 1). By means of statistical researcher reached the following conclusions to the most important and the researcher used the experimental method and by means of statistical researcher found the most important to the following conclusions: curriculum development impact in each of the skill (correction, deception, clapotement, handling, curriculum impact in raising the level of creativity among a sample search. Tutorial style games has had a small effect in raising the level of creative thinking to the research sample. The recommendation:-coaches use small games in basic skills education for handball because of its committees suspense and excitement, on the coaches attention to the creative players for what could develop a case for the thinking player

Keywords: Creativity, handball players

PP46 The Impact of the Use of the Platform Strategy Groupware Flexible in Learning some Basic Skills of Futsal

Lamya Hasan Aldiwan, Qaswer Abdulhamed, Tiba Hasan

University of Basra, Physical Education College, Iraq

The research includes the introduction and the importance of research, which focused on the technical level of find out for college students. The research problem by having individual differences in terms of learning to college students, Preference and some of them to learn through different approaches from traditional methods. Therefore, the objective of researchers to workout Platform groupware being one flexible methods of learning to see the evolution of the basic skills of futsal within that style. Researchers have addressed some theoretical studies pertaining to the subject of groupware flexible. And how they dealt with within the educational units, as well as addressing the basic skills of Futsal for girls. The researchers used an experimental method to solve the problem of the research on a sample of students in the first phase within the Faculty of Physical Education of the University of Basra and the number of women (42 students), and to identify the extent of the effect of the flexible groupware to learn some basic skills in football for that sample. During the treatment, the researchers found statistically significant results to the conclusions of which the most important: The use of flexible strategy groupware achieved better educated than the normal strategies in learning the skills of handling and rolling and scoring and suppression in futsal. To use the tutorial proposed a positive role in increasing the motivation to learn when students basic skills and knowledge of tactical for Futsal. Therefore, researchers need to adopt the recommended exercises that rely on flexible groupware in the development and education of some futsal skills. As well as the use of the proposed educational program to teach futsal for the students of the first stage because of its importance in the development of basic skills and tactical knowledge.

Keywords: Platform strategy, futsal

Bio: Lamya Hasan Aldiwan received her PhD from Basra University in 1999. She is currently working as Professor at the Sport Education College, Basra University in Iraq. Her research interests are gender policies in sport, women sport participation. She is the first Deputy President of the Federation of Iraqi Women's Sport 2001-2004. She is also a member of the Technical Committee of the Islamic Union of Women Sports and a director of club girl in the province of Basra.



PP47 The School Administration and its Role in the Sport Creation among Sport Education Teachers of some (secondary, intermediate) Schools in the Center of Ninenvah Governorate

Nibras Al-Morad, Thabit Hamodat
University of Mosul, Iraq

The aim of the research is to identify the school administration in the sport creation from sport education teachers' view, and recognize the difference in the school administration role in the sport creation according to variables such as schools sorts, sex, years of service of sport teachers. The research's sample has been chosen from sport education teachers in the center of Ninenvah governorate; whereas it included sport education teachers (male and female) for some (secondary, intermediate) schools in Ninenvah governorate center. 25 secondary and 28 intermediate schools. The two researchers used a questionnaire about the school administration's role in promoting the creation among teachers of secondary schools prepared by (AL A'jez and Shelan, 2010), since the questionnaire consisted of (34) paragraphs, and the answers have been made according to five alternatives which are (very large, large, medium, small, and very small). The school administration had appositive role in the sport creation of the sport teachers for some schools (secondary, intermediate) in Ninenvah and both researches didn't find a morale difference in the sport creation according to the variable of service years of the sport creation regarding the sport education teachers. The researchers attributed the results that have gotten to the school administration in developing the human relations among teachers and encouraging them to work in one team spirit and supporting teachers to promote the curriculums that serves the creative aspects among the educated, which make the teachers interesting in promoting their performances and abilities to fulfil this aspect without hesitation or fear.

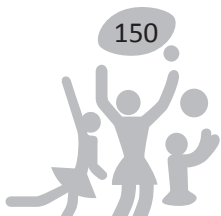
Keywords: School administration, sport education teacher

PP48 Study the Reality of Physical Education Lesson in Secondary Schools for Girls from the Viewpoint of the Parameters in the Center of Erbil

Hussein Sadi Ibrahim Heerani
University of Salahaddin, College of Physical Education, Erbil, Iraq

The purpose of this study is to detect and study the reality studied physical education in secondary schools for girls from the viewpoint of the parameters in the center of Erbil; to detect on the availability and Altgaizzat Mkav lesson between lessons and the attention span of the school administration and its importance for other materials; to detect the availability level Daffiest to the hard work and the influence of the physical aspect. The researcher used the descriptive style screening for suitability with the nature of the research problem, as was the use of a questionnaire prepared by sources Alamamah, included a form on (16) paragraph after it has been taking the opinion of the experts do, and after the application of Alasess scientific (paste and reliability and objectivity) were distributed to teachers to take their views about physical education lesson in high school. The findings of the study showed that there is a large turnout by the students to participate in the physical education lesson. The study also reached also to most of the schools lack the capabilities and tools and equipment necessary to carry out the lesson in addition to the lesson content is compatible with the existing potential in most schools. Another finding of the study is that weakness assistant school administration in the implementation of the celebrations and sports competitions.

Keywords: Physical education, girls



PP49 The Impact Using a Methodology in the Education of the Computer Skill Performance of some Basic Skills Artistic Gymnastics the Floor Exercises for the Students of the Second Phase

Ferdous Majeed Ameen, Sura Jamil Hanna, Bassam Abed Fatha
University of Diyala, College of Physical Education, Iraq

Through follow-up, a researcher at the level of students Phase II and found that there is weakness in the performance skills of basic skills for the game result of the adoption of some teachers and trainers on the use of display modes (model district), explanation and clarification which may not allow for the learner or player novice to understand, absorb and understand the fine details of technical performance and cognitive skills prompting Balbagesh to enter a computer to find out the extent of the impact of poor balance in motor learning some ground movements students in gymnastics. The goal of the research was - to identify the impact of using a computer approach to learning some basic skills artistic gymnastics and to identify the best combination of performance skills to learning some basic skills artistic gymnastics. The research hypotheses; there are significant differences between the moral tests before and after the two sets of experimental and control research to learn some basic skills Artistic gymnastics in favor of a posteriori. There are significant differences in the moral posteriori tests between the experimental and control groups in learning some basic skills Artistic gymnastics and in favor of the experimental group. The sample of the study included the second phase students in the Faculty of Physical Education/University of Diyala and the temporal domain of 15/10/2012 until 01.02.2013 in the gymnastics hall and computer lab in the Faculty of Physical Education/University of Diyala. The researcher has prepared a curriculum for the educational article. The use of a computer to learn the skills in question in terms of technical performance, including using a computer in the educational process a significant impact in learning and technical performance of some cognitive skills of ground movements for beginners in gymnastics.

Keywords: Artistic gymnastics, computer skills

PP50 Comparative Study of Trends in the Faculty of Physical Education Girls about Substance Field Training and Practical Teaching Methods

Waleed Wadalla Ali¹, Muayad Kamal-Adin Izaldeen Al-Brifkani², Saadi Omar Yousif²

¹College of Physical Education, University Of Mosul, Iraq

²School of Physical Education, University Of Dohuk, Iraq

The research aims to know the trends of girls in the Faculty of Physical Education about field training and practical teaching methods. The researchers hypothesized that the direction of girls grades third phase in the material field training best grades of material teaching methods. The research relied on the descriptive style screening for suitability and the nature of the research sample consisted of students from the third stage, Faculty of Physical Education, University of Dohuk. 20 students have been recording their grades using a scale psychological tendency toward physical education lesson during the implementers' students in the Faculty of Physical Education. The findings of the study showed that the emergence of a high degree trends in students in the Faculty of Physical Education article about field training. The trends of students in the Faculty of Physical Education field training material about the best of attitudes towards the teaching methods of practical material. One of the main recommendations: There is a need to increase the hours of field training as they have a positive effect on the development of teaching skills and attitudes of students towards.

