

## The Impact and Effectiveness of Physical Education on Women's Health and Sport, Arab and International Perspectives

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**Abstract:** This study aimed to identify the impact of physical education on the sport and health of women, from the perspectives of Arab and U.S. Physical Education faculty members. This study also identifies challenges faced in the field of sports. The sample was selected randomly from Physical Education professors from the Arab world (116) and Virginia, United States (20). The researcher composed a questionnaire that included three fields: (1) the impact of physical education on women's health; (2) the field of physical education to increase effectiveness; and (3) challenges in the field of physical education and sport. The validity and reliability study tool has been verified. The study's results showed that the impact of physical education on the sport and health of women, their relationship to the level of effectiveness and challenges faced in the field of sports and education, from the point of view of Physical Education faculty members, was medium in general. The lack of statistically significant differences at the level of significance ( $\alpha = 0.05$ ) is attributable to the impact of years of experience and area of expertise. The presence of statistically significant differences in the significance level ( $\alpha = 0.05$ ) is attributable to the impact of sex, in favor of females, as well as the presence of statistically significant differences in the significance level ( $\alpha = 0.05$ ) due to the effect of geographical location, in favor for the benefit of America. The results showed that the field of physical education and its impact on women's sports and health came first, followed by the field of Physical Education to limit the impact of the challenges in the field of sports and education; finally, the impact of the field of physical education to increase efficiency. In light of the results of the study, the researcher recommended the adoption of Physical Education and sports education because of their significant impact on the exercise and health of women. On the other hand, what urged her Physical Education field of sports and education to raise the level of knowledge awareness of individuals through the definition of the objectives and benefits of physical education that benefit the individual and society and linking and employ other sciences physical education and ease the burdens of routine placed on women's sports field of educational access to creative work. This helps adoptions confront the challenges in the field and reduces them through teamwork. Once awareness of the importance of physical education was recognized, and not known merely as fun and play as many thought, and taking into account the social customs of each region along with those in charge of planning programs for the sport of women's access to effective participation, the desired objectives were achieved.

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### 1. Introduction:

Physical Education is a science that looks at humans in terms of physical aspects. Facilitators seek to change the previous concepts of exercise as appropriate only to men to include all spectrums of society. Economic research in the field finds appropriate solutions for low-income individuals to practice various activities, and attempts to harness all available means to take advantage of them on the athletic field. From sport activities at the highest level to that which is practiced for health, women have a significant role in the field in sport and exercise.

Exercise is an essential component of life, but many overlook its importance because achievement is not attained quickly. Therefore, one needs a period of time to determine the repetition and frequency

required in the exercise. This helps individuals reach the so-called fitness and is in the performance of activities daily activity and vitality and reduce the likelihood of exposure to health problems (Al-Battikhi and Hassouna, 2013).

Physical education has an important influence in training on life skills and can be done effectively through physical education, where is the substance of Physical Education of more disciplines fertility and ease Baca sap individuals life skills varied, both practical and intellectual. The sport skills of all types and of rivalries, and the use of various teaching methods, help in the construction and development of an individual's personality, as well as in the skills needed to interact with the surrounding community. So education using the methods developed and

sophisticated and different plays active role in the development and formation of personality of the learner integrated, all aspects of the physical, psychological, mental, social, thus achieve objectives. So choosing the teaching methods appropriate and interesting works to raise the learner and cooperating actors in the lesson and saturation tendencies and desires and thus lead to better learning. It should be noted that the role of women in the development process is built largely on a combination of factors that affect the willingness to participate in development, including: social context, cultural environment, economic development of the community, and state policies. These factors interact to form the socio-economic characteristics of women, which in turn affects the participation of women in the development process of all sectors (Faraj, 1996,11).

Physical education is of interest in developed countries, due to the active role in the preparation of the individual in various fields of life, which includes the physical education part of education, has become a system of educational aims to the overall development of the individual. Bacassaph physical ability, and refine one's mental faculties, and psychological, social, under the supervision of a valid driving, to achieve the highest human values. Aloisi (2009) looks at the games kinetic and education as one of the important means by pigmentation physical education lesson nature of pleasure and fun and relaxation, also seen as a means of educational goals and public education, as well as to contribute richly to improve the functional ability of the various parts of the body. It is also one of the manifestations of Physical Education that occupies a prominent place among the multi-sports activities, so it became the basis of the grounds, which are indispensable in any program of physical education programs, whether recreational or educational programs or therapeutic (Al- Sayeh, 2007).

Despite the widespread availability of sport internationally, the Arab world still deals with women's sport discretely and severely. Arab women face reservation, constraints, and caution when practicing sport, stemming from customs, traditions, and society's perception that prevent them from exercising sports. Marriage encourages women not to exercise, and the weakness of the potential customized for women to exercise (Battikhi, 2013).

Hence this study served to shed light on the impact of physical education on women and their health, as well as to explore its relationship to the level of effectiveness. This study aims to reduce the challenges faced in the field of sports and education, from the point of view of faculty members of Physical Education, from Arab and international countries.

