

# Role of King Abdullah II Fitness Award in Improving the Physical Level of the Tenth Grade from the Point of View of Teachers in the Northern Governorates

Dr.Hamed Mohammed Doum

Associate professor -Department of Educational Sciences, Ajloun University College, AL-Balqa Applied University. JORDAN

## Abstract

The study aimed to identify the role of King Abdullah II fitness award in improving the physical level to the tenth grade from the point of view of teachers in the of Northern region governates. The researcher used the descriptive survey method for its suitability to the objectives of the study, the researcher built a questionnaire that consisted of (20) items and confirmed its validity and reliability, a sample of 183 teachers were chosen from the northern governorates (Irbid, Ajloun, Jerash). The results showed a high degree to the role of King Abdullah fitness award in improving the physical level of the tenth grade in the north northern governorates. And that there were no statistically significant differences at the level of (0.05) for the role of King Abdullah fitness award in improving the physical level to the tenth grade in the Northern Governorates according to the variables of (gender, scientific expertise, qualification). The study suggested some recommendations like giving importance to the award implementation, encouraging the students towards fitness exercise to improve their physical level, raising awareness among all students and teachers of the importance of the award.

**Keywords:** King Abdullah award, fitness, physical level.

## Introduction

Physical education is an importance in people's lives, it can make a difference between states because it considers to be the source of power of the state, sports today is one of the elements of nations and people civilization, and countries is struggling in seeking to develop it in various fields within the framework of the provision of multiple possibilities for individuals and sports facilities to play sports and spend free times which are beneficial to them and help them build their bodies in an appropriate manner through their fitness development that has become the subject of attention to the political and educational leaders (willingly pick, 2006).

Physical fitness helps individuals to increase their productive ability, and enable them to cope with the burdens of daily and emergency situations with great success; according to the views of specialists Physical fitness enables man to build a healthy body and positive thinking, through the practice of physical exercises (Rabadi, 2001). Athletic training helps students to develop the spirit of competition and overcoming emergency situations, and psychological pressures that facing the students inside and outside school (Saad and Fahim, 2004).

Sport has become of interest to many groups in society, where individuals can choose through it activities that reflect their ability, and their latent potentiality. Many sports experts have agreed that sporting activities are an important pillar in an individual deal with life challenges (Al-Ajami.2010).

King Abdullah II fitness award is considers one of his initiatives that he has instructed in June 2004 to establish a program for fitness similar to the Presidential award program which, is applied in the United States, that concluded to the implementation of the program in the form of experiment and gradually the project began in 2005, with a small number of schools in the Kingdom, and the project continued with the participation of all schools by the end of 2011 up-to-date.

His Majesty King Abdullah's was determinants and circumspect to give priority in the application of the award project largely on most of the Jordanian society segments due to his belief in the benefits that may come to the interest of community members, and because the students are representing a third of the population of the kingdom the Ministry of Education through its application of its philosophy has adopted the fitness and health project (Ministry of Education, 2011). King Abdullah II fitness award came to encourage young people to greater production, more giving and establishing the habit of practicing sports activities, so that to become the daily behavior and approach to the matured citizen who understand its extent and benefit (Momani, 2007).

## Problem of the Study

The Ministry of Education has given an important to the school physical fitness by focusing on King Abdullah II physical fitness award for and it application on schools to improve the physical level of the students, where the award was launched through a clear educational and sports philosophy and through a fix present and future objectives based on strategic planning, enhancing self-confidence, encourage athletic competition, the formation of a sound health and sports culture and raise the physical fitness level of students, but the researcher noted

through the field experiment the existence of a significant reduction level of physical stamina among the students and the award was of a great opportunity to improve their fitness level, and from this comes the problem of the study to identify the role of King Abdullah II fitness award in improving the physical level to the tenth grade students in the north provinces .

### **Importance of study**

The fitness is one of the basic requirements for success and access to the highest levels. The importance of physical fitness comes of the importance of human health and of his body that is free of disease and physical weakness that hampered his efficient and effective productivity. Physical fitness is considered the key of mastering all sports, especially the difficult games that required high physical capabilities while practicing it. Therefore, it is necessary to focus on the development of the physical abilities of school students so that to raise and improve their level of physical capabilities, and fitness helps individuals to increase their productive ability, and enable them to cope with the burdens and emergencies of daily situations with great success. According to the specialists physical fitness enables human to build a healthy body and a positive thinking. Therefore, King Abdullah II Award has targeted school students because they are the most flexible category, and it has been designed to encourage individuals to practice sports activity so that it becomes an essential part of our daily program.