Keywords: Physical education, girls, trends



PP51 The Participation of Iraqi Women in Sport and Physical Activity after the War of 2003 from the Heads Perspective of the Sports Organizations

Wisam Salah, Hayder S. Mohseen
Karbala University, College of Physical Education, Iraq

The purpose of this study is to examine the participation of Iraqi women in sport and physical activity after the war of 2003 from the heads perspective of the sports organizations. The sample involved females in sport organizations such as (sport directorates of Iraqi universities, sports clubs, youth centers, and sports federations) in the provinces of central and southern Iraq, which is (Babylon, Karbala, Najaf, Qadisiyah, Wasit, Maysan, Dhi Qar, Basra, Muthanna). However, an assessment questionnaire of the reality of women's sports and physical activity participation have been designed in order to achieve the research objective. Result shows low participation of women's teams in different and all sports organizations in all areas between the years (2003-2009), perhaps, these Iraqi women who challenge their ethnic identities by participating in sport have experienced being harassed because they participate in sport and physical activity. Furthermore, the results also showed a slight increase in women's sports participation through the competitions with all type of sports organizations in different sports between the years (2005-2013). That means that the women in this study are strongly influenced by the processes of cultural maintenance and the sectarian war, lack of sports institutions for women, and lack of financial support and attention from the government.

Keywords: Iraqi women, sports organizations

Bio: Wisam Salah holds a doctorate in 2011 and work as Associate Professor in Faculty of Physical Education, University of Karbala in Iraq. He works as a coach at the Iraqi National Badminton Team for men and women. Wisam is interested in the themes of sports and women, sports and girls.

PP52 A Descriptive Study on Female Athletes: Turkey

Sıdıka Atbinici, Fethiye Barutçu, Zeynep Onağ, Pınar Güzel
Celal Bayar University, School of Physical Education and Sports, Manisa, Turkey

Women are involved in sports with numerous titles such as athletes, trainers, managers, referees, mentors, sports commenters, writers and so forth. However when the previous studies are being observed, it is possible to see there are not many studies conducted on women. Similarly, it can also be seen that women take place in the studies mostly as performance athletes, but there are not enough studies conducted about how effective women are in sports, such as women as managers. In this sense the purpose of this study is to create opportunities to raise awareness and shape studies by taking feedbacks of results of observed studies on women athletes between the years of 2004 and 2014 in Turkey. Descriptive analyse method, one of qualitative research methods, is used. In this study, articles found by online search from Ankara University School of Physical Education and Sports, Spormetre Magazine and Hacettepe University Sports Sciences and Technology Magazine and masters' dissertations and doctoral dissertations which are being published by Higher Education Institution between the years of 2004 and 2014 in Turkey are included. As results of the conducted study, there are 31 masters' dissertations and 5 doctoral dissertations and 12 academic articles, that is, 49 studies in total are found. Data are collected by examining each articles one by one and analysed. Studies that have similar content are classified after the analysis. At the end of the study, it is seen that there are studies which include psycho-social area that analyses the problems faced by women involved in sports, gender roles in society, body perception, personality, and physiology such as women's physical features, physiological effects of menstruation periods, balance, bone intensity, anthropometric qualities, and aerobic capacity. In the light of these data, the purpose is to enlighten the researchers about the headlines that need to be observed.

Keywords: Women, sports, women athletes

Bio: Sıdıka Atbinici is currently an undergraduate student at Celal Bayar University, School of Physical Education and Sport in Manisa, Turkey. Her research interest is sport participation especially for women.



PP53 Determination of the Gender Distribution of Academic Staff in Different Faculties of Universities in Turkey

Eren Uluöz, Cem Yoksuler Yılmaz, İrem Kavasoğlu, Zeynep Filiz Dinç
Çukurova University, School of Physical Education and Sport, Adana, Turkey

Gender discrimination often is appeared in academic environment like the other areas. As gender ratio is similar in the some university, distribution of women and men is different from each other. The aim of this study is to determine the distribution of academic staff according to gender in sports and different faculties of universities in Turkey. This study was designed as a cross-sectional research. In this study, 7 university selected from different geographic areas of the Turkey were included in the research. Numbers of academic staff data were collected from web sites of different Universities' departments such as sports, education, medicine, law, theology and fine arts faculties. All data were summarized by descriptive statistic. According to results based on the descriptive analysis, obtained indications are arranged respectively with respect the lowest ratio of female academicians as: Faculty of Theology (female: 24.04%, male:75.96%), Sports Faculties / Schools (female:27.42%, male:72.58%), Faculty of Law (female: 28.07% male: 71.93%), School of Engineering (female: 29.90% male: 70.10%), Administrative Sciences Faculty (women: 33,75%, male: 66.25%), Faculty of Education (females: 35.49% male: 64.51%), School of Medicine (females: 37.00% male: 63.00%), Faculty of Arts and Sciences (female: 39.42% male: 60.58%), School of Dentistry (female: 43.55% male: 56.45%), Faculty of Fine Arts / School (females: 44.36%, male: 55.64%). The first three faculties which have the lowest rate of female academician ranged as Faculty of Theology, Sports Schools / Colleges and Faculties of Engineering. Also The first three faculties which have the lowest rate of female academician ranged as Fine Arts Faculty / School, Faculty of Dentistry and Faculty of Science, respectively. In this study, total rate of the female academicians was found as 34.30% and the rate of men was found as 65.70%. The results of the study showed that the ratio of female academicians in our country is observed as variable year by year and also ranged between 41% to 38% when higher education statistics and studies performed in the literature examined. Ratio of Sports Schools/Colleges has been the lowest rate of female academicians with 27.42%. Rate of female academicians in Sports Schools/Colleges is quite remained below the average both of Turkey (38-41%) and research group (34,30%). Increase rate of the number of female academicians in the last 10 years has been reported as 87%. Despite of this growth, exposing further researches which exhibits how low is the rate of female academicians in sports field are considered as that the researches could supply the solutions which could increase the number of female academicians.

Keywords: Women, academic staff, university, sports

Bio: Eren Uluöz is currently a PhD student at Çukurova University, Institute of Medical Sciences in Adana, Turkey. His research interests are sports psychology, physical activity and sports injuries.

PP54 Sexism against Women: Prospective Study on Physical Education Teachers Candidates

Nurgül Özdemir

Adnan Menderes University, School of Physical Education and Sport, Aydın, Turkey

In this study, physical education teachers' sexist attitudes, and these attitudes affect the determination of the number of variables have been studied to detect. The research has been done as according to the screening model. Research data were collected with the Contradictory Sensitive Sexism Scale developed by Fiske and Glick (1996) and adapted by Sakallı-Uğurlu (2002). Besides using a personal information form. Data of the study were collected from Physical Education Teacher Candidates. In data analysis were used descriptive statistics, independent sample t-test, one-way analysis of variance, correlation statistical techniques. As a result of the physical education teachers' attitudes hostile sexism sexist gender in size, the longest place of residence; the family about making the sport protectionist sexism size varies according to the support was observed. Besides sexist attitudes of teacher candidates were not observed that change to the professionalism of the situation, why do sports to, economic conditions, according to income.

Keywords: Woman, sport, sexism, physical education teacher candidates

Bio: Nurgül Özdemir received her PhD from Ege University in 2011. She is currently working as Assistant Professor at the School of Sport Sciences, Adnan Menderes University in Aydın, Turkey. Her research interests are women sport participation, sport psychology.



PP55 The Role of Successful Women Athletes on Gender Discrimination

Seher Kartal

Istanbul University, Social Sciences Department, Istanbul, Turkey

In this study, focused on the successful women athlete's role that is reduction to favor of male participation difference on performance sports, and is popularization of sports. Literary review has made. In historical dimension, women were located in both participation in sports and performance sport less than men in Turkey. Participation in sports of women has increased since establishment of Republic. But, successful women athletes were not successful than men athletes except that some sports such as weight lifting, volleyball and basketball. There are wide variety reason of this as cultural, social and psychological. Until recently, it was observed that distinction of male and female sports. As a conclusion, although successful women athletes sometimes been active in medal gaining than men, there is still a difference being.