### **Importance of the study:**

The importance of this study in an attempt to detect and identify the impact of physical education on the sport and health of women and their relationship to the level of effectiveness and reduce the challenges faced in the field of sports and education from the point of view of faculty members of Physical Education, Arab and international, and strive towards enhancing the sport of women through physical education, which are thought and educational methods and constructive in order to maintain the health and work of the members of the human body in the form ideal. In addition to seeking to reduce the challenges that women face the field of sports and education, it is hoped that the results of this study, information and recommendations to decision-makers officials, planners and implementers, and those interested in this field in general and women's sports are special, which helps them to access to achieve the desired goals, and this study will enrich the theoretical literature on the subject of the study in terms of the previous studies, and practical results that will be reached.

### **2. Problem of the study:**

Is no longer the practice of physical activity in the present day just for fun, but became aware of a role model and give me a special proceeding, as compared to other sciences, we find his stature and influential and effective among these sciences.

Sports activity is not confined to the exercise of a certain class of human beings as it was in the past centered on men, but rather become includes all categories and sectors of society, including the (young and old, women as well as children).

Women and the current time has become a prominent place of exercise, as studies indicate the results that have a role in achieving results for the sport at the local level and the international and global, in addition to its active role and important role in the educational sector of sports and because of its significant impact on the age groups of community that led to the practice of physical activity.

But this role is tainted by anything from bugs and decreases in the performance of the role of women to exercise physical activity educational sector or sector Sports, task based on the success of this role are stationed to achieve all that is the subject of a planned and drawn through the lofty goals that seek to achieve them, and the pop of Physical Education, which is axis to achieve goals and overcome all difficulties and challenges to women's sports.

This study conducted to know the effect of physical education on the sport of women and their health and their relationship to the level of effectiveness and reduce the challenges faced in the

field of sports and education from the point of view of faculty members of Physical Education, Arab and international.

#### **The goal of the study:**

The study aims to identify the impact of physical education on the sport and health of women and their relationship to the level of effectiveness and reduce the challenges faced in the field of sports and education from the point of view of faculty members of Physical Education, the Arab world and internationally.

#### **Questions of the study:**

1. What is the impact of physical education on the sport and health of women and their relationship to the level of effectiveness and reduce the challenges faced in the field of sports and education from the point of view of faculty members of Physical Education, Arab and international?

2. Is there a statistically significant difference in the significance level ( $\alpha=0.05$ ) of the study sample on the impact of physical education on women's sports and health and its relationship to the level of effectiveness and reduce the challenges faced in the field of sports and educational attributed to variables (sex, geographic location, and the section, and management experience)?

#### **Definition of terms:**

Sports: is a regular movements carried out by the individual to gain access to the so-called performance right, which contains all the elements of fitness, goal is to achieve a balance between the psychological and mental and physical (Hilali,2008).

#### **Determinants of the study:**

This study determined the following:

1. Time limits: This study was conducted in the academic year (2013-2014).

2. Spatial boundaries: this study will be limited to members of the faculty of physical education colleges (the Arab world and Virginia).

3. Objective limits: will be determined by the results of this study, the response of the study sample and numbered (116) faculty member answering on the vertebrae study tool.

#### **Previous studies:**

Through shared researcher on the educational literature on the impact of physical education on the sport of women and their health and their relationship to the level of effectiveness and reduce the challenges faced in the field of sports and education from the point of view of faculty members of Physical Education, Arab and international levels, I got a group of Arab Studies and foreign related to the subject of the study, where she briefly defined and documented, and comes with a display of these studies in ascending order from oldest to newest.

#### **Studies Arab and foreign:**

The researcher (Pirinen, 1997) study entitled to catch up with men, and women's access to sports, which specializes in men, and aimed to show the mechanism that works out letters three in each of equality, marginalization and separation of five new sports for women are: boxing, jumping, Altazlgi and hammer throw and triple jump and jump pole vault, and the study sample consisted of (35) article about the hammer throw and triple jump and pole vault, (5) articles about jumping Altazlgi, (4) articles about boxing, where the results showed that women's participation in sports five less than the man or differ with him.

He also held (Dufresne, 2000) study entitled critical analysis of women's sports at the National Association of Basketball, where he studied and descriptive women's basketball detection through which concepts, especially for women's sports beyond the control of the male, and also found that there is no independence of the sport for women in terms of the concepts used.

Conducted (Dozier, 2000) study on women's sports posts through 25 years ago, where it was found during the study of the increasing number of posts in the women's sports has doubled in the past years are as follows:

- In 1972, the number of women's teams at each university (2.1) team.
- In 1978, the number of women's teams at each university (5.6) team.
- In 1990, the number of women's teams at each university (7.2) team.

The colleges that offer sports for girls number was in 1972 (28) College, and rose to (825) College, and this in turn has allowed a greater opportunity to participate in the women's sport.

And between (Walton, 2002) in a study conducted aimed to learn the practice of women in the United States for the sport of wrestling, where he conducted a historical study addressed the posts for female students in secondary schools of the year (1972-2002), and sample study of society in full, and showed through which Posts in the sport has increased from 2500 to 1972 (and a half million) in 2002.

Held Eabeedat (2005) study on the role of the media in spreading the sport of women from the point of view of students Colleges of Physical Education in Jordanian universities, the study aimed to identify the point of view of students of the faculties of Physical Education in Jordanian universities, in the media's role in spreading the sport of women, the study was conducted on a sample consisted of 381 female students from the faculties of Physical Education in Jordanian universities following: Yarmouk University, Jordan University, Mutah University, and

Al-Hashemia University, and the results of the study were as follows:

- Lack of interest in the sport of women's sports media as required, except in the case of participation of competitive games.
- Media attention and news coverage for the sport of men are larger, follow-up of sports news for the achievements realized by the women.
- The weakness of the media attention athlete to publish the true concept of the sport and supporting women in general.