**Objectives of the study:** This study aimed at

- 1- Understanding the role of King Abdullah II fitness award in improving the physical level of the tenth grade in the northern region governates.-
- 2-To identify the differences in King Abdullah II fitness award in improving the physical level of the tenth grade in the northern region governates according to the following variables: gender, experience and qualification).

**The study questions:** this study tries to answer the following questions

- 1-What is the role of King Abdullah II fitness award in improving the physical level of the tenth grade in the northern region governates?
- 2- Are there any statistical significant differences at the significance level ( $\alpha \leq 0.05$ ) for the role of King Abdullah II fitness award in improving the physical level of the tenth grade in the northern region governates according to the following variables: gender, experience and qualification)?

### **Terms and concepts:**

**Physical fitness:** is the possession of power and strength that you need them to do all the things you want to do, or think that you should do (Almalah, 2011).

**The operational definition:** The ability of students who are participating in the award in implementation of the award's five dimensions so that to reach the highest degree of performance.

**King Abdullah II award:** is a project that aims to motivate students to practice various sports activities in order to achieve the visions of His Majesty King Abdullah II Bin Alhussain, to instill in students the healthy behaviors and patterns of life through the practice of various sports activities and the consolidation of this habit as a daily live behavior that enable them to cope successfully with the burdens and emergencies of daily situations (Ministry of Education, 2015).

**The operational definition:** it is about an exercising program for proposed or optional activities that are applied on the Kingdom's school's students through which the student exercised sports activities for one hour a day, five times a week, and lasts for a six consecutive weeks.

**Physical level:** is the current possibilities to accomplish kinetic works that require a great use of strength, speed, endurance, agility, and all other elements of fitness (Hammad, 2001).

**The operational definition:** it is the degree that is obtained by students through King Abdullah II fitness award tests and through the best degree of physical and kinetic performance with less effort.

**The study limits:** The interpretation of the study results depend on taking into account the following parameters:

- 1-**The objective limits:** The role of King Abdullah II fitness award in improving the physical level of the tenth grade in the northern region governates.
- 2- **The spatial limits:** represented by applying the present study on northern region governates schools (Irbid, Ajloun and Jerash).
- 3- **The Temporal limits:** The survey was conducted during the second semester 2015/2016.

### **The Research framework and previous studies:**

**Physical Fitness:** The concept of fitness have changed with the changing of scientific and technological progress, where lifestyle has changed completely in the latter half of the twentieth century for the first half, for the focus of the physical measurement was depending on the physical measurement of muscle strength of an individual because he had relied upon it in the past. In the present era fitness is particularly measured by the efficiency and skin of respiratory circulatory system, which consists of the heart and lungs, and through this it is clear to us that the real concept of fitness has a general and a direct link to human health and it has become one of the

components of a good health for each individual in the light of his potential and the nature of his work and physical attributes such as height, weight and also the vulnerability of heredity and environmental factors (AL-Lawendi ,2010).

Physical fitness means the ability to perform strong and a vital physical activity without feeling tired, and to some specialists it means aerobic fitness (the ability to take and transfer and extracting oxygen) and muscle fitness (strength, bearing and elasticity), whereas the American Society of Sports Medicine (ACSM) physical fitness is defined as those that are limited to under-consumption of oxygen (aerobic) and physical composition (ratio of grease in the body) and musculoskeletal fitness (strength, muscular endurance and flexibility). The American association for health, physical education, recreation and kinetic expression took into account the close link between health and physical activity to define physical fitness as those elements that is related to or affect health, and it include the cardio respiratory fitness, physical structure, and musculoskeletal fitness (Al Mayah, 2009).

**The importance of physical fitness:** The physical fitness help students cope with burdens and emergencies of daily situations with great success. And improve the body's vital organs functioning such as: the Cardio respiratory, musculature, increase self-confidence, emotional stability, appreciation of the individual capabilities, maintaining joint flexibility and bone strength, keeps the student's body and acquiring him strength, immunity and fitness. According to the views of specialists, physical fitness enables man to build a healthy body and a positive thinking. From this standpoint, it was the keenness of His Majesty King Abdullah II to give priority in the implementation of this project on most segments of the Jordanian society; so that to consolidate sports activities as a daily behavior, and because the students are representing a third of the population of the kingdom the ministry of education through its application of its philosophy has adopted the fitness and health project similar to the Presidential prize that is applied in the United States, and guided all its staff and the staff of Jordanian Union for school sports towards its implementation in all the schools and allow the community to participate in its activities( Oleamat,2011).