Keywords: Sport, women, gender discrimination

Bio: Seher Kartal is currently working at 19 May University, Yaşar Doğu School of Sport Sciences as Head of Social and Sport Activities. She is also studying philosophy at Istanbul University, Social Sciences department. Her research interests are gender, sociology and sport; society-gender-sport relationship.

PP56 A Woman's Portrait from Ancient Olympia: Kyniska

Hüseyin Üreten

Adnan Menderes University, Faculty of Arts and Sciences, Department of History, Aydın, Turkey

As commonly acknowledged, democracy (*demokratia* [Yun.]) first appeared in Greece in Antiquity and its ideal best achieved in Athens in 5th century B.C. Yet they invented democracy with some limitations in it. Unfavorable social conditions imposed upon women was one of these limitations. In other words, democracy flourished in Greece was defining the rule of very limited numbers of matured male citizens. For example, democracy was the rule of 30000 citizens of a total population of 400000. Indeed, in ancient Greek society, women who were deprived of the benefits of democracy, were in a situation of disgrace only comparable to slaves. Because, this society, though not racial, was a segregationist community against women as well as slaves. Hence this situation of women was preventing them to attend in Olympic Games as competitor and even as spectator. Pausanias the Lydian, in his work, "*Description of Greece*" (*Perihegesis tes Hellados* [Yun.]) written in A.D. 170s, states this segregationism as follows: "*As you go ... along the road to Olympia ... there is a mountain with high, precipitous cliffs. It is called Mount Typaeum. It is a law of Elis to cast down it any women who are caught present at the Olympic Games.*" (Paus. V.6.7.). Although laws were prohibiting women to participate in Olympics as competitor, it could not prevent them to take part in indirect ways. Thanks to ancient sources it is known that some women participated in Olympics. First and most notorious of these women was Kyniksa who is subject of this presentation. According to ancient authors, Kyniska had a single great objective: Winning an Olympic achievement in Greek world which was a strict and stern androcentric society. And she did so.

Keywords: Ancient Olympica, women

Bio: Hüseyin Üreten is currently working as Associate Professor at the History Department, Faculty of Arts and Science, Adnan Menderes University in Aydın, Turkey. His areas of interest are Anatolia in the Ancient Age, History of Roman, Aegean and Greek History, Studies on Ancient History, Mediterranean in the Ancient Age. He knows Languages of Latin and Greek. He is a Head of History Department now.



PP 57 Gender, Leisure Participation and Meaning of Leisure

Evren Tercan

Akdeniz University, School of Physical Education and Sport, Antalya, Turkey

The purpose of the study is to explore the relationship between the meaning of leisure and gender. In this descriptive and cross-sectional study, sample was selected randomly from 3625 university students taking elective physical education courses in Akdeniz University (mean age= 21.70±2.53). The size of the sample was calculated from the formula $n = Nt^2pq / d^2 (N-1) + t^2 pq$ (Sümbüloğlu & Sümbüloğlu, 1995) as 347, and in case of data loss, 500 students were included in the sample. Data collection tool consisted of four parts. Demographic variables, participation in recreation activities, life satisfaction scale and meaning of leisure scale. Meaning of leisure scale was developed by Esteve, Martin and Lopez (1999) and adapted to Turkish by Gürbüz, Özdemir and Karaküçük (2007). The scale consisted of 35 items and 8 sub scales explaining 65% of the variance. The subscales were active passive participation, social interaction, perceived competence, discretionary time availability, perceived freedom, intrinsic motivation, goal-orientation and relation to work. In their study, Gürbüz, Özdemir and Karaküçük (2007) found internal consistency as .90, meanwhile in this study, it was found to be .855. As the data was not normally distributed, descriptive statistics, Mann Whitney U and chi square tests, Spearman Correlation analysis was applied. As a result, no difference was detected between man and women students in life satisfaction and meaning of leisure. Among men who preferred active participation in sport (86.1%) had higher proportion than women (52.1%) meanwhile in cultural activities this result was the opposite ($p < 0.05$). When women participants are considered, the higher mean scores in meaning of leisure scale were obtained from subscales of relation to work and social interaction. For men participants, social interaction and intrinsic motivation were perceived the highest. In women participants, active/passive participation ($r = 0.264$, $p < 0.001$) and social interaction ($r = 0.264$, $p < 0.001$) had the highest positive correlation with life satisfaction and in men participants active passive participation ($r = 0.382$, $p < 0.001$) and discretionary time availability ($r = 0.306$, $p < 0.001$) had the highest correlations with life satisfaction. The results show that in men and women active participation, feeling excitement, making physical effort had positive relation with life satisfaction. For women participants, meeting, communicating with other people affected positively the life satisfaction and in men participants, participating in activities without time pressure had positive relation with life satisfaction

Keywords: Leisure, gender, meaning of leisure, leisure participation

Bio: Evren Tercan is currently an Assistant Professor at Akdeniz University, Sport Management Department, School of Physical Education and Sport. She received her PhD in Business Administration Department in Akdeniz University. Her research areas are sport management and recreation.

PP58 Recreation Activity Participation and Leisure Constraints in Women Police Officer Working in the City Centre of Antalya

Mustafa Haluk Çerez

Akdeniz University, School of Physical Education and Sport, Antalya, Turkey

In modern world, the most valid way of getting rid of stress is effective usage of leisure time. This effectiveness has a direct proportion with the variety and property of activities participated in leisure time. The activities realized in leisure time are named "Recreation" and became the most natural and current need of human beings. These activities which proved to be the need of all kinds of people, show more importance for employees. One of these groups are police officers. That is why the aim of this study is to analyze the participation of women police officers in recreation activities and leisure constraints according to demographic traits and working conditions. This study is a descriptive study. The sample of the study consists of 68 women police officers (mean age= 36.49±6.18). The questionnaire used for data collection consisted of demographic variables, information about recreational activity participation, leisure constraints scale. Leisure constraints scale was developed by Alexandris and Carroll (1997) and adapted to Turkish language by Karaküçük and Gürbüz (2006). Leisure constraints scale consisted of 27 items a 6 sub scales called "individual psychology", "social environment and lack of information", "facilities, services and transportation", "lack of friends", "time" and "lack of interest". In this current study the reliability of subscales change between 0.708-0.892. In data analyses, descriptive statistics, Mann Whitney-U test, Kruskal Wallis and chi square tests were used. According to the findings, participants had 4 hours and less time for activities (79.4%). Time subscale had the highest mean score among the leisure constraints (3.18±0.52), followed by facilities, services and transportation (2.77±0.72). Scores obtained from leisure constraints were compared according to demographic variables and working conditions. Only marital status yielded significant results. Married women perceived social environment and lack of information, facilities, services and transportation and time constraints more than single women. Married women participated who participated more than 5 hours were less than (14.3%) single women (44.4%) ($p<0.05$). Participants who emphasized financial insufficiency felt the constraints of individual psychology, social environment and lack of information, facilities, services and transportation and lack of friends more than the others ($p<0.05$).

Keywords: Recreation, leisure constraints, women police officers, stress

Bio: Mustafa Haluk Çerez received her PhD from Marmara University in 1996. He is currently working as Associate Professor at the School of Sport Sciences, Akdeniz University in Antalya, Turkey. His research interest is sport management.



PP59 Psychosocial Adjustment and its Relation to Performance Level of Individual and Team Sports for Female Students in the College of Physical Education

Maha Sabry Hasan, Ahmed Muhammed Ali Kamil, Haidar Shakir
Dayiala University, Iraq

The study aimed to identify the relation between psychosocial adjustment and performance level in basketball, and to identify the relation between psychosocial adjustment and performance level in gymnastics. The descriptive method has been used for its appropriateness of the study. The study included a sample of 35 female students from the University of Dayiala\College of physical education. The psychosocial adjustment scale Implemented by (Ali Abdul-Zahra) on a sample of (58) female students from the college of physical education contained (58) items has been used in this study. For the statistical processes the statistical program spss used in this study. The findings of the study showed that the sample of the study got an average level on the psychosocial adjustment scale. A significant relation appeared between the psychosocial adjustment scale and performance level in basketball and gymnastics, and the scale degree is higher in basketball. Differences appeared in the implemented scale degree for the sample of the research according to their performance levels.

