

**THE IMPACT OF USING DISTRIBUTED PRACTICE ON SOME
ELEMENTS OF PHYSICAL FITNESS AND SOME
ANTHROPOMETRIC VARIABLES AMONGTHE STUDWNTS OF
THE PHYSICAL EDUCATION COURES AT AL-ZAYTOONAH
UNIVERSITY OF JORDAN**

DR.BASSAM YOUSEF ABDELRAZEQ

**ACCEPTED WITH CONTENT UNALTERED TO PUBLISH WITH JOURNAL
TOURISM, HOSPITALITY AND SPORTS, ISSN (PAPER) 2312-5187 ISSN (ONLINE)
2312-5179**

DEPARTMENT OF EDUCATIONAL SCIENCES,

FACULTY OF ARTS

AL-ZAYTOONAH PRIVATE UMIVERSITY OF JORDAN, JORDAN

ABSTRACT

This study aimed at identifying the impact of the use of distributed practice on some of the elements of physical fitness (transitional speed, muscle ability, maximum strength, flexibility, agility) and some anthropometric variables (body weight, abdominal fat, below the blade bone, behind the hummers). The researcher usedthe empiricalmethod, and the study sample included 15 students enrolled in the course of physical education at Al-Zaytoonah University. Après-measurement was conducted, and then the training program was applied for a period of 8 weeks at a rate of three training units per week.The results of the study showed improvement and development in the physical fitness elements (transitional speed, muscle ability, maximum strength, flexibility, agility) and in the anthropometric variables (body weight, abdominal fat, upper arm fat). According to that, theresearcher recommends the use of distributed practice to improve and develops physical fitness elements and anthropometric variables. The researcher also recommends conducting other studies regarding the rest of physical fitness elements and physical and anthropometric variables.