

**Elements of fitness  
among deaf  
and non- deaf male  
children  
In the basic stage -  
a comparative study**

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## Abstract

This study aims to identify the levels of certain elements of fitness ( periodic respiratory endurance, bearing strength, agility, flexibility and body mass index ) among male children of deaf and compare them with their peers who are not deaf. The study sample consists of two age groups according to age ( 11-13 years ) and ( 8-10 years ). They were distributed into two groups again according to disability to deaf and non- deaf. The categories are a class of deaf males ( 11-13 years )  $n = 10$  and the average age. 12.1 years , ( and male category of non -deaf  $n = 12$ , mean age 12.9 ) , as well as a class of deaf males ( 8-10 years )  $n = 11$  and the average age. 9.1 years, ( and the category of non- deaf male  $n = 15$  and the average age 9.2. Height and weight have been measured, and body mass index (BMI ) has been calculated. Then the levels of certain elements of fitness have been measured- the component of

muscle strength by testing bending and extending the arms of the lie , and the strength of muscular endurance of the abdominal muscles through the sit test , lie down , and

flexibility by the flexibility fund of sitting , and the endurance periodic respiratory by running / walking 1609 meters. The researcher used the descriptive approach in the search and the statistical treatments were conducted by using the arithmetic mean and the standard deviation of the test "T" of the samples for comparison correlated and independent between the deaf and non- deaf and has processed statistically using Statistical Software Packages for Social Sciences SPSS). The study results showed the existence of differences between the deaf and non- deaf people in the age group of

( 8-10 ) years in the variable of agility and in favor of children who are not deaf, while showing no differences in other variables of the same age group , results also indicate the existence of differences between the deaf and non- deaf in the variables of power muscle and muscular endurance in males in the age group of (11-13) years and for the benefit of deaf children did not show any difference in the rest of the elements , and the researcher recommends the need for attention to the development of an agility with deaf children in the age group of( 8-10) years , and taking into account the superiority of muscle power in deaf students at the age of

( 11-13) years in the design of their sports programs and directing deaf males to sports activities that depend on the strength and muscular endurance because their muscle strength is higher than their non- deaf peers.