

The effect of mental training associated with the practice of technique using a visual technique (3D VR) and acoustic insulation in the development of some boxing motor abilities in the team of the Faculty of Physical Education and Sports Science

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Abstract

The importance of the research lies in the use of the technique of mental training techniques (3D VR) and audio insulation) at a level that supports the learning of some basic boxing skills using various exercises and tools in the method of mental training as well as the use of glasses (3D VR) and audio insulation. The problem of research came from the field observation of the researcher and his follow-up to the methods of boxing. Traditional methods are often used to learn skills and lack of diversity using methods. This may lead to boredom and boredom among the learners, as well as lack of use of mental training in learning motor skills by teaching, boxing that the student did not have a clear picture of the typical performance of the overall skill. The aim of the research was to identify the effect of the technique of mental training using 3D VR technique and the acoustic isolation in learning some basic boxing skills. As for the imposition of the research, there are statistically significant differences between the results of the tribal and remote testing of the experimental research group in learning some basic boxing skills. The researcher used the experimental method to design a single group with the same tribal and remote tests, in order to suit the nature of the research problem. The research community is a boxing player in the College of Physical Education and Sports Science, which consists of (13) boxers. In the light of the findings of the researcher has concluded. The mental training works to develop the motor precision and motor compatibility of Iraq's youth in boxing. The researcher recommended to pay attention to mental training as a training tool that complement the physical, skill and plan preparation and attribute these exercises.

Keywords: mental training, visual technique, oxing motor abilities

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I. Introduction to research and its importance:

The progress achieved in various games and sporting events in most countries of the world was not by chance but rather as a result of the use of modern scientific methods and methods in planning sports education and as a result of the interest of most scientists and researchers in the development of the level of these games and events in general and the level of performance of some basic skills in boxing in particular.

Their interest was on the educational aspects, so specialists sought to find the best ways to help the learner learn skills, including mental training, because the educational process for motor skills depends on the interconnection between mental training and skill training simultaneously, so it is necessary to pay attention to these two aspects to develop the skill level and stability of performance. And because of the importance of mental training in visualizing skills to know the correct motor path with the use of modern techniques to display the skills, the learner has the correct motor path for the skills to be learned and help in the ability to learn systematically, so the trainers paid attention to developing educational curricula that include mental exercises to reach a balance between the two educational and mental methods. For the purpose of learning some skills and gaining the development of the level of motor skills and their development and expectation of better performance.

The use of 3D VR (and auditory isolation) technologies at a level that supports the learning of motor skills by displaying some skills by means of VR (3D), where the skill is displayed in three-dimensional form and helps to limit the focus of the learner's attention to the skill to know the movement parts of the skill required to be learned so that the learner has a general idea About the skill and the method of performing the skill, as well as it is characterized by a 360-degree angle of vision, while the acoustic isolation (headphone) helps the learner to block the noise of the external environment and focus on listening to the steps of performing the skill through a program to explain the skill and the learner is in a state of relaxation and visualizes the steps of performing the skill by listening With stethoscope and mental visualization of skill steps.

Hence the importance of research in using the mental training method with 3D VR techniques (and auditory isolation) at a level that supports learning some basic boxing skills using different exercises and tools using the mental training method, as well as the use of (3D VR) glasses and hearing isolation headphones.

Research problem:

The use of modern technologies constitutes an important and necessary case in the educational process, and the boxing game is one of the individual games that require a great individual effort in order to achieve success and progress through learning and mastering the skillful performance, the researcher noted through field observation and his follow-up to the boxing curricula, traditional methods are often used. In learning skills and a lack of diversity using methods, this may bring boredom and boredom to the learners, as well as the lack of mental training in learning motor skills by the instructor, as well as the specificity of skills performance in boxing that the learner student did not have a clear picture of the typical performance in general for the skill and the situation in which The body is in it during the performance, as mental training is a complementary process to the mental training process.