Keywords: Psychosocial adjustment, female students, sport

PP60 Empathy in Sport Environment According to Gender and Various Variables

Bahri Gürpınar¹, Nefise Tuğçe İstanbul²

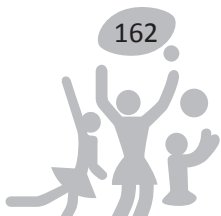
¹Akdeniz University, School of Physical Education and Sport, Antalya, Turkey

²Physical Education Teacher, Antalya, Turkey

The purpose of this study was to evaluate empathy levels of the athletes studying in high school and secondary school according to gender and various variables. The athletes studying in high school and college and living in central districts of Kepez, Muratpaşa, Konyaaltı in Antalya participated the study There are 101 men and 84 women totally 185 athletes ranging from 11-18 years of age ($M_{age} = 14,91 \pm 1,94$) voluntarily participated the study. Data was collected with Empathy in The Sport Situations Scale developed by Erkuş and Yakupoğlu (2001). The scale is 4 point Likert type scale scored as never to always. The scale is a 16 items 2 factors scale with the subscales of Prediction in Sports and Emotional Empathy in Sports. In the analysis of data'' frequency, percentages and T test was used. Women's Prediction in Sports was found significantly different from men. Also in Emotional Empathy in Sport, secondary school students' scores were significantly different from high school students' scores. According to sport type variable; there were differences in Prediction in Sports and Emotional Empathy in Sports according to type of sports. According to level of sport experience; experienced athletes' scores were significantly higher than inexperienced athletes in all subscales. Empathy in Sport Environment scores were found higher in women than men; secondary school students' than high school students'; soccer and handball players' than basketball players and experienced athletes than inexperienced athletes.

Keywords: Empathy, sport environment, gender, sport type

Bio: Bahri Gürpınar received her PhD from Gazi University in 2009. He is currently working as Assistant Professor at the School of Physical Education and Sport, Akdeniz University in Antalya, Turkey. His research interests are morality in sport and sport psychology.



PP61 Comparative Investigation of Emotional Intelligence of Athlete and Non-Athlete Girls Students of Iran Universities

Mansoreh Arzeshmand
Payame Noor University, Physical Education Scientific Board, Iran

Excitational or emotional intelligence is recognition and control of their own and other's emotions and excitement and ability of this excitement's management. Aim of this study is comparative investigation of emotional intelligence of athlete and non-athlete girls students of Iran universities. Subjects of this research include 46 athletes, 46 non-athlete which these athletes were chosen according to the aims and these non-athletes were randomly selected from collection of 3 Azad, governmental and payame noor universities. In order to measure the emotional intelligence, an emotional intelligence test of EQ (load-on) which includes 90 questions and 15 components were given to them and after gathering the obtained data, the descriptive statistics (frequency, average, standard deviation) and inferential statistics of independent the groups and SPSS 16 were analyzed in the level of significance ($p < \%5$). The obtained results of this research indicate that there is a significant between emotional intelligence of girls students of two athletes and non-athletes groups.

Keywords: Emotional intelligence, girls, athlete non-athlete

PP62 The Relationship between Body Dissatisfaction and Eating Disorders with Stages of Change for Physical Activity in Tabriz University Female Students

Hossein Borhani, Hassan Mohammadzadeh
Urmia University, Iran

The purpose of this study was to investigate the relationship between body dissatisfaction and eating disorders with stages of change for physical activity in Tabriz university female students. This research was description-correlation. Based on random sampling, 360 persons were selected and completed the eating disorders EAT-26 (garner and Garfinkel 1979), body dissatisfaction (Avchnr et al 2009) and physical activity staging (Marcus 2003) questionnaires. Obtained data from 280 questionnaires with using of Pearson correlation, Spearman correlation and one way ANOVA tests were analyzed in 0.05 alpha levels. Findings showed significant and positive relationship between eating disorders and body dissatisfaction ($r=0.124$, $\text{sig}=0.039$). Also, there was significant relationship between eating disorders and stages of change for physical activity ($r=0.346$, $\text{sig}=0.001$) but, there was not significant relationship between body dissatisfaction and stages of change for physical activity ($r=0.108$, $\text{sig}=0.072$). The results of ANOVA showed the eating disorders and body dissatisfaction in different stages of change for physical activity was significantly different. The results showed with progressed in between stages of change for physical activity, the rate of eating disorders was increased. Also the rate of body dissatisfaction is great in mid stages of stages of change for physical activity.

Keywords: body dissatisfaction, eating disorders, stages of change for physical activity

Bio: Hossein Borhani is currently a PhD student at Urmia University, School of Sport Sciences in Urmia, Iran. His research interests are women and sport, body dissatisfaction and eating disorders.



PP63 Comparison of Multiple Intelligence of Professional Volleyball Players

Elmira Johari, Hasan Mohammadzadeh
Urmia University, Iran

Gardner's multiple intelligence (MI) theory identifies nine "intelligence" (i.e., ways of learning) that helps individuals acquire and apply knowledge in relevant contexts. The aim of this study was to compare intelligence type of professional volleyball players in different posts based on Gardner's multiple intelligences (MI). Subjects were 48 volleyball players of Iran Super League that filled the Gardner's multiple intelligence questionnaire. Anova one-way analyze was used in study. The results showed significant differences in items of Gardner's multiple intelligence including Bodily-kinesthetic intelligence ($\text{sig}=0.011$, $F(4,47)=3.7$), Spatial intelligence ($\text{sig}=0.043$, $F(4,47)=3.73$), Interpersonal intelligence ($\text{sig}=0.001$, $F(4,47)=5.65$) and Total intelligence ($\text{sig}=0.011$, $F(4,47)=3.73$). The post hoc test showed that in average of body-linguistic intelligence in passer players was more than in libero, speedy players, and power players. Also results showed Spatial-Visual intelligence of passer players was significantly more than in speedy players, power players in volleyball players. Finally, Passer players have had average Spatial-Visual intelligence than other players in volleyball.

Keywords: Multiple intelligence, volleyball, game post

Bio: Elmira Johari is currently a MA student at Urmia University, School of Sport Sciences in Urmia, Iran. Her research interests are about multiple intelligence in volleyball players.

PP64 Emotional Intelligence and its Impact on the Performance of some of the Basic Skills in Rhythmic Gymnastics

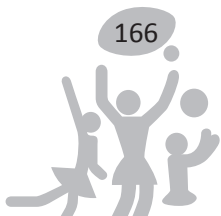
Nabhan Hameed Ahmeed¹, Shaima Abdullah Matar Al-Tamimi²

¹ University of Anbar, College of Physical Sport, Iraq

² University of Mustansiriya, College of Physical Sport, Iraq

The study aimed to identify the impact of emotional intelligence on the performance of some of the basic skills in rhythmic gymnastics. The researcher used the descriptive approach is not appropriate for the proceedings of this study. Tools of the study are the use of a measure of emotional intelligence, preparation of Wael Ibrahim Rifai 2009. The study sample consisted of 20 female students from the Faculty of Physical Education Phase II Mustansiriya University. The study showed the following results: The percentage of students with emotional intelligence, the second phase was high, and there are no significant differences between the performance of some motor skills and emotional intelligence. The authors recommend to repeat this study with the introduction of the variable sex; to design programs extension and training programs in emotional intelligence for students designed to introduce them to the importance of emotional intelligence and how to develop their emotional; to spread the culture of topics related to emotional intelligence among workers in schools and universities, and to indicate their role in the success of Alavradamhnaa and to give the subject of emotional intelligence as much importance in the appropriate programs set up and configure and train college students. The need to draw the attention of teachers to the role of emotional intelligence in the success and sporting achievement of the educational process and development.