He also held Al- Rawashda (2006) study on legitimacy to practice the sport of women, and the study aims to identify the controls legitimacy to the practice of women's sport, the results of the study were that Islam permitted women to exercise within the following controls:

- To be a sports practice is permissible and not prohibited.
- That there is no mixing between the sexes or retreat.
- Adhere to the specifications of Islamic dress during exercise.
- That the permission of her guardian, in the exercise.
- The presence of guardian in the case of travel to tournaments and training camps.
- That there is no excessive or damage during exercise.
- That there will be moderation in spending on sports.
- That the woman in the processed during infection.

Conducted Al- Battikhi (2013) study entitled "The role of the parent sports in the upbringing of a generation athlete back to his community achievements sports from the point of view of faculty in the College of Physical Education, University of Jordan," the aim of this study was to identify the role of the mother sports in the upbringing of a generation athlete back to his community achievements Sports, has been selected study sample way intentionality of faculty members in the College of Physical Education, University of Jordan has numbered (29) members, and the researcher has built a questionnaire comprises three fields (the field of native sports, field parameter sports, and field -generation sports ), have included questionnaire in its final form on (17) paragraph designed a whole to detect the opinions and trends of members of the community study of faculty members in the College of Physical Education, about the role of the mother sports in the upbringing of a generation athlete back to his community achievements of sports, has been verified the validity and reliability study tool.

### **Procedures of the study:**

#### **Research Methodology used:**

I used the descriptive survey as the most appropriate approach for the current research, as well as the use of questionnaire and method of data collection.

#### **Study population and appointed:**

The study population and the appointed members of the faculty in the Colleges of Physical Education - in the Arab world and numbered (96) faculty member - in addition to (20) a member of the faculty at the University of Virginia, USA, has been chosen the way intentional, and a total number of (116) a member of the faculty.

#### **Study tool:**

To learn about the impact of physical education on women's sports and health and its relationship to the level of effectiveness and reduce the challenges faced in the field of sports and education from the point of view of faculty members of Physical Education, Arab and international, and the researcher to build and develop a questionnaire, after returning to the literature and related studies, such as: study ( Dufresne, 2000), and the study of (Walton, 2002), and the study of Al- Rawashda (2006), and the study of Al- Battikhi (2013); has formed its image from the initial (25) paragraph, spread over three fields:

- The field of physical education and its impact on women's sports and health and the number of paragraphs (8) vertebrae.
- The impact of the field of physical education to increase the effectiveness and the number of paragraphs (9) vertebrae.
- The field of Physical Education to limit the impact of the challenges in the field of sports and education and the number of paragraphs (8) vertebrae.

This has given the weight listed on a scale of Likert each paragraph of the resolution, and in the following order: the first alternative (always) and was given five degrees, and the second alternative (often) and given four degrees, and the alternative (sometimes) and was given three degrees, and the alternative (rarely) I give two degrees, and the alternative (very rarely) and grade one. The Annex (1) shows the resolution in its final form.

#### **Believe tool:**

To ascertain the veracity of the study tool the researcher distributed as the initial eight arbitrators from faculty members in the Arab world, and from different academic departments related to the subject of the study, and those with experience and competence in the field of study to determine the extent and clarity of drafting paragraphs and affiliation to measure designed to measure, as they were asked to provide any comments they deem appropriate for the development of the questionnaire,

and formed paragraphs questionnaire as primary (25) paragraph, and in the light of the proposals of arbitrators and their observations, was modified the language to some vertebrae, and spinal fusion similar to come out the questionnaire in its final form, has promised to approval by the arbitrators on each paragraph of paragraphs tool by ( 85% ) or more, an indication of the sincerity of the paragraph, and thus verify the truth of the virtual instrument, and formed as the final paragraphs of the questionnaire (21) paragraph, spread over three fields:

- The field of physical education and its impact on women's sports and health and the number of paragraphs (7) vertebrae.

- The impact of the field of physical education to increase the effectiveness and the number of paragraphs (8) vertebrae.

- The field of Physical Education to limit the impact of the challenges in the field of sports and education and the number of paragraphs (6) vertebrae.

And Table 2 shows the sincerity of performance in its final form.

**Table (1): Believe Performance**

Figure fields	Fields	Paragraph numbers	The number of paragraphs
1	Physical Education and its impact on women's sports.	1-7	7
2	Impact of Physical Education, an increase of 8 Hits.	8-15	8
3	3 Physical Education to limit the impact of the challenges in the field of sports and educational.	16-21	6

The Annex (1) illustrates the study tool finalized.

#### **The stability of the tool:**

Was to ensure the stability of the tool using the method of testing and re-testing test-re test)) and that applied to the sample from outside the study sample were its members (22) of the faculty members in the colleges of Physical Education and distributed by hand and with e-mail, and two weeks after re- applied to the respondents themselves were then calculated

reliability coefficient (Reliability) extracted correlation coefficient (Pearson) between the responses of respondents over the two rounds, and analysis showed that the Pearson correlation coefficient of the instrument as a whole amounted to (0.89), a high percentage for the purposes of this study.