**King Abdullah II fitness award:** King Abdullah II fitness award is inextricably linked to student commitment and discipline within the school as a regulator system, they are made up of elements linked by interactive relationships to satisfy the need of students through which students keep on their role in the commitment to the instructions of school discipline; as the school that is exactly work through the processes of encouragement, motivation, reward rather than punishment, threat ignoring and taunts, which may result in a person exercising social deviations such as: run out of school, frequent absences, violence and so on (Al-Kayed, 2008).

**The importance of King Abdullah II fitness award:** The human need to keep fit fitness requires practicing sports activities continuously and that should be done with consciousness and awareness, for this of his majesty king Abdullah II was aware of the importance of physical fitness for students as a daily behavior, and the ministry of education in partnership with the royal health awareness society supported by the king Abdullah II developmental fund took over the application of the project award, which directed its staff to work on its application in order to generalize the initiative at all schools in the Kingdom (Al-Zoubi, 2009).

**The goals of king Abdullah award:** It aims to encourage people to practice sports activity so that it becomes an essential part of our daily program also aims to: (Alqweirah Youth Forum, 2010):

1. To promote self-confidence.
2. Enrich the spirit of competition and challenging oneself.
3. Raise the fitness level of the student (Al-Jubouri, 2001).
4. Practicing of physical activities regularly and on a voluntary basis.
5. Investment of leisure times and promotes the idea of recreation through sports activities.
6. Improve fitness level.
7. Disclosure of personal capabilities, readiness and inherent skills within individuals.

**King Abdullah II fitness award mechanism** (Ministry of Education, 2015):

King Abdullah II Award is applied to the school students in the Hashemite Kingdom of Jordan, the public, private schools, military schools and on the international relief agency schools through which students exercises a sports program for one hour a day, five times a week and in public holidays (in their spare time), and the program is applied for eight consecutive weeks, then application of the test that consists of five dimensions at the end of the prescribed period according to specific criteria (taking into account gender and age) on the participants at the end of the prescribed period of each academic year, and the dimensions are: trunk flexion from the prone position, bend the arms of prone italics, flexibility, rebound running, run one mile and or half a mile.

Through the test results the level of participant is evaluated and a special prize is given according to his result. The ministry in collaboration with the association computerize the king Abdullah II fitness award on the e-learning system (EduWave) through software called a fitness system (E-fitness) where this system is giving powers to the users, each according to his and or her competence (Ministry- directorate- school) for data entry and showing award results for various stages with full transparency and extract the results and its reports.

**Previous studies:** The researcher reviews a summary of a number of studies or research that is relevant and

connected directly or indirectly to the subject of study; the following are a review of some of the previous studies:

#### **First: Arabian Studies**

Al-Aajami Study (2010) entitled "Building standard levels to assess the fitness elements between sixth and seventh grade female pupils in the middle stage education in Al-Ahmadi Governorate". The study aimed to build standardized levels to assess the fitness elements for sixth and seventh grade female pupils, and to identify the differences in the level of physical fitness of female pupils according to the grade variable. A deliberately sample of the study population (1392), was selected consisting of (692) student in the sixth grade and (700) student in the seventh grade for the academic year 2009/2010, and the results shows some conclusions, like: building of a standard levels to assess the physical fitness among female pupils in the middle school in Al-Ahmadi Governorate, and it shows the existence of differences in the level of fitness among pupils of sixth and seventh grade in several tests such as : rebound running, (the number is 30 meters), and there was no statistically significant differences between sixth and seventh grade pupils in the test: run / walk a distance of 800 m, and bending the maimed forward after sitting for long.