Therefore, the researcher decided to use modern technologies and link them with the method of mental training using 3D VR technology and auditory isolation in learning some boxing skills, as the focus is on

the effort of the learner being the effective element in the educational process to see results by linking them with the method of mental training.

Research objective:

Identify the effect of mental training using 3D VR technology and auditory isolation in learning some basic boxing skills.

Research hypotheses:

The presence of statistically significant differences between the results of the pretest and after the experimental research group in learning some basic skills of boxing.

Research areas: The human field: Second stage students of the College of Physical Education and Sports Sciences / University of Baghdad.

Timing range: 3/3/2019 to 05/29/2019

Spatial domain: Boxing hall in the College of Physical Education and Sports Sciences / University of Baghdad

AI. Theoretical and previous studies:

Mental training:

The calculation of mental training is one of the learning methods that contribute to the development of many skills and abilities that depend on improving their performance in the central nervous system. Mental training in general means that desertification and linear self-movement is a traffic skill and it contains desertification, sight, hearing, and sensation factors other than the performance of muscle movement despite the provision of Training and mental cognitive applications you are interested in and use in the field of sports recently and relatively competitions have become important through the preparation of boxers during competitions, where they depict the movements and positions and the movements of competing boxers, as well as the place of the track and the table are the referees. All this requires in addition to the physical abilities of the skills, my plans, and mental abilities to help him in solving the problems that he faces during training and competitions.

It is known as mental training (it is a type of purposeful training that is carried out through the development and development of mental skills while increasing the ability to repeat the performance of re-stabilization and improving the quality of the training system with the ability to relax, re-recover and prepare for it. Competitions) (1). Also known as (regular mental skills training aimed at controlling and modifying mental or physical sports behavior to reach irrigation levels in Dah Supreme) (2).

It is defined as (the flow of mental or mental performance can be through the mind of mathematical programming so that it responds according to this programming to it) (3), and there is another definition which

is one of the main ways to gain control and focus attention (4), also known as the skill of repetition Ba NH embedded At the MH level without seeing you learn it physically) (5).

The researcher knows mental training ((as the performance of the motor skills and the mediator of the stimuli connects the central nerve through the senses and the multiple nervous systems of the central nervous system with the spinal cord and nerves to the sensory-motor performance without the medial muscular system)).

Types of mental training (6):

There are two types of mental training: direct and indirect:

1. Direct mental training: It includes:
 1. Mental visualization:
 2. WIM w's (focus of attention, distribute attention, distraction, unity of attention).
3. Indirect mental training: It includes:
 1. Describe the skill of reading.
 2. Watching movies.
 3. Describe the hearing and skill.
 4. Watch live models.
 5. An instruction book.
 6. Dmg between audiovisual aids.

The importance of mental training:

AAD is complementary to mental training for physical and tactical training of great importance in integrating e boxers to enter the competition relay, the fact that this training includes visualization of motor skills in an exemplary manner through accuracy, effective performance and other offers Training and means of knowledge give the boxer the ability to control his thoughts and behavior and also contributes to Increased self-confidence, ((Mental training works to develop skill, as in this type of training the signals are transmitted from Father Mag to the muscles without movement, and the visual movement programs in the mother are organized into asymmetric with the nerve impulses to carry out the movement (7).

The researcher believes that mental training contributes to increasing the effectiveness of the skill performance of boxers by promoting programs and images of events during training and competition, and this increases the ability and willingness to respond to what comes after, as well as in terms of its contribution to the development of the characteristics and capabilities of the motor dependence on the effectiveness of the central nervous system.

Objectives of mental training) (8):

Mental training aims to develop the individual to reach the required levels through:

1. Increase the quality of the ideal job situation by developing the mental skills associated with it.
2. Increased repeatability, stability, and perfect control performance.
3. Removing obstacles to general development.
4. Attention watch.
5. Reflection of isolation.
6. Get to know the body.
7. Self-support.
8. Programming the subconscious mind.