Keywords: Emotional intelligence, rhythmic gymnastics



PP65 Shyness and its Relationship to Motivation Mathematical Achievement and the Effectiveness of the Program Guide Rational Behavior in Downgrade

Mujahed Hamid Rashid, Abeer Dakal Hatim Alsalmeh, Mohammed Waleed Shibab
University of Baghdad, College of Physical Education for Girls, Iraq

There is a located problem of shame at the forefront of social problems for students. Student may be forced to deal with situations where contact with other people or when the subject. Note from others feelings lack value and lack of self-esteem as she suffers from lack of self-expression as well as deficiency ability to assert itself. The packages in the positions and defend their rights, in the field of sports can be considered that the positions of the most important sporting competition motivated athletic achievement. The problem with search: that shame may be a major obstacle in the way of the person, converts between him and understand what the advantage of its talent deep, and stand in the way between him and aware of the advantages the truth and spoil it done and gripped it may cause a host of problems such as low motivation towards the achievement of sports. The loss of some of its ability to make a decision or a firm stand towards certain behaviors research problem therefore lies in the study of the effectiveness of the program indicative of rational behavior in the process of reducing shame among girls. The purpose of this study were to identify the relationship between shyness and athletic achievement motivation and to explore the effectiveness of the program indicative of rational behavior in reducing shyness. Researchers used experimental approach to its suitability for the nature of the research. The sample of the study consisted of 100 female university students. To determine shyness a scale which is developed by the bench Binch and to measure achievement motivation a scale of Mohammad Hassan Allawi (1998) were used.

Keywords: Motivation, achievement, rational behavior

PP66 Examination of the Mothers' Awareness Level about the Weight of Their Children

Fatma İlker Kerkez¹, Varol Tuta²

¹Muğla Sıtkı Koçman University, School of Physical Education and Sport, Muğla, Turkey

²Malatya Directorate of National Education, Muğla, Turkey

Micro-environment created in the house; in other words eating and physical activity habits of the family is among the various factors causing obesity which is acknowledged as a national epidemic. Mothers can play the key role in keeping their children within healthy weight range. The purpose of the present research is defining the awareness levels of mothers who are primarily responsible for the children's nutrition in the house environment via pictogram method. 599 mothers (31,3±4,1 years old) who had 4-6 years old children and lived in Malatya province center in 2012 voluntarily participated in the research (number of children=599; 284 girls, 315 boys). BKI was calculated by measuring the heights and weights of mothers and their children. In addition serial two children silhouettes placed on A4 sized papers representing thin, normal, risky weight and obese sizes (8 pictures in total) were prepared for girls and boys; and mothers were showed the pictogram suitable to the gender of their children and they were asked "Which looks like the body size of your child?" and "Which of these would you like your child to look like?" The findings of the study showed that height average of the mother participated in the research was 159.6±5.6 cm, weight average of them was 66.0±11.6 kg and their BKI average was 25.9±11.6. According to BKI, 9.3% (n=56) of the children were overweight, 5.3% (n=32) were obese. The rate of the mothers who selected the right pictogram suitable to their children's BKI classification was 48.1% (n=288), the rate of the mothers who selected a thinner silhouette for their children was 49.6% (n=297), and the rate of mothers who selected a fatter silhouette for their children was 2.3% (n=14). The rate of mothers who wanted their children to be fatter was 29% (n=174), and the rate of mothers who wanted their children to be thinner than they are was 14.2% (n=85). The results indicate that the awareness among mothers about their children's weight is low and they tend to see their children thinner than they are. As this situation will cause the mothers to encourage their children eat more constantly, it can create obesity risks for the children.

Keywords: Mother, child, BKI, obesity, pictogram

Bio: Fatma İlker Kerkez received her PhD from Karadeniz Technical University in 2006. She is currently working as Assistant Professor at the School of Physical Education and Sport, Muğla Sıtkı Koçman University, in Muğla Turkey. Her research interests are motor development and skill acquisitions.



PP67 Gender Differences in Physical Activity during Early Childhood Period

Irmak Hürmeriç Altunsöz

Middle East Technical University, Physical Education and Sports Department, Ankara, Turkey

Early childhood period is an essential period for developing physical activity behaviors. However, a large number of studies showed that children do not meet the recommended guidelines for physical activity (NASPE, 2009). Underlying mechanisms of physical inactivity should be analyzed for children in order to provide effective interventions for increasing the activity levels of children. Biological, psycho-social or environmental factors may be listed as underlying mechanisms associated with physical activity or inactivity (Timmons, 2005). Based on that, the purpose of this study was to analyze the studies investigating the gender differences as underlying mechanism in physical activity during early childhood period. A literature review was conducted by using the following EBSCOhost databases: Academic Search Complete, Education Research Complete, ERIC, Medline, PsycINFO, SPORTDiscus, and Ulakbim Turkish National Databases. Young children, preschoolers, physical activity, physical activity level, gender differences and their combinations were used as key words for the review. The inclusion criteria were listed as follows a) articles were published in referred journals, b) age group of the participants was between 3 to 6, and c) gender differences in physical activity were investigated in database studies. Conference papers or unpublished dissertations were excluded for this literature review. Seventeen studies met the inclusion criteria. The major findings of the studies were analyzed to describe the gender differences in physical activity during early childhood period. Findings of the studies showed that preschool children were observed for determining their physical activity levels. Children were from Germany, Finland, Denmark, Belgium or USA. Accelerometers, pedometers or observation systems were widely used techniques to examine children's activity levels. Majority of the studies showed that boys were more active than the girls and they generally spent more time for moderate to vigorous activities. It is known that physical activity levels of children decreases with age. For this reason, children should be encouraged to be active in their early ages and physical activity programs should be designed for children. Especially, girls need more encouragement to be active and specific strategies should be created for them. Parent-child activity programs or mother-daughter exercise programs might be suggested to increase activity levels of children.

Keywords: Physical activity, gender differences, early childhood period

Bio: Irmak Hürmeriç Altunsöz received her PhD from The Ohio State University in 2010. She is currently working as Assistant Professor at the Physical Education and Sports Department, Middle East Technical University in Ankara, Turkey. Her research interests are physical education teacher education, motor development, physical activity, family based interventions, child development and early childhood education programs.

PP68 Comparison of Physical Activity Levels in Weekdays and Weekend for Female Office Workers

Sema Can¹, Erşan Arslan², Bülent Kilit¹

¹Hitit University, School of Physical Education and Sport, Çorum, Turkey

²Siirt University, School of Physical Education and Sport, Siirt, Turkey

The aim of this study was to compare weekdays and the weekend physical activity levels in different age healthy women who work in office. 36 healthy female volunteers, aged between twenty five and forty six years who work at Hitit University in Çorum, Turkey participated for this study. The ability to participate in seven consecutive days of successive valid monitoring with no extreme plans during the study, the willingness to wear a Sense Wear Armband (SWA) monitor throughout the duration of the study, and the absence of either chronic or acute illness conditions. Primarily, anthropometric measurements were determined. Followed by this process, daily physical activity levels measured on the dominant arm triceps muscle SWA. All subjects were asked to wear the device twenty four hours a day except during water-based activities. A day of valid study was considered to be a day in which at least 1,368 min of Sense Wear data was recorded, which corresponds to a day-long wearing-time of 95%. All statistical analysis was performed in SPSS version 20.0 and the level of statistical significance was set at $p < 0.05$. Effect sizes (η^2) were also calculated for all responses of variables. Totally 36 women who work at a desk (mean age: 34.94 ± 6.71 years, mean height: 159 ± 0.00 cm, mean body weight: 60.54 ± 8.26 kg, mean body mass index 24.03 ± 2.85 kg/m²) were voluntarily participated. There were significant differences in the number of steps and spent lying down duration between weekdays and weekends in different age groups of females who work in the office, although there were not many differences found in other metabolic responses. The numbers of steps taken in the oldest group were much more than the others, but all groups had similar active and total energy expenditure levels. The results demonstrated that there were significant differences in weight, BMI, waist circumference, hip circumference, waist/hip ratio, sleep duration and number of steps between weekdays and the weekend. Analyses in the 3 different age groups showed that as age increases, BMI, waist and hip circumference, waist: hip ratio regularly increase. However, sleep duration decreased in all age groups.