**Table (2): Values of reliability coefficients using the Pearson correlation coefficient and Cronbach's alpha equation**

Field	test method and test re- test-re-test	method of internal consistency, Cronbach's alpha
Physical Education and its impact on women's sports	0.92	0.84
The impact of the increased efficiency of Physical Education	0.86	0.85
The impact of the reduction of physical education challenges in the field of sports and education	0.83	0.89
<b>Total score</b>	<b>0.87</b>	<b>0.91</b>

#### **Procedures of the study:**

After confirming the veracity of the study tool and selection of the sample, and obtain regulatory approvals for the implementation of the study, the researcher distributed the questionnaire to members of the study sample, consisting of (116) faculty members of Physical Education ( the Arab world, and America), and it was noted in the model distributor them that their answers will be treated confidentially, and aim for scientific research only, were given enough time to answer the questionnaire, has took the distribution of

the questionnaire and collected via e-mail and by hand three weeks ago, this was facilitated by the universities concerned the task of the researcher in addition to the cooperation of colleagues by e-mail to conduct the study in terms of Surveys distributed and collected from faculty members.

The total number of questionnaires recovered (112) questionnaires from faculty members in addition to the Arab world by America (97%), this has been emptied Surveys recovered in a special computer model as a prelude to the statistical treatment.



To know the effect of physical education on the sport and health of women and their relationship to the level of effectiveness and reduce the challenges faced in the field of sports and education from the point of view of faculty members of Physical Education, Arab and international have been identified three levels of application are:

1. Low degree of application.
2. Medium degree of application.
3. High degree of application.

By adopting the following equation:

(Highest value of the alternative - the alternative minimum value) / Number of levels =  $(5-1) / 3 = 4/3 = 1.33$ .

Based on this result be low grade for the application of  $1 + 1.33 = 2.33$  and specifically from 1 to less than 2.33, and the average grade for the application of the  $2.33 + 1.33 = 3.66$  and specifically from 2.33 to less than 3.66, and the degree of application of high Vtkon of 3.66-5 (Hassouna, 2009).

#### Variables of the study:

The study included the following variables:

First: sex. Secondly, the geographical location. Third section. Fourth: administrative experience.

#### Statistical treatment:

In order to achieve the objectives of the study by answering questions about the study has been the use of statistical treatments appropriate to the study questions, and as follows:

- To answer the first question was to use the arithmetic mean and standard deviation for each paragraph of the study tool.

- To answer the second question was the use of the arithmetic mean and standard deviation for each paragraph of the study tool (T) test and analysis of variance.

- Use the correlation coefficient (Pearson), to find a reliability coefficient using the method of testing and re-testing (test-retest).

- Equation was used Cronbach's alpha (Cronbach-Alpha), to find the coefficient of internal consistency of the fields of study tool.

#### View and discuss the results of the study:

This study aimed to identify the impact of physical education on the sport and health of women and their relationship to the level of effectiveness and reduce the challenges faced in the field of sports and education from the point of view of faculty members of Physical Education, Arab and international, and in applying the procedures of the study and use of statistical treatments appropriate, study results showed that reached need to answer:

The first question: What is the impact of physical education on the sport and health of women and their relationship to the level of effectiveness and reduce the challenges faced in the field of sports and education from the point of view of faculty members of Physical Education, Arab and international?

To answer this question, it has been extracted averages and standard deviations of the fields of study tool, which has been arranged in descending order as well as to determine the degree of application and Table 3 illustrates this.

**(Table 3): Averages and standard deviations, grade and degree of the impact of the application of Physical Education on Women and Sport**

Code Domain	Field	Standard deviation	Arithmetic average	Rank	Degree application
A	A physical education and its impact on women's sports	0.66	3.47	1	Medium
B	B effect of increasing the effectiveness of Physical Education	0.84	3.44	2	Medium
C	C Physical Education to limit the impact of the challenges in the field of sports and educational	0.96	3.32	3	Medium
<b>Fields as a whole</b>		<b>0.72</b>	<b>3.41</b>	<b>Medium</b>	

Seen from the table (3) the impact of physical education on the sport and health of women and their relationship to the level of effectiveness and reduce the challenges faced in the field of sports and education from the point of view of faculty members of Physical Education, Arab and international were intermediate, the average arithmetic (3.41) and its standard deviation (0.72). As for the fields of study came the field of "Physical Education and its impact

on women's sport " level first with a mean total (3.47) and standard deviation (0.66) and the degree of application medium, while The field " effect of physical education to increase effectiveness" came in second place as averaging arithmetic (3.44) and standard deviation (0.84) and also a medium degree of application. The field of "Physical Education to limit the impact of the challenges in the field of sports and education" came third with a mean level was (3.32)

and standard deviation (0.96) and a medium degree of application.

With regard to paragraphs each of the three fields the results were as follows:

### 1. The field of physical education and its impact on women's sports:

Seen from the table (4) that the degree of application of the impact of physical education on the sport of women and their health and their relationship to the level of effectiveness and reduce the challenges faced in the field of sports and education from the point of view of faculty members of Physical Education, Arab and international ranged between high and medium. It has got all the paragraphs on the steps of the application of paragraph medium except for the first and second Vhsalta on the application of a

high degree. Came the first paragraph, which states, "emphasizes physical education of the importance of physical activity for women because it positively affects the" level first with a mean of (3.70) and standard deviation (0.97) and the degree of application are high, and was ranked the last paragraph which states" help Physical Education Working Women in the educational sector to study sports some other sciences and physical education and employ them because of their positive impact on them and their communities, " as the arithmetic average of (3.24) and its standard deviation (1.09) and a medium degree of application.