Stages and requirements of mental training) (9):

The mental preparation stage: which aims to learn muscle relaxation, which represents the main basis for controlling positive change.

B- The stage of training on mental methods: It aims to learn alternative systems of self-control, methods of self-direction, self-formation, methods of mental perception, and their impact on their association with the alternative state of consciousness.

C- The mental strength training phase: It aims to integrate mental skills in the first and second stages and apply them in different areas.

The role of mental training in sports training and motor performance (10):

Most of the sources on sports training were prepared from:

1. Physical training.
2. Skills training.
3. Cognitive training.
4. Psychological training.

The first and second types of the aforementioned exercises are aimed at confronting the player, acquiring skills, and preparing for the competition, but for the third and fourth types in the field of psychology, which contribute to giving more information and knowledge for the purpose of preparing for sports competitions. The way the player thinks affects his behavior in training and competitions, and this type of training provides procedures and cognitive means that provide players with appropriate methods that contribute to controlling thoughts and modifying behavior to reach the best athletic level, and mental training as one of the dimensions of cognitive training plays an important role in Acquiring and learning skills and knowledge, which is one of the key parts of preparing a player to enter competitions.

As for the role of mental training in motor performance, it is the need for to learn as a result of repetition and correction, and many methods of learning and development of skills and motor skills have emerged, including training of mental and sports learning, as many studies have proven the effectiveness of this type of training and its positive impact on learning and motor performance.

Mental training provides learning of cognitive elements and components through mental retrieval and in this way helps the learner to think about how to perform the skill, and begins to anticipate the successive series in each activity or movement, and comes through similar previous experiences and distancing. It is one of some inappropriate and unwanted movements in performance, and here we must remember that he did not learn great to happen in motor abilities only through mental training, but rather a stimulus through the participation of components and elements of training (11).

Note that mental training contributes to the organization of cognitive elements and planning for movement and performance, but it does not participate much in direct physical movements, as it contributes to effective learning, development of skills and movement abilities, increased recognition and also helps the learner to control attention and isolate thinking (12).

The mental training application in developing learning skills and motor abilities takes the first forms where there are preparations and creativity during learning, performance, and competition by strengthening the neural pathways for nerve signals sent from the central nervous system to the working muscles and the second that the mental stage of training will help the player achieve a greater understanding of the nature of his skills and his motor capabilities (13).

Steps of mental training:

The process of acquiring mental skills training requires the following steps:

Relaxation:

It is a temporary and intentional withdrawal from motor activity, and relaxation is characterized by tension motives, a state of stillness and neglect of the senses, and relaxation is defined as the ability of the individual to reduce his tension and control his emotions (14).

To learn and develop motor skills and abilities enhanced in a state of relaxation or alternating between learning and relaxation must also be sports training that contains relaxation skills regularly like any skilled sport, as it helps to relax when I give up all unwanted nerve impulses so that he can focus on my training (15).

The process of exchange between performance and the speed of relaxation is the focus of the training and educational process, as there are many athletes who fail to achieve the best level of them during competition due to the tension and anxiety that accompanies competition, which leads to the contraction of all muscles instead of a contraction and contraction of the muscles involved in the performance of the skill Just. There are two types of relaxation:

1. Muscle relaxation: This work is done by the player to focus on the muscle and try to tighten and then relax to the maximum and then move to another muscle group, usually from tension and relaxation, and so on to include more muscle groups that can tighten and then relax. This relaxation includes several methods, including (16):

Imaginary relaxation: This type of relaxation is based on changing the current environment to one that is comfortable and calm.

Relaxation Series: Relaxation by muscle contraction and relaxation is used mostly for competitions.

Dynamic relaxation reactions: This type of relaxation gives the individual biological information back to all the physiological functions of the organs and with the help of this information the self-regulation of these physiological systems can be learned.

