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# Abstract

论文集

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**Abstract.** The regular participation in physical activity is accompanied with increased and improved mental and physical well-being and causes changes in self perception. The purpose of this study was to compare perceived and actual physical abilities in active and inactive female students. 182 active and inactive female students with age range of 18 to 29 years were randomly selected. For this purpose Assessment of Physical Activity Questionnaire to evaluate the active and inactive subjects and physical self description questionnaire for the individual perception of competence (capability) were used. Also to assess the actual physical features (trunk muscular endurance, upper body muscular endurance, cardiovascular endurance, flexibility and body composition) set AHPHERD tests were used. Data analysis was performed by using paired t-test and independent t-test. Results showed that active students were higher than inactive students both in perceptions of physical competence and actual physical capabilities. The results also showed active students had lower perceptions of their real capabilities than inactive students, while the inactive students' perceptions of physical competence were higher than their actual physical capabilities. In conclusion of these results can say physical self description and self-esteem are the most important characteristics of mental and physical health and physical activity is an appropriate mean to improve and increase self esteem and positive perception of self.

**Keywords.** Perceived Physical Ability, Actual Physical Ability, Active and Inactive Student

## **The Comparison of Mental Skills Profile of Young Iranian Elite Wrestlers in Various Weight Classes**

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**Abstract.** Mental skills are considered one of the major components of performance in high levels of athletic competition. On the other hand, athletes of every sport for improving and achieving their peak performance need different incentive and mental skill factors. However with regard that the wrestling is a combat sport and the psychological preparation has of special importance and with possible differences in mental states in various weight classes, the purpose of this study was to compare the mental skills profile in different weight classes in wrestlers. Method of study was

comparative-causative. 240 wrestlers with age range of  $18.5 \pm 0.839$  years in the form of 32 teams participating in the Youth Championship in Iran (2010) were selected as Statistical sample. To gather information about wrestlers mental skills South Australian Sports Institute (SASI) questionnaire was used. Wrestlers according to their weight classes categorized in one of these classes, lightweight, middleweight and heavyweight. Data analysis was done by using analysis of variance (ANOVA). The Results of the study showed no significant differences in any of mental skills (motivation, concentration, self-confidence, control mental state, mental imagery and goalsetting) among the three weigh classes; lightweight, middleweight and heavyweight. Previous research have compared mental skills between athletes of different sports and different levels of skills and with regard that the wrestlers in this study all were elite athletes and participated in many of tournament in national and international level. Therefore, it is expected that they may have equal psychological feature. However, coaches should always keep individual differences in mind when working with individual athletes, although these slight changes in individual differences can make a big change in success.

**Keywords.** Mental Skills, Elite Wrestlers, Wrestling Weight Classes

## **The Effect of Verbal Persuasion on Bench Press Record in Body Builder Athletes**

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**Abstract.** Instructors by giving provocative talk before the game try to control the behavior of athletes. Therefore, coach's motivational talk is the most effective external factor that motivates the athletes. Thus, with regard to the role of verbal persuasion in improving athlete's performance, the purpose of this study was to investigate the effect of verbal persuasion in improving the bench press record in bodybuilder athletes.

For this purpose 40 male bodybuilder athletes with age range of 18 to 32 years selected and randomly divided into experimental and control groups. First, initial recording (pre-test) was taken and then the weights were increased by 5 percent, and again the experimental group with verbal persuasion and control group without verbal persuasion were engaged in taking records (post-test). Data analysis was performed by using paired and independent t-tests.