As for the field as a whole has the arithmetic average of (3.47) with a standard deviation (0.66) and a medium degree of application.

**Table (4): Averages and standard deviations for Answers faculty members from the field of the paragraphs of "Physical Education and its impact on women's sports", grade and degree of application of each paragraph and the field as a whole**

Rank	Figure paragraphs	Paragraphs	Arithmetic average	Standard deviation	Degree application
1	1	Physical Education stresses the importance of physical activity for women to being a positive influence on them	3.70	.970	High
2	7	Defines physical education standards are essential to the value of the educational curriculum, which is the target of women and others.	3.68	1.03	High
3	5	Employs physical education theories of human humanitarian sports to serve individuals.	3.59	1.16	Medium
4	2	There are 4 2 Physical Education creative women in the field of sports by selecting the concepts and controls that are reflected on their performance.	3.47	1.16	Medium
5	3	Physical Education operates pursuant successful educational sector through the understanding of women's sports to the educational status of the message delivered by the light of the specific concepts.	3.34	1.10	Medium
6	6	Alert the physical education of women working in the educational sector of the importance of sports linking educational outcomes with other physical education from other sciences.	3.29	1.23	Medium
7	4	Physical Education helps women working in the educational sector to study sports some other sciences and physical education and employ them because of their positive impact on them and their communities.	3.24	1.09	Medium
<b>Total score</b>			<b>3.47</b>	<b>0.66</b>	<b>Medium</b>

### 2. The impact of the field of physical education to increase effectiveness:

**Table (5): Averages and standard deviations for Answers faculty members from the field of the paragraphs of "The Impact of Physical Education to increase effectiveness" grade and the degree of application of each paragraph and the field as a whole**

Rank	Figure paragraphs	Paragraphs	Arithmetic average	Standard deviation	Degree application
1	12	Increase the activity of the movement of the circulatory system of the human body and the body's balance system in terms of energy production and others	3.69	.950	High
2	11	Shows the impact of Physical Education, Exercise and working conditions on the body and its members.	3.61	1.05	Medium
3	13	Interested in sports science education who is looking and studying the psychological events that accompany the practice of sports activities.	3.59	1.30	Medium
4	15	Individuals to help kill the routine of life through the use of sports activities aimed for entertainment and recreation for the body and improve the work of other functional devices.	3.46	1.07	Medium
5	14	Urges the use of modern teaching methods of educational processes that will raise the levels of students to what is Aimed.	3.39	1.03	Medium
6	8	Highlights the importance of physical education and movement to get rid of pests trendy through health education.	3.29	1.20	Medium
7	9	Make sure physical education on the importance of sports for individuals and urging them through the competition.	3.20	1.04	Medium
8	10	Physical Education aims to give individuals and develop motor skills.	3.15	1.05	Medium
<b>Total score</b>			<b>3.44</b>	<b>0.84</b>	<b>Medium</b>

Seen from the table (5) that the degree of application of the impact of physical education on the sport of women and their health and their relationship to the level of effectiveness and reduce the challenges faced in the field of sports and education from the point of view of faculty members of Physical Education, Arab and international ranged between high and medium. It has got all the paragraphs on the steps of the application medium, except the first paragraph got a high degree of application. Came the first paragraph which states that " increase the activity of the movement of the circulatory system of the human body and body balance in terms of the system of energy production and other " level first with a mean of ( 3.69 ) and standard deviation ( 0.95 ) and the degree of application of high, and the paragraph number (10) came prize the latter, which states, " Physical Education aims to give individuals and motor skills development " as the arithmetic average of (3.15) and its standard deviation (1.05) and a medium degree of application.

As for the field as a whole has the arithmetic average of (3.44) with a standard deviation (0.84) and a medium degree of application.

### **3. The field of Physical Education to limit the impact of the challenges in the field of sports and education:**

Seen from the table (6) that the degree of application of the impact of physical education on the sport of women and their health and their relationship to the level of effectiveness and reduce the challenges faced in the field of sports and education from the point of view of faculty members of Physical Education, Arab and international ranged between high and medium. It has got all the paragraphs on the steps of the application medium. Came the first paragraph, which states, " There are alternative solutions using the means of simple and available for physical activity " level first with a mean of (3.64) and standard deviation (1.28) and the degree of application medium, and was ranked the last paragraph which states " educate individuals sport and accept the social customs in terms of finding alternative solutions " as the arithmetic average of (2.86) and its standard deviation (1.34) and a medium degree of application.

As for the field as a whole has the arithmetic average of (3.32) with a standard deviation (0.96) and a medium degree of application.