2. Mental relaxation: The role of mental relaxation comes after the completion of the training to relax the muscles that help reduce muscle tension and contribute to reducing psychological pressure, and focus on relaxing Father Mag from other influences and focusing on the muscles, as there will be mental relaxation. The individual tries to direct his thinking towards a certain point and then begins with mental relaxation and getting rid of the excessive excitement in the brain that has nothing to do with the skill to be thought.

Sections of mental relaxation (17):

1. Relaxation response: which aims to achieve a psychological state characterized by complete awareness, lack of effort, automatic relaxation, and focus of attention.

2. Control of breathing: breathing is the key to all methods of relaxation and it is the most effective way to control stress and anxiety, and that breathing patterns differ when they are a guide and in a relaxed state when compared to anxiety and nervousness.

3. Cognitive relaxation: It includes

1. Stop thoughts: Stop negative thoughts while preventing negative impulses and creative thinking in the building has been replaced by a boxer like stopping the fear of another duel boxer at a good level.

2. Logical thinking: It is an effective method when it is difficult to get rid of negative thoughts. This method aims to present and discuss irrational ideas as a way to teach a boxer to think logically and solve problems such as thinking about a plan to get rid of an opponent's attack.

C- Positive self-talk: Here the boxer should end the hands of negative thoughts, then ask him to identify positive self-statements and replace negative statements such as the self-titled (I must win) (I must score a goal).

A deceased person was recruited from T. Mental pictures ((18)):

It can be used in cases of mental perception of the next:

- Make the right decision.
- Ways to develop gameplay.
- Improve the level of performance.
- Solve problems.
- Correct errors.
- Split time for the performance.

Models of mental perception ((19)):

- Visualize the E performance model.
- Visualize the best level of performance.
- Visualize the correct place and time to perform.
- Visualize performance errors to get rid of them.

Building perception of mental motor skills:

Building mental imagination skills depend on the kinematic images of the kinematic programs of the motor program, and mental visualization skills can also be built by relying on successive events that carry meaning and purpose within this motor performance (20).

En the internal images of mental perception of the motor skills to deal with the first impression takes through him in the internal psychological field of the boxer, and next to the first impression there are internal sensory processes that interact with this impression and give mental perception the motor skills (21).

The researcher believes that when the boxer, through his movements with the trunk and the circumference, where the boxer makes various movements with the girdle and dives, precedes the pushing of the sleeve and the attack, he gives a clear impression and picture of what is required of him in a disease that is not quantitative and beyond. Contender dives disturb Y of the quantum competitor to open holes in the opponent's defense and then push the quantities towards the opponent.

Basic skills in boxing (22):

It is a group of the former defensive and offensive basic whose skills and experiences in the boxer's engine and competitiveness through their learning, comprehension, and mastery of organization based on scientific foundations on key factors such as standing on standby, learning offensive, and mastering their punches through which can be pushed as quickly as possible and invest time Appropriate for their performance on the basis of kinematic harmony as well as learning and mastering defensive movements that belief in not hitting the boxer with his opponent's punches, learning counter-offensive punches to master them, and linking technical punches to the offensive and defensive suit, the terms of striking.

The readiness pause: (It is the initial position in which the boxer can perform his basic skill in an appropriate manner and is constantly ready to implement the required and what is planned, as well as the awareness of the competitor's intentions and he must do so. The position throughout the match, but it must change the conditions of the arms, torso, and legs according to the way the opponent plays it. It is necessary to know how the boxer first stops the traditional preparation and can change the simple change according to his potential opponent, both physical and kinetic) (23).

A position is defined as a boxer who can continue to execute his plans quickly and at the same time to avoid the opponent's punches. "[24]

“So it is the basic general situation, which is essentially necessary for the performance of motor skills with offensive, defensive, and careful precision (25).

Among the advantages of the readiness pause (26):

1. Relaxation: is for the boxer's muscles to be in a state of relaxation from the fruit at the right time because the muscular-tensile boxer loses strength and speed, as well as the occurrence of fatigue.