Keywords: Female, physical activity, office workers

Bio: Sema Can received her PhD from Hitit University in 2013. She is currently working as Assistant Professor at the School of Sport Sciences, Hitit University in Çorum, Turkey. Her research interests are physical activity and obesity.



PP69 Physical Activity Profile of University Students

Ayşe Kin-İşler, Ş. Nazan Koşar, Eser Aslan, Murat İstikbal
Hacettepe University, Faculty of Sport Sciences, Ankara, Turkey

The first purpose of this study was to determine gender differences in physical activity level of university students and the second purpose was to determine whether physical activity level of university students differ between students of Sport Sciences Faculty and other students from various faculties. 200 students from Sport Sciences faculty ($n_{\text{female}}: 93, n_{\text{male}}: 107$) and 200 students from various faculties ($n_{\text{female}}: 100, n_{\text{male}}: 100$), a total of 400 students of Hacettepe university ($n_{\text{female}}: 193, n_{\text{male}}: 207$) participated in this study voluntarily. Information related with participants' department, age, height and body weight were collected by a personal information form and physical activity level of participants were evaluated by short form of International Physical Activity Questionnaire (IPAQ). According to independent samples t-test, significant differences were observed in walking physical activity ($t=3.403; p=.001$) and sitting time ($t=-4.037; p=.000$) between female and male students in favor of female students, while no significant gender differences were observed in other physical activity parameters ($p>0.05$). When physical activity level of students from different faculties were compared with students from Sport Sciences Faculty, it is seen that in female students there was a significant difference in vigorous ($t=-7.255; p=.000$), moderate ($t=-6.230; p=.000$), walking ($t=-5.914; p=.000$) and total physical activity ($t=-7.706; p=.000$) level and sitting time ($t=17.975; p=.000$) in favor of Sport Sciences students. In male students on the other hand significant differences were observed in vigorous ($t=-5.509; p=.000$), moderate ($t=-6.244; p=.000$), walking ($t=-3.753; p=.000$) and total physical activity level ($t=-6.149; p=.000$) in favor of Sport Sciences students while no significant differences were observed in sitting time between the two group ($p>0.05$). The findings of the present study indicated that female and male university students were not different in terms of vigorous, moderate, walking and total physical activity, while female students had higher walking activity and lower sitting time. Meanwhile as expected female and male students of Sports Sciences Faculty had higher physical activity level than other university students from various faculties.

Keywords: Physical activity, gender, university students

Bio: Ayşe Kin-İşler received her PhD from Hacettepe University in 2003. She is currently working at Hacettepe University, Faculty of Sport Sciences in Ankara, Turkey. Her research interests are effect of exercise on performance, physical activity and physical fitness.

PP70 Investigation of Healthy Life Style Behaviors of University Students as Gender, Doing Sport Situation and Economic Aspects

Yılmaz Yüksel¹, Mesut Hekim²

¹Erzurum Technical University, Erzurum, Turkey

²Mehmet Akif Ersoy University, Burdur, Turkey

The purpose of this study is to examine healthy life style behavior of university students as gender, doing sport situation and economic aspects. 150 university students taking education at different departments of Erzurum Technical University and Atatürk University. Personal information form was used to identify students' gender, doing sport situation and economic aspects. Healthy Life Style Behaviors II scale, developed by Walker (1987) and reliability and validity studies in Turkey was performed by Bahar and et al (2008), were used in identification of students' healthy life style behavior. Used scale is comprised of 6 sub-dimension totally. These are health responsibility, physical activity, nutrition, interpersonal relationship, spiritual development and stress management. Frequency, independent t test and One Way Anova analyses in SPSS 15.0 for Windows package program were used in analysis of data obtained. In result of research, it was identified that students' healthy life style behaviors doesn't exhibit significant difference as gender and doing sport situation ($p>0,05$). Notwithstanding, it was identified that students' some sub-dimension of healthy life style behaviors exhibits significant difference as age groups and economic situation ($p<0,05$). As a result, it may be said that gender and doing sport situation in university student doesn't affect healthy life style behaviors, notwithstanding, age and economic income factors affect healthy life style behaviors.

Keywords: University students, sport, healthy life

Bio: Yılmaz Yüksel is currently a lecturer at Erzurum Technical University, School of Sport Sciences in Erzurum, Turkey. His research interests are sport and health sciences, women sport participation, human movement sciences.



PP71 Calendar Trends Mosul University Students about Physical Activity on Physical Variables According to some Objective

Ahmed Moayad Hussien Ali Al-Zubair

University of Mosul, Basic Education College Physical Education Department, Iraq

The purposes of this study are to identify attitudes towards physical activity and sport among the students of Mosul University faculties in scientific and humanitarian; to identify the differences in attitudes towards physical activity and sport among students of colleges, scientific and humanitarian; to develop standard levels to gauge trends in Mosul University students about physical activity and sport; to identify the percentages of students for reasons away from physical activity and sport. The sample of the study includes randomly selected 325 female students from science colleges and humanity; 125 female students from the research community of Mosul University and 25 students from each college. Bringing the total number of female students who surveyed research in all samples (construction, application and exploratory experience and consistency) is 500 students. The researcher used the descriptive survey manner for suitability and the nature of the current research. The result of this study showed that legalization measure trends Mosul University students about physical activity and physical faculties scientific and humanity, which consists of (52) paragraph, reliable and valid. The students of the University of Mosul faculties scientific and humanitarian to have accepted the direction towards the practice of sports and physical activity, as was the arithmetic mean of the combined sample (174.44), which falls within the category (140-183) corresponding to an acceptable level. Close to the level of college students in the scientific and humanitarian about physical activity and physical, and the absence of any differences among them in scale. It has been found levels of standard own scale trends Mosul University students about the practice of sports and physical activity. Besides, the findings of the study showed that most of the students of the University of Mosul want to add studied Physical Education systematically for one hour a week at least, in the halls of their own. The most important reason for students to move away from the practice of sport at the university was (lack of time to practice for frequent lectures), followed by the reason (lack of places for the students to practice the sport).

Keywords: Female student, physical activity, sport, attitudes

PP72 Relationship with some of the Variables Elkinmetekih Owners Special Needs Category (37) Completion of 100m Running

Akram Hussein Jabur Al-janabi
University of Qadisiyah, Faculty of Physical Education, Iraq

Form with special needs large proportion of the community and especially in those countries that have suffered from wars and natural disasters has won this category of community interest in bite developed countries where I have ILO estimated in a report the number of people with special needs by more than 610 million people, of whom 400 million people in developing countries. In the report of the World Bank, representing this category approximately 15% of the proportion of the population in every country in the world which is Taatnasf between young men and women to do so. The institutions of the state interest in this segment, especially universities because it is the center of radiation you state institutions and organizations and is considered the sporting side and done of the most important aspects that play a significant role in the rehabilitation of Almaaaqaan physically and psychologically. The training process structured process and prompt for the advancement of the Standard of sports through the effects of planned and coordinated aim of which competency development facility. The achievement of the goals set for the training process should be on the coaches to organize and plan the requirements of vocabulary training are very accurate. The planning process for sports training procedures are the scientific and methodological regulator is carefully regulated and that help sporting achieve high indices in training and achievement and is a kinetic analysis of one of the science mission in the field to identify the strengths and weaknesses of the athlete and became a sport the special needs of one of the sports job in the field of entertainment and professionalism that must interest in this category as a form ratios mission of the community to the fact that the researcher overseeing the training of the Iraqi national team athletics. The researchers wanted to identify the most important variables Elkinmetekih for this category of during the filming of the contestants and the development of training programs suitable for them. The research problem was epitomized by the fact that class (cp 37) of the categories of disability suffering from paraplegia and that the big difference between a half left and right in terms of physical suffering attributes and some changes Elkinmetekih (such as the rate of stride length and frequency and angle of Milan trunk and the velocity and acceleration of each stage of the 100m. race) has not been given sufficient attention by trainers and researchers. The findings showed that there is a big difference between the party left and right in the variables under study as well as interest in the development of training programs, good supporting performance skills at training, especially the corner Milan trunk either the most important recommendations concern training solo for both ends of the runner to reduce the difference in power their emphasis on the analysis of sporting events using high speed cameras.