**Table (6): Averages and standard deviations for Answers faculty members from the field of the paragraphs of "The Impact of Physical Education reduction challenges in the field of sports and education", grade and degree of application of each paragraph and the field as a whole**

Rank	Figure paragraphs	Paragraphs	Arithmetic average	Standard deviation	Degree application
1	18	There are alternative solutions using a simple means and are available for physical activity.	3.64	1.28	Medium
2	20	Going physical activity field of education as any other type of science.	3.53	1.35	Medium
3	17	Shows the importance of physical activity on the lives and health of individuals.	3.42	1.28	Medium
4	21	Accepts all human needs for human physical activity and employed in its proper place.	3.39	1.36	Medium
5	16	Deepened physical education concepts and mathematical terms in the hearts of individuals and show positive effects on practitioners.	3.07	1.25	Medium
6	19	Sport and educate individuals embrace social customs in terms of finding alternative solutions.	2.86	1.34	Medium
<b>Total score</b>			<b>3.32</b>	<b>0.96</b>	<b>Medium</b>

**The second question: Is there a statistically significant difference in the significance level ( $\alpha = 0.05$ ) in response to the sample of the study on the impact of physical education on the sport and health of women and their relationship to the level of effectiveness and reduce the challenges faced in the field of sports and educational attributed to variables (sex, geographic location, and experience administrative, and section)?**

#### 1. Variable Gender:

To answer this question has been extracted averages and standard deviations of the response of the sample of the study on the impact of physical education on the sport and health of women and their relationship to the level of effectiveness and reduce the challenges faced in the field of sports and education by sex variable, and to indicate the statistical differences between the averages test was used " T. " table 7 illustrates this.

**Table (7): Averages and standard deviations and test "T" of the impact of sex on the response of the sample of the study on the impact of physical education on women's sport**

Field	Gender	Number	Standard deviation	Arithmetic average	"T" degrees	degrees of Freedom	Statistical significance
Physical Education and its impact on women's sport	Male	63	0.60	3.55	-1.221	110	0.101
	Female	49	0.59	3.48			
The impact of the increased efficiency of Physical Education	Male	63	0.63	3.42	-0.773	110	0.134
	Female	49	0.65	3.73			
The impact of the reduction of physical education challenges in the field of sports and educational	Male	63	0.76	2.74	-0.598	110	0.354
	Female	49	0.98	3.44			
<b>Total score</b>	<b>Male</b>	<b>63</b>	<b>0.45</b>	<b>3.23</b>	<b>-1.093</b>	<b>110</b>	<b>0.201</b>
	<b>Female</b>	<b>49</b>	<b>.530</b>	<b>3.54</b>			

\* Statistically significant at the level ( $0.05 = \alpha$ ).

Seen from the table (8) lack of statistically significant differences ( $\alpha = 0.05$ ) due to the effect of sex in all fields.

#### 2. Variable geographical location:

To answer this question has been extracted averages and standard deviations of the response of the sample of the study on the impact of physical education on the sport and health of women and their relationship to the level of effectiveness and reduce the challenges faced in the field of sports and

education as a variable geographical location, and to indicate the statistical differences between the averages test was used " T ", and Table 8 illustrates this.

Seen from the table (8) the presence of statistically significant differences ( $\alpha = 0.05$ ) due to the effect of geographical location in all fields and in

the total score with the exception of the field of physical education and its impact on women's sports, and the differences were in favor of America.

### 3. Variable management experience:

To answer this question has been extracted averages and standard deviations of the response of the sample of the study on the impact of physical

education on the sport and health of women and their relationship to the level of effectiveness and reduce the challenges faced in the field of sports and education by variable managerial experience, and to indicate the statistical differences between the averages test was used " T", and the table (9) illustrates this.

**Table (8): Averages and standard deviations and test "T" of the impact of geographical location on the response of the sample of the study on the impact of physical education on women's sport**

Field	geographical location	Number	Standard deviation	Arithmetic average	"T" degrees	degrees of Freedom	Statistical significance
Physical Education and its impact on women's sport	Arab	93	0.60	3.53	1.221	110	0.223
	America	19	0.59	3.50			
The impact of the increased efficiency of Physical Education	Arab	93	0.63	3.39	-4.773	110	*0.000
	America	19	0.65	3.76			
The impact of the reduction of physical education challenges in the field of sports and educational	Arab	93	0.76	2.73	-7.598	110	*0.000
	America	19	0.98	3.45			
Total score	Arab	93	0.45	3.48	-6.093	110	*0.000
	America	19					
			.530	3.42			

\* Statistically significant at the level ( $0.05 = \alpha$ ).

The table shows (9) contrast ostensibly in the averages and standard deviations of the response of the sample of the study on the impact of physical education on the sport and health of women and their relationship to the level of effectiveness and reduce the challenges faced in the field of sports and education because of the different categories of variable management experience, and to indicate the significance of statistical differences between the averages were using analysis of variance according to the schedule (10).

**Table (9): Averages and standard deviations of the response of the sample of the study on the impact of physical education on women's sport by variable management experience**

	Categories	Number	Arithmetic average	Standard deviation
Physical Education and its impact on women's sport	(1-5) years	35	3.46	0.587
	(6-9) years	31	3.47	0.573
	(10-13) year	27	3.43	0.619
	14 years and over	19	3.52	0.467
	Total	112	3.47	0.593
The impact of the increased efficiency of Physical Education	(1-5) years	35	3.28	0.633
	(6-9) years	31	3.21	0.703
	(10-13) year	27	3.16	0.619
	14 years and over	19	3.14	0.694
	Total	112	3.20	0.661
The impact of the reduction of physical education challenges in the field of sports and educational	(1-5) years	35	3.45	0.826
	(6-9) years	31	3.40	1.015
	(10-13) year	27	3.42	1.046
	14 years and over	19	3.39	0.878
	Total	112	3.44	0.960
Total score	(1-5) years	35	3.40	0.526
	(6-9) years	31	3.42	0.574
	(10-13) year	27	3.34	0.503
	14 years and over	19	3.35	0.431
	Total	112	3.37	0.524