The researcher expressed it in the boxer's ability to tighten the articular muscle masses and the purpose required of it is to give the longest stretch of rest and economic effort to make these muscle masses and employ the direction that serves the perceived side. The boxer and at the right time also gives him the ability to continue galaxy and communicate in performance and the longest possible period of time, speed, and accuracy required while performing defense or offensive skills in a harmonious way, as well as removing tensions that affect the muscles. Participate in the performance.

2. Coverage: absolutely good preparedness requires that the handsome boxer himself to repel the opponent's punches to cover the exposed target that is allowed to you as much as possible is the same injury that you may suffer during divisions. And score points against him.

And the seeker crossed the important pillar through which the boxer can protect the permitted areas for punching, give him the ability to defend and the appropriate timing to thwart a rival attack, as well as direct punches to respond according to the requirements of the rival movement. Ay saw where the arms are placed on top and adjacent to the table cm from the sides and the head is fully protected by closing the provisions and looking from the back above the front fist and moving the arm towards the opponent and warning him constantly.

3. Ease of movement: choosing the appropriate distance between the feet for the readiness stance and in proportion to the area of the pelvis leads to the ease of movement of the boxer in defense and attack and the implementation of his defense and offensive plans easily and easily.

4. Balance: It is the boxer's ability to move easily and balance throughout the duration of the match and to maintain the balance of the body by pushing punches and defending the opponent's punches and maintaining the stability of the body in defensive performance while taking advantage of the relationship between the weight of the center of the body and the base on which the boxer depends, as well as the ability of the boxer On the offensive performance and maintaining the correct posture of the body in a balanced way.

BI. Research methodology and field procedures

Research Methodology:

An experimental method for the researcher used to design one equal group in the previous and subsequent tests, and you are in relation to the nature of the research problem

Society and Research Sample:

The research population was determined by the intentional method. They are players who reveal boxing in the College of Physical Education and Sports Sciences consisting of (13) boxers

Research tools and electronic information gathering methods:

The researcher's use of the means by which to access the results, and these devices, tools, and methods are:

Devices used in research:

1. DVR Glasses Optical Virtual Reality Type (SAMSUNG)
2. The type of noise-canceling earphone (SAMSUNG)
3. Boxing ring
4. Boxing gloves
5. The laptop type (DELL).
6. The type of video camera (Sony) for documentation.
7. View data

The tools used in the research:

1. Various stationery.
2. Various training tools.

Means gathering information:

1. Arab and foreign sources.
2. The World Wide Web for Internet Information.

Survey Experience:

An exploratory experiment on Sunday was a brief summary on 3/3/2019 at exactly ten in the morning to find the best way to obtain accurate results before implementing the teaching curricula on a sample from the research community itself and on a sample from the research community. (13) Boxers and the objective of the exploration experiment is:

1. Ensure that the paragraphs of the educational curriculum are correct.
2. Knowing the difficulties and problems facing the researcher.
3. Identifying the errors and expected obstacles in implementation and trying to develop solutions before starting the implementation of educational curricula.
4. The validity and suitability of the paragraphs of the educational part of the mental training method used in the research and the extent of students' responses to them.

Pre-exams:

The pre-tests were conducted for the research sample on Sunday. A brief summary on 6/3/2019 at exactly ten o'clock in the morning in the boxing hall of the College of Physical Education and Sports Sciences / University of Baghdad Compilation of the research and experimental groups after the results of the tests were unloaded into the discharge form.

Educational units

The boxing educational curriculum has been developed

Implementation of educational units

The induction units were given and then the implementation of the educational units began on the research group consisting of (24) educational units, i.e. for a period of (12) weeks, at the rate of (2) units per week for one day on Sunday and a quarter of each week, starting on March 10, 2019.