Keywords: Elkinmetekih, special needs

Bio: Akram Hussein Jabur Al-janabi had a bachelor, master and doctoral degrees from the University of Qadisiyah, College of Physical Education, Iraq. He taught sports training and athletics for students of physical education for more than 10 years and supervised a number of master's students in Iraq. His interests are sport training for both sexes and the special needs in sport.



PP73 Relationship between Some of Biomechanical Variables with the Level of Achievement in the Stability Horizontal Jump Test of the Female Volleyball Players

Yahya Mohammed, Mohammed Ali, Yusif Ahmet Khaled
University of Mosul, College of Sport Education, Iraq

The purpose of this study was to identify the values of some the biomechanical variables in stability horizontal jump test of the volleyball female players; to identify the values of the level of achievement in the stability horizontal jump test of the volleyball female players and to identify the relationship between some biomechanical variables values with the level of achievement in the stability horizontal jump test of the volleyball female players. It was hypothesized that there is a significant relationship between some biomechanical variables values with the level of achievement in the stability horizontal jump test of the volleyball female players. The researchers have used the descriptive method because of its suitable with the nature of the research. The study was conducted on 11 female volleyball players from Qaraqosh club team, season 2012-2013. The procedures include the stability horizontal jump test, the technical scientific observation (video camera) to collect data. The attempts were analyzed using Max TRAQ program. The data were statistically processed by using the statistical package (SPSS 9).

Keywords: Biomechanical variables, stability, female volleyball players

PP74 Designing the Shape of Profile for some Kinematic Variables of Scoring Skill from the Penalty Spot (6 Meters) of the Female Futsal Players

Waleed Ghanim Dhannoon, Ammar Shibab Ahmed
University of Mosul, College of Sport Education, Iraq

The research aims to identify the values of some kinematic variables of scoring skill from the penalty spot (6 meters) of the female futsal players and to design the shape of profile according to some kinematic variables of scoring skill from the penalty spot (6 meters) of the female futsal players. The research sample consists of Fatat Nineveh Club Sports female Players and of their number is (10) players. The researchers used a descriptive approach because of the suitability with the nature of the research and used to test of accuracy of the scoring skill from the penalty spot (6 meters) by filming the players in the hall of the College of Education for Girls-University of Mosul, and researchers used a Video tape camera type (MAXILO fast 240 V / s) to obtain the required research data and researchers used the following statistical methods (arithmetic mean - standard deviation) to achieve results and declare conclusions and recommendations.

Keywords: Kinematic variables, scoring skills, futsal



PP75 The Effect of Eight Weeks of Plyometric Exercises, Strength and Mixture (Power – Plyometric) on Anaerobic Power, Explosive Power and Strength of Quadriceps Muscle Related to 7-11 Years Old Iranian Gymnast Girls

Mansoreh Arzeshmand, Abdol Rahim Khodajoo
Payame Noor University, Iran

The purpose of this study was to investigate the effect of eight weeks of plyometric, strength and mixture (combination) power – plyometric on anaerobic power, explosive power and strength of quadriceps muscle was related to girls gymnast between 7-11 ages. 30 gymnasts volunteered to participate in this study their period for exercise was more than 1 year which were divided to three groups: plyometric. Exercises (n=10), strength exercises (n=10) and combined exercise (n=10). Anaerobic power and explosive power and strength of quadriceps were evaluated via Rast, Sargent Jump test and diameter. For data analysis, T-test and Anova and Bonoferani test were used. Favorite level of significance was. Intergroup comparison of results showed that there was statistical significant difference between anaerobic powers of 3 groups. This difference was significant between strength and combination (mixture). There was statistical significant difference between values of explosive power of 3 groups. This difference was significant between strength and combination groups. There was also statistical significant difference between values of strength of quadriceps of 3 groups, this difference between plyometric and combination was and between strength and combination group was ($p=0/003$). These differences were significant in two cases. According to the research findings, it can be concluded that combined exercises have effective and favorite effect on anaerobic power, explosive power and strength of quadriceps muscles than strength exercises and plyometric along.

Keywords: Anaerobic power, explosive power, quadriceps muscle strength, plyometric exercises strength exercises, combination exercises (mixture), gymnasts

PP76 The Effect of Using Illustrations and Additional Duties (Kinetic) to Learn some of the Basic Skills of Basketball for Middle School Girls

Waleed Wadalla Ali, Nadia K. Hader
University of Mosul, College of Physical Education, Iraq

The research aims to detect the effect of the use of stylistic illustrations and additional duties (kinetic) to learn some of the basic skills of basketball for middle school Girls. Has been the use of the experimental method to Mlamth and natural search be a research community of students from fourth grade intermediate in the middle Ba'shiqah for girls for the school year (2013-2014) a total of 75 students. The research sample consists of 40 student representing (a, b) the people of schooling at (20) student for each division. Then distributed randomly sample, if each group its own style of teaching. She studied the first experimental group (b method illustrations while the second experimental group studied (b method additional duties. Included the vocabulary of the curriculum for this grade basketball included skills: pass, clapotement, hooting and took a tutorial (6) weeks were equal two sets Search (age, height, weight) and some physical attributes and motor as well as some basic skills Reel under the basket , and after the completion of the implementation of the educational program was conducted and post-test data collection and processing and statistical researchers concluded the following: Achieved my style illustrations and additional duties (kinetic) a positive impact on learning some basic skills in Basketball. Outperformed students of the first experimental group used (style illustrations) when compared to the second experimental group (method additional duties) to learn some basketball skill. The researchers recommend that there is a need to use the style illustrations because of its positive effect on learning some basic skills in basketball.

Keywords: Basketball, middle school girls



PP77 Perception Relationship Kinesthetic Sense for Students (Girls) Preparatory Stages with some Basic Skills in Volleyball

Montather Majeed Ali, Mohammed Oufi Radhi, Zainab K. Abbood
University of Basra, Physical Education College, Iraq

The study included the introduction and the importance of research, which focused on going into one of the most important mental abilities (Kinesthetic sense perception) for girls stages preparatory in Iraq. Because it is the important of capacity in the learning process. As well as to learn the basic skills in sports. The importance of research in an attempt researchers go into correlation between perception and performance to serve the students and the reality of sports. Through the development of a sense of dynamic ability. Through improving and expanding public perceptions which is reflected on the growth process right at students for all scientific trends, sports and social development. The study aimed to identify the level of some capacity with the kinetic sense stages Preparatory School students, as well as identify the level of performance skills of some of the skills of volleyball with the students the research sample. Finally to identify the relationship between the kinesthetic sense of some of the capabilities and performance of the skill level of students at the preparatory stages. The study has addressed some theoretical studies pertaining to the subject of perception kinesthetic sense in addition to addressing the basic skills of volleyball. The researchers used the descriptive style of the survey on a sample of student's preparatory stages totaling 100 student (girls). From one of the schools in the province of Basra, Iraq. Through statistical treatment of results was reached the following conclusion: Difference in level between the kinesthetic sense of perception of different kinds and used in the study with the students of the research sample. The presence of statistically significant relationship between perception kinesthetic sense and basic skills for students; the use of perception tests kinesthetic sense to all students in order to identify the level of that ability with all stages of the school; trying to exercise basic skills in volleyball dependent on the development of mental abilities, including perception kinesthetic sense.

Keywords: Girls, basic skills in volleyball

Bio: Montather Majeed Ali received her PhD from Basra University in 2005. He is currently working as Assistant Professor at the Sport Education College, Basra University in Iraq. He is also the Dean of Sport Education College University of Basrah. His research interests are gender policies in sport, women sport participation, coaching female tennis players.