**Table (10): ONE way ANOVA of the impact of managerial experience on the response of the sample of the study on the impact of physical education on women's sport**

	Source	Sum of squares	Degrees of freedom	Average squares	Value of T	Statistical significance
Physical Education and its impact on women's sport	Between groups	9.056	3	3.019	1.112	.6500
	Within groups	131.187	108	.3310		
	total	140.243	111			
The impact of the increased efficiency of Physical Education	Between groups	1.352	3	.4510	1.030	.3790
	Within groups	173.158	108	.4370		
	total	174.510	111			
The impact of the reduction of physical education challenges in the field of sports and educational	Between groups	12.581	3	4.194	1.677	.4030
	Within groups	355.084	108	.8970		
	total	367.665	111			
<b>Total score</b>	Between groups	0.196	3	.0650	.2370	.8710
	Within groups	109.375	108	.2760		
	total	109.571	111			

\* Statistically significant at the level ( $0.005 = \alpha$ )

Seen from the table (10) the lack of statistically significant differences at the level of significance ( $0.005 = \alpha$ ) are attributable to administrative experience in all fields.

#### 4. Variable section:

Was extracted averages and standard deviations of the response of the sample of the study on the impact of physical education on the sport and health of women and their relationship to the level of effectiveness and reduce the challenges faced in the field of sports and education as a variable section, and to indicate the statistical differences between the averages test was used "T", and the table below illustrates this.

Seen from the table (11) having a statistically significant difference ( $0.005 = \alpha$ ) due to the impact of the section in the field of the impact of physical education to increase effectiveness and came in favor of the department of supervision and teaching.

Following is a discussion of the results of the current study, in the light of what emerged from, according to the questions, which are as follows:

**Discuss the results related to the first question: What is the impact of physical education on the**

**sport and health of women and their relationship to the level of effectiveness and reduce the challenges faced in the field of sports and education from the point of view of faculty members of Physical Education, Arab and international?**

Seen from the table (3) the impact of physical education on the sport and health of women and their relationship to the level of effectiveness and reduce the challenges faced in the field of sports and education from the point of view of faculty members of Physical Education, the Arab world and was the medium, and can be explained by the fact that there is a role for physical education to promote sport women and strive towards reducing the challenges encountered, but this role is tainted by anything from bugs and decreases, it is better to strive to overcome the difficulties of women's sport is not that to reduce it by means of routine, it is possible to be at the expense of her sport or some aspects that are specific to, in addition to linking a competitive sport educational competitive sport (educational field).

**Table (11): Averages and standard deviations and test "T" of the impact on the response section of the study sample on the impact of physical education on women's sport**

Field	Section	Number	Standard deviation	Arithmetic average	"T" degrees	degrees of Freedom	Statistical significance
Physical Education and its impact on women's sport	recreation Health	36	.630	3.48	-1.277	110	0.223
	Supervision and teaching	42	.490	3.57			
	Training	33	0.67	3.49			
The impact of the increased efficiency of Physical Education	recreation Health	36	.630	3.60	-0.385	110	*0.000
	Supervision and teaching	42	.740	3.63			
	Training	33	0.72	3.45			
The impact of the reduction of physical education challenges in the field of sports and educational	recreation Health	36	.950	3.16	-1.109	110	0.314
	Supervision and teaching	42	.980	3.17			
	Training	33	0.88	3.47			
Total score	recreation Health	36	.530	3.41	-1.719	110	0.398
	Supervision and teaching	42	.510	3.45			
	Training	33	0.61	3.47			

\* Statistically significant at the level ( $0.005 = \alpha$ )

Following is a discussion of the paragraphs of the fields of study in accordance with the results obtained by:

#### **The first field: Physical Education and its impact on women's sports:**

Be this field (7) paragraphs and table (4) shows that the impact of physical education on the sport and health of women and their relationship to the level of effectiveness and reduce the challenges faced in the field of sports and education from the point of view of faculty members of Physical Education, Arab and international, according to the paragraphs of the field of " Physical Education and their impact on women's sports, "has got all the paragraphs on the steps of the application of a medium with the exception of paragraphs obtained the degree of implementation are high, came paragraph (1), which states," emphasizes physical education of the importance of physical activity for women because it positively affects them " in the first place and degree of application high, and attributed the researcher this result that there is a clear interest by the planners of the education curricula of sport the importance of physical activity and because of its significant impact on the practitioner, while came paragraph (4 ), which reads " help physical education of women working in the educational sector athlete on the study of some other sciences and employment to education and sports because of its positive impact on her and on her community " came in the last degree of application medium, is due to the large burden on women's sports operating the educational sector in addition to the requirements of daily life and lack of time, then turn impediment to

follow up and connect and recruit other science education Sports, or perhaps weakness of the curriculum or the lack of attention by the leaders employ other sciences physical education, and encourage follow-up because of its many benefits accrue to the sector as well as those interested in geriatrics and gerontology.