Post-tests:

After completing the application of the curriculum, subsequent tests were conducted for the research sample and the absorption of experimental research groups on Wednesday with a brief summary 5/29/2019 at the time of the tenth, and the Boxing Hall of the College of Physical Education and Sports Sciences / University of Baghdad, and here every researcher is committed to the same way in which the initial tests were conducted In terms of time, conditions and procedures, with the same assisting work team, and the data is emptied in the discharge form.

Statistical methods:

The researcher used the SPSS statistical bag to contain all the treatments of the research study.

IV. Presentation and discussion of the results

Presentation of the results of the differences between the pretest and the post-test of the experimental group.

Table (1). The arithmetic means, standard deviations, and value (T) show the calculated and error level for the pre and post-tests of the experimental group.

| indication | Error level | Values The calculated | Pw p | P. P | P | Dimensional tests | | Pre-tests | | Variables |
|------------|-------------|-----------------------|-------|-------|-------|-------------------|--------|-----------|-------|---------------|
| | | | | | | P | s | P | s | |
| moral | 0,000 | 11.766 | 0.339 | 1.224 | 4.00 | 0.967 | 10.461 | 0.887 | 6.461 | Compatibility |
| moral | 0,000 | 16.316 | 0.005 | 0.020 | 0.093 | 0.028 | 0.375 | 0.021 | 0.468 | Precision |

* Each value in the field has the error level $<(0.05)$ significant and the degree of freedom (12).

Discussing the results of the differences between pre and post-testing of motor abilities:

The results showed that there were statistically significant differences between the two tests and in favor of the post-test. To test (motor alignment and accuracy). One of the most important mobility abilities of a boxer is precision and coordination in boxing. Without it, a boxer cannot achieve the desired goal by making effective corrections, as it is not possible to count all the punches he punches if the conditions necessary for the correct hole are not met precisely. By pushing it in the place allowed and not making mistakes, as well as applying defensive duties and avoiding punching the opponent. These qualities must be distinguished by the boxer, as it requires him to perform accurate harmonic movements, "the process of scheduling, arranging and organizing the various movement programs and using them simultaneously, that is, the implementation of two movement programs at the same time (27). This means the boxer's ability to perform two skills simultaneously, such as defending, bluffing and punching, or the ability to strike two types of punches simultaneously, such as straight punches and upward or side punches with precision. The researcher believes that mental exercises worked to develop these abilities. Mobility by enhancing mental capabilities and building an image inside the brain that appears through motor responses, that is, regulation of the internal strength of the body's organs that will be outperformed by the central nervous system, as compatibility is motor control so that the skills are compatible and in harmony with the environment and compatibility varies according to individual differences, environment, and gender And age and desire. (28) And then its reflection on the accuracy of performance, and this is what the results showed, as the performance was distinguished in the subsequent tests, which means that mental training contributed significantly to the development of these motor abilities through self-relaxation exercises that helped in Reducing the emotional state, the more the central nervous system is less excited, the greater the accuracy of motor control, "Relaxation, internal self-focus, and isolation of the thoughts of others reduces the emotions associated with creating the player must perform the required precision (29). Sensory, which plays an important guiding role in the process of matching motor skills that require distinction in its different parts. (30). this development was reflected in motor compatibility and accuracy and worked to bypass the increase in emotional arousal and improve performance. Al-Hari for boxers and this corresponds to what Osama KamelRatib referred to. "There is no doubt that a boxer imagines that his performance in certain motor abilities in a good way will positively improve the player's performance for this skill (31), and thus the results were logical.