AL- Zoubi (2009) carried out a study entitled: "Building national standards for the King Abdullah II fitness award for school students in Jordan," that aimed to build a national standard for the fitness award, a stratified random sample of (344) teacher of physical education and (589) administrators has been selected. A questionnaire was used as a tool of data collection; the finding came out with a national standardized tests for the entire programs used for fitness award for all age groups (9-16 years), male and female school students in Jordan. The study also shows the presence of statistically significant differences in most fitness tests between the Jordanian standards compared to American standards tests, in favor of American standards tests in all age groups (9-16 years), male and female. The responses of physical education teachers and the prize officials towards the role of King Abdullah II fitness award program came to the role of award program in achieving its objectives from the viewpoint of those who are responsible for achieving its goal and in all areas to considerably high degree and a relative importance convergent.

Al Momani (2007), study entitled "Evaluation of the King Abdullah II fitness award for Physical Program in the northern regions." That aimed to assess the King Abdullah II fitness award for physical fitness and health in the northern regions from the teacher's perspective, and to present the effects the personal variables such as: sex, educational qualification and experience with the degree of program evaluation. The study samples included the entire study population using the comprehensive inventory methods on (64) teachers who have been training program; and for the purpose of collecting data, the researcher used the questionnaire, which included 62 items divided into five main areas as follow: (objectives, content, means, methods and activities, measurement and evaluation, the administrative hub and potential), and arrive at conclusions: that the degree of appreciation in the areas of (goals, means, methods and activities) scored a high degree, while the areas (content, measurement and evaluation, the administrative hub, and potential) has scored a medium degree, and the general index of the instrument came to a fair degree, and that there were no statistically significant differences at the level of significance ( $0.05 \geq \alpha$ ) in the evaluation of the study sample on the tool as a whole according to the variable of sex, qualification and experiences.

Al Sayar (2005) carried out a study entitled, "Level of fitness among elementary school students in the ministry of education in the Kingdom of Bahrain's." The study aimed to identify the level of physical fitness among primary school students. The study samples consisted of 300 students from the upper grades students in primary education. The sample has undergone a battery test to measure fitness elements such as: speed, endurance and cardio respiratory, muscular endurance, flexibility and agility, and the ability of muscle). The results concluded that the most appropriate physical tests for students were the physical test.

#### **Second: Foreign studies**

AL-Deiry&Hatamleh (2011) Study entitled, "Evaluation of King Abdullah II fitness award from physical education teachers point of view ", that aimed to evaluate the King Abdullah II fitness award for from physical education teachers point of view in the governorate of Irbid in northern Jordan and the degree of assessment according to the teacher's qualification and experience. The study population consisted of all teachers of physical education in the governorate of Irbid, numbered (64) teachers of physical education, representing all schools in the governorate of Irbid. The study used a questionnaire method for data collections and consisting of 62 items and were divided into six dimensions (Results, content, methods, activities, evaluation, administrative aspects); The results showed that the degree of assessment for the dimension of (methods, objectives and activities) was very high, while the score was medium for the dimensions of (content, evaluation, measurement, management and abilities); it also showed that there was a statistically significant in the study sample evaluations due to the qualification, experience and gender.

Michand, p., etal, (2001) carried out a study entitled, "Evaluation of physical performance level by using the step test and its relationship to the maximum consumption of oxygen among adolescents in

Switzerland," that aimed at assessing the fitness of adolescents due to lacks of standardized level, the sample consisted of (233) Swiss teenagers aged (11-15) year, the study used the step test, the measurement of maximum oxygen consumption test and the lateral stepping test. The most important findings were that: the normality of teenager's fitness level and there was a statistically significant correlation between fitness and maximum oxygen consumption by 0.30%, and between the step test and aerobic capability, and the need to use the step test to assess the physical and functional level of adolescents.

Roudsepp&Liblikr (2002), carried out a study entitled, "physical and functional fitness level among youth," that aimed to identify the physical and functional fitness level among youth, the sample consisted of 280 young individuals aged 19 years, the study used some tests like: aerobic fitness test, physical efficiency test, sitting of lying position test, and lateral step test, and the most important results of the study was that the possibility of setting physical and functional measurement levels scales for youth in the age of 19 years.

Kemper, H., etal (2001), entitled "The relationship of skill, kinetic performance and functional fitness to teenagers physical fitness, ".The study aimed at finding out the relationship between skills, kinetic performance and functional fitness to teenagers physical fitness, and the sample were 400 boys and girls at the age of 13 years old., The study used the following tests: the horizontal bar tighten tests, running 50 meters test, sitting of lying position test, the broad jumping test, and the aerobic capacity measuring test. The most important findings of the study were that: the existence of a positive relationship between all physical and aerobic tests, also there is a relationship between fitness, kinetic performance and aerobic ability. The results also showed that the fitness level of adolescents was low.