PP78 The Impact of a Variety of Expressive Movements Reduction in Emotional Excitation and the Development of Some Physical Abilities and the Kinetic for Volleyball Players (Girls)

Nahida Abd Zied Abdulamy¹, Hachim Shany Ouda², Luma Sammer Al Shaikly³

¹University of Babil, Physical Education College, Iraq

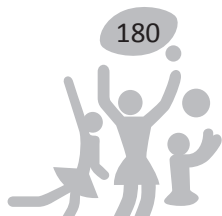
²University of Basra, Physical Education College, Iraq

³University of Baghdad, Physical Education College for Girls, Iraq

The research aims to identify the impact of a variety of expressive movements reduction in emotional excitation and develop the accuracy of some of the players defensive skills in volleyball. The researchers used the experimental method design experimental groups with equal pre and post test. The research community's number is 24 girls player. Teams representing the players clubs Babel province volleyball, were selected random sample of (10) players were divided evenly into two groups, experimental and control. The researchers used the tools and the means and the appropriate hardware and then find a scientific basis for the scale and skill tests, after conducting pre-test and application modules, which lasted for 6 weeks, the time education unit is (90). After completion of the training modules by applying various expressive movements of members of the experimental group. Posteriori tests were conducted and data were extracted and processed statistically and then viewed and analyzed and discussed. The researchers found several of the most important conclusions of the effectiveness in the development of some physical abilities and motor volleyball. In light of these findings, researchers recommended the need to use expressive movements in various training modules for the game of volleyball as well as the need for attention to the psychological side of trainers for players to control emotional excitation and be able to physical abilities and motor and make it good, and the desired level.

Keywords: Volleyball players, girls, expressive movements

Bio: Nahida Abd Zaid Abdulamy received her PhD from Babylon University in Iraq. She is currently working as a Professor at the Sport Education College Babylon University in Iraq. Her research interests are gender policies in sport and women sport participation. She was the player of the Iraqi national team volleyball 1985-2001. She was also award-winning best player of volleyball in Iraq and she is responsible for women's sports in the Olympic Committee in Babylon.



PP79 Re-learning in the Development of some of the Physical Abilities and Skills Clapotement and Correction Handball for Students (Girls)

Kalida Abd Zied Aldulamy
Babylon University, Iraq

The research aims to determine the impact of re-learning in the development of some physical abilities and the skills clapotement and the correction handball for students (girls), and assumed that the researcher to re-w-learn some influence in the development of capacity, research on a sample of students were chosen through an intentional process of lots of original research community's (134). According to the curriculum at the college has been following the method of re-learning with the experimental group. The control group was the use of the approach taken by the teacher after testing tribal groups and after the expiration of the educational units of assessments for these skills ant testing a posteriori, was addressing the search results using statistical methods appropriate, researcher has reached through the search results to find significant differences between pretest ant posttest and in favor of the experimental group, also achieved a method of re-learning the proportion of the evolution of some physical abilities and basic skills (clapotement, shooting) hand roller. As recommended by the researcher certainly to adopt a method re-learning in the educational process to be very useful to learn some basic skills and develop their performance in handball, as well as necessary to carry out similar studies for the rest of the skills of the other core, which could support the process of learning the skills in this game and the rest of the games collective.

Keywords: Handball, girls, physical ability, learning

Bio: Kalida Abd Zied Aldulamy received her master from Babylon University in Iraq. She is currently working as Lecturer in Directorate of Education / sporting activity for female students in Babylon, Iraq. Her research interests are gender policies in sport and women sport participation. She is a volleyball player of Babylon University team and she has the responsibility of organizing sport events for female students in the province of Babylon.

PP80 Curriculum According to Kolb's Theory of Learning the Skills of Serve and Smash Stroke in Volleyball for Students

Saddam Mohammed Fareed Rajeh
Babylon University, College of Physical Education, Iraq

The faculties of Physical Education educational institutions responsible for preparing and qualifying physical education teacher, which is a cornerstone in the edifice building educational and nerve process of education to keep pace and keep up with the times and Orientalism future and anticipate challenges, and success of education depends on the preparation of the teacher is able to implement his plan, objectives and processes are setup comprehensive and integrated students specialists in the field of Physical Education, it is the teaching of volleyball researcher found that there vulnerable "in the performance of skill correction kinds of students, so felt researcher in an attempt to use new methods to learn these skills in the belief that there is a need to reconsider the way used and provide the potential for students to obtain information, including a guarantee "to the educational process, and Research aims to Preparation curriculum according to the theory of Kolb in Learning skills of volleyball for students, and To know the impact of the curriculum, according to Kolb's theory of learning skills of volleyball for students. The researcher used the experimental approach to relevance nature of the research problem, as has been applied curriculum on four groups, each group works a certain way according to the "theory of Kolb in order to know the impact of each method in learning students. the duration of instructional design for each method (20) and educational unit and two units per week The sample was divided into four groups, select the researcher of the research community with students the second phase - the Faculty of Physical Education - University of Babylon for the academic year 2013-2014. The researcher used statistical analysis system (SPSS) to analyze, the results of the curriculum the following conclusions have been obtained by the researcher; Educational curriculum according to the "theory of Kolb positive effect in skills of learning volleyball for the students, In light of the findings the researcher recommends the following; The need to use the theory of Kolb being proved effective in learning skills of volleyball for the second phase students in the Faculty of Physical Education.

Keywords: Volleyball, physical education, skill learning

Bio: Saddam Mohammed Fared received him PhD from Babylon University Iraq, in 2010. He is currently working as assistant professor at the Sport Education College Babylon University in Iraq. His research interests are gender policies in sport.



PP81 The Effect of Using the Discovering Approaches in Learning Football Basic Skills for the Female Students of Physical Education College

Habeeb Shakir Jebur¹, Oras Neamah Hasan¹, Akram Abdulhussein²

¹University of Muthanna, Physical Education College, Iraq

²University of Qadisiya, Physical Education College, Iraq

The research had a try to find the modern approaches for acquisition of the sport skills in football that focus on the activity of the learner and sustaining him/ her to develop these skills and save time, especially for trainings that make the footballer has a big role in the training process. So the main goals of the research were firstly: the effect of the using types of the discovering (directed, semi – directed and free) in the learning process of the basic skills in football for the first grade female students of physical college, Al-Qadisiya University. Secondly: identifying the best type in learning process of the basic skills in football for the first grade female students of physical college, Al-Qadisiya University. The researchers have used the equivalent group approach of experimental method to achieve these goals. The community of the research was the students of physical Education college, Al-Qadisiya University, they were 36. The sample of the research has been randomly selected. It was 30 female students. The students have been divided into three groups. First group have trained according to directed discovering approach. Second group have trained according to the semi – directed discovering approach. Third group have trained according to free discovering approach. Having that, the tests have been prepared, the sample group have done the pre-test, and then the three types have been done by the research groups. Then the researchers conducted the post-test. The results have been statically treated. The researchers have concluded that the free discovering approach is the best to gain the passing, dropping and stopping the ball. Then the semi directed and the directed in a row. The directed discovering approach is the best for scoring skills, the semi – directed comes and then free type.

Keywords: Football skills, females, physical education

PP82 Study the Level of some Basic Skills of the age (10-12) Years for Girls

Muna Abdul-Sattar

University of Mustansria, College of Physical Education, Iraq

The importance of the study lied in girl's learning the basic movement in general and in girls learning in particular. On the other hand, not mastering these basic movement will inhabit developing skills related to sports and this inhabitation. The problem of the study was the weakness existence in the level of learning and proficiency enable tasks application for the girls. This is due to not learning the basic skills which is considered the perfect age for acquiring motor skills. The aim of the study is to identify the level of some basic skills of the age (10-12) years for girls. The hypothesis of the study is that there a weakness in the level of some basic skills of the age (10-12) years for girls. The researcher used the descriptive method. The subject were 250 girls of the age (10-12) years. The researcher used (Ohio University's inventory to evaluate basic skills. He also used many statistical operation like mean, standard deviation, percentage etc. The findings of the study showed that the girls' environment does not provide them with the suitable level to develop such basic forms like running and throwing. Physical education lessons were not enough and it negatively affected the development of the basic skills like wide jump and running. The authors recommend that we must give the girls an opportunity to engage with environment that encourage them to learn basic motor forms which will lead eventually to the development for these forms. It is necessary to provide girls with free play as a means for developing their basic forms and to provide courts and fields with different shapes and colors to attract the girls to develop their movement.

Keywords: Basic skills, girls, learning