Table (2) shows the arithmetic mean, standard deviations, value (calculated and error level for the pre and post-tests of the control group).

| indication | Error level | Values The calculated | Pw p | P. P | P | Dimensional tests | | Pre-tests | | Variables |
|------------|-------------|-----------------------|-------|-------|-------|-------------------|-------|-----------|-------|---------------|
| | | | | | | P | s | P | s | |
| moral | 0,000 | 4.882 | 0.330 | 1.192 | 1.615 | 1.192 | 8.384 | 1.012 | 6.769 | Compatibility |
| moral | 0,000 | 10.556 | 0.04 | 0.017 | 0.052 | 0.016 | 0.410 | 0.021 | 0.463 | Precision |

Each value in the field Error Level)05 ,0(< significant and degree of freedom.)12(

Discussing the results of the tests before and after the test with the motor abilities of the control group:

The kinematic compatibility variable and the kinematic accuracy are related to the physiological characteristics that boxers possess, the physical abilities and the harmonic movements during the performance, as well as the role of the sense of sight, which is an important factor in the sport of boxing that requires the boxer to make a decision quickly in a short time, and it is one of the motor abilities that trainers work to develop during Daily exercises are developed through scientific training programs. The researcher believes that the exercises were subjected to a control group with a class. These two variables evolved with boxers as a result of daily exercises and performing more repetitions of more complex or faster exercises through exercises developed and shared by the trainer in a scientific way. To adjust the kinematic performance of the offensive and defensive skills of the boxer, which requires correct decisions and rapid execution through performance skills, where appropriate boxer kinematic programs will be used and the required movements installed with correction and repetition significantly and then trim the engine program through repetition. "That is, to increase the repetitive training movements gives the nervous system reactions to the correct repetition of these movements and the appropriate technical performance (32). Even Walt's daily exercises and loops led to increased coordination and motor accuracy of arms and legs movements and work on strict regulation of programming skills for the work of motor units, which leads to achieving high dynamic accuracy in decision-making or performance, so it is clear that there is an improvement in The kinematic fit and motor accuracy of the total control due to the daily exposure of these T-trained boxers and the effects of this new condition to the functioning of the musculoskeletal system and the creation of new dependencies in linear actuator performance and kinematic accuracy, so the results were logical.

V. Conclusions and Recommendations:

Conclusions:

In light of the researcher's findings, he reached the following conclusions:

1. Training and mental work on developing the kinematic accuracy of the Nasya Iraq Boxing Team.
2. Training and mental work to develop the kinematic compatibility of the Nasya Al Iraq Boxing Team.

Recommendations:

In light of the findings, the researcher concluded the following:

1. Paying attention to mental training as a training method that complements the physical preparation, skills, and planning characteristics of these exercises.
2. Paying attention to mental training stages such as self-relaxation and motor imagination, due to its contribution to reducing tension and emotions and reducing tension.
3. Interest and investment in all methods of mental training, whether audio or visual.

Accessory (1)

A model of the introductory unit for the curriculum of the mental training method using (3D VR) technology and sound insulation.

First week: Date:

The introductory unit for the first mental training: Time: (15) minutes

Unit objective: General explanation of the importance of mental training exercises in developing the level of learning using 3DVR technology and auditory isolation in the development of speech and compatibility in boxers.

The basic section: mental training

A general explanation of the importance of mental training and how it contributes to the development of the boxer's standard, 3DVR identification technology, and vocal insulation.

A general explanation of the importance of (self-relaxation) in learning to sense the difference between tension, relaxation, and correct breathing.

The importance of choosing a quiet place, away from disturbances and noise, and close to the ring

Teaching the boxer how to use the 3D virtual reality glasses and sound insulation

Teaching Boxers: How to isolate negative thoughts and influences from the mind.

Give simple exercises on the application of mental training exercises, self-relaxation exercises, and the breathing process, for example: How to breathe (inhale) from the nose and exhale (exhale) from the mouth via a computer program via Bluetooth to a hearing isolation headset.

A general explanation of the importance of mental training and its effective role in the learning process through the program used in the computer.

The use of skill exercises for mental training, in the form of practical application, so that the training unit is continuous and not separate.

Watching the skill using 3D VR glasses)) and then applied through mental training directly through the computer program by isolating the sound in the headphone, and here the focus of the boxer will be on the fact that the majority of the senses are ready to receive the excitement and excitement away from isolating the noise by the sound of the earphone And be more focused and clear.

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