#### **The second field: the impact of the increased efficiency of Physical Education:**

Be the field of eight paragraphs and table (5) shows that the impact of physical education on the sport and health of women and their relationship to the level of effectiveness and reduce the challenges faced in the field of sports and education from the point of view of faculty members of Physical Education, Arab and international, according to the paragraphs of the field, " the impact of physical education increase Hits, " has got all the paragraphs on the steps of the application of a medium with the exception of the first paragraph I got the degree of implementation are high, came paragraph (12) which states that " increase the activity of the movement of the circulatory system of the human body and body balance in terms of the system of energy production and other " ranked first and degree of application are high, and attributed this finding to the effect of physical education and physical activity on the human body in general and the members of his body targeted in particular, while came paragraph (10 ), which reads " aimed Physical Education to give individuals motor skills and develop " ranked last degree of application medium, and due to the fact that physical education gain the knowledge and skills of individuals to

exercise-induced crisis and is working to develop as well, but practitioners are supposed commitment to exercise physical activity in order to achieve the above.

**The third field: the impact of the reduction of physical education challenges in the field of sports and education:**

Be this field (6) vertebrae, and Table 6 shows that the impact of physical education on the sport and health of women and their relationship to the level of effectiveness and reduce the challenges faced in the field of sports and education from the point of view of faculty members of Physical Education, Arab and international, according to the paragraphs of the field " effect Physical Education reduction challenges in the field of sports and education, " it has got all the paragraphs on the degree of application of medium.

Came Paragraph (18), which states, "There are alternative solutions using the means of simple and available for physical activity " in the first place and the degree of application of medium, can be explained by the fact that the constructive efforts and based on the work effectively and going Mounhy sense in terms of the use of available resources the best methods, this was followed by paragraph (19 ), which reads " educate individuals sport and accept the social customs in terms of finding alternative solutions " came in the last degree of application medium, and strengthen the researcher this result to the social customs vary from one society to another and cannot be grasped by and acceptable to all.

**Discuss the results for the second question: Is there a statistically significant difference in the significance level ( $\alpha = 0.05$ ) in response to the sample of the study on the impact of physical education on the sport and health of women and their relationship to the level of effectiveness and reduce the challenges faced in the field of sports and educational attributed to variables (sex, location geographical, and management experience, and section)?**

**1. Variable Gender:**

Seen from the table (7) lack of statistically significant differences ( $\alpha = 0.05$ ) due to the effect of sex in all fields, is because that actually tangible and between faculty members, whether they are male or female, is due also to the qualifications they hold and what her the impact of a clear outlook of transparent and non- biased.

**2. Variable geographical location:**

Seen from the table (8) the presence of statistically significant differences ( $0.005 = \alpha$ ) due to the effect of geographical location in all fields and in the total score with the exception of the field of physical education and its impact on women's sports, and came differences in favor of America, attributes

the researcher this result to the nature of the goals that seek all hand to achieve and available human and material resources available and the incompatibility of the characteristics of each community with the other, as for the differences that did not appear in the field of physical education and its impact on women's sports, is due to agree the Arab and international the impact of physical education on women's sports.

**3. Variable management experience:**

Seen from the table (10) the lack of statistically significant differences at the level of significance ( $0.005 = \alpha$ ) is attributed to the experience of management in all fields, and can be explained by this result that the ideas converged somewhat, and this means that the name of managerial experience has no effect answers members the study sample of faculty members.

**4. Variable section:**

Seen from the table (11) having a statistically significant difference ( $0.005 = \alpha$ ) due to the impact of the section in the field of the impact of physical education to increase effectiveness and came in favor of the department of supervision and teaching, and can be explained by the fact that members of the faculty of the Department of supervision and teaching of the leaders in the field in addition to the academic and their sources and references, especially related to their major and centered on understanding the nature of the curriculum and its impact on the recipients.

**Conclusions:**

1. That there is a role for physical education to promote women's sport and the pursuit of the reduction of the challenges encountered, but this role is tainted by anything from bugs and decreases, it is better to strive to overcome the difficulties of women's sport is not that to reduce it by means of routine means routine, it is possible to be at the expense of her sport or some aspects that are concerned with out, in addition to linking competitive sport competitive sport educational ( educational field ).

2. There is a clear interest by the planners of the education curricula of sport the importance of exercise and physical activity because of its significant impact on trainer.

3. Frequent burden on women's sports operating the educational sector in addition to the requirements of daily life and lack of time, this in turn impediment to follow up and connect and recruit other sciences physical education, or perhaps weakness of the curriculum or the lack of attention by the leaders recruit other sciences physical education, and encourage follow-up to her of the many benefits accrue to the private as well as those interested in geriatrics and gerontology.



4. Physical Education individuals gain the knowledge and skills to practice crisis activity and are working to develop as well, but practitioners are supposed to have commitment to the practice of physical activity.

5. Social customs vary from one society to another and can not be grasped by and accepted by all.

#### **Recommendations:**

In light of the results of the study recommended that the researcher working on the adoption of Physical Education field of sports and education because of their significant impact and build on exercise and maintaining health of women and to overcome the difficulties faced by this side, on the other hand what urged him Physical Education field of sports and education to raise the level of knowledge awareness of individuals through the definition of the objectives and benefits of physical education that benefit the individual and society and linking and employ other sciences physical education and ease the burdens of routine placed on women's sports field of educational access to creative work, and this helps adoptions confront the challenges the field and reduce them through teamwork. Once awareness of the importance of physical education and not being a fun and play as many thought, and taking into account the social customs of each region along with those in charge of planning programs for the sport of women's access to effective participation and thus achieve the desired objectives.

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