**Comments on the previous studies:** Through a review of previous studies we note that some of them have showed the criteria role of King Abdullah II fitness award such as: the study of AL-Deiry&Hatamleh (2011) entitled, "Evaluation of King Abdullah II fitness award from physical education teachers point of view ", and the study of AL- Zoubi (2009),"Building national standards for the King Abdullah II fitness award for school students in Jordan, "and Al Momani (2007), "Evaluation of the King Abdullah II fitness award for Physical Program in the northern regions". And there are studies that showed the standardized levels of the components of physical fitness like the study of Al-Aajami (2010) entitled "Building standardized levels to assess the fitness elements between sixth and seventh grade female pupils in the middle stage education in Al-Ahmadi Governorate'. And Al Sayar (2005) study, "Level of fitness among elementary school students in the ministry of education in the Kingdom of Bahrain's." and Roudsepp & Liblikr (2002), study that entitled, "physical and functional fitness level among youth, "and Michand, p., etal, (2001) study, "Evaluation of physical performance level by using the step test and its relationship to the maximum consumption of oxygen among adolescents in Switzerland, ". The present study was characterized by its attempt to disclose the role of King Abdullah II fitness award in improving the physical level of the tenth grade from the point of view of teachers in the northern region governates.

### **The study methods and procedures**

**Methodology:** The selection of the scientific method depends on the nature of the problem to be searched, and since the problem requires knowledge and understanding the role of King Abdullah II fitness award in improving the physical level of the tenth grade in the northern region governates the researcher used the descriptive method that is suitable to meet the study requirements.

**The population and sample of the study:** The population of the study consisted of all northern governorates schools teachers (Jerash, Ajloun and Irbid), a deliberate sample of (183) teachers, (86) male teachers and (97) female teacher were selected from northern region governorates schools.

**Sample characteristics:** Table (1); present the demographic characteristics of the respondents such as: gender, level of education, experiences and governorate (residence). The result shows that 53.01% is female's teacher and 46.99 % were male's teacher. The findings of the present study also revealed that most of the respondents 53.01% had higher education (post graduation and above), followed by 46.99 had graduation college degree. In view of the experiences of the respondents the findings showed that majority 39.34% had 7-12 years teaching experiences, followed by 25.68% had teaching experiences six years and less. As far the residence is concerned it was found that majority 40.98% of the respondents were from Ajloun governorate followed by 33.33% is from Irbid governorate.

Table (1) the demographic characteristics of the respondents

| Variables               | Category            | frequency  | percentage  |
|-------------------------|---------------------|------------|-------------|
| GENDER                  | Male                | 86         | 49.99       |
|                         | Female              | 97         | 53.01       |
|                         | <b>TOTAL</b>        | <b>183</b> | <b>100%</b> |
| LEVELOF EDUCATION       | Graduation          | 86         | 49.99       |
|                         | Higher education    | 97         | 53.01       |
|                         | <b>TOTAL</b>        | <b>183</b> | <b>100%</b> |
| EXPERIENCES             | Less than six years | 47         | 25.68       |
|                         | 7-12 years          | 72         | 39.34       |
|                         | More than12 years   | 64         | 34.97       |
|                         | <b>TOTAL</b>        | <b>183</b> | <b>100%</b> |
| GOVERNORATE (residence) | Jerash              | 47         | 25.68       |
|                         | Ajloun              | 75         | 40.98       |
|                         | Irbid               | 61         | 33.33       |
|                         | <b>TOTAL</b>        | <b>183</b> | <b>100%</b> |

**Methods of data collection:** The study has adopted the following methods to obtain the necessary data and information in order completes this study:

1-The primary sources: represented by collecting information from the study population using a questionnaire method and this has been statistically analyzed to answer the study questions.

2- The secondary sources: represented by the available previous literature.

**The study tool:** A questionnaire was developed by the researcher based on previous literature and consisted of two parts: The first part included the following variables: gender, level of education experiences and governorate (residence). The second part included (20) items that measures the role of King Abdullah II fitness award in improving the physical level of the tenth grade from the point of view of teachers in the northern region governates.

**Validity and Reliability:** The entire questionnaires were sent to a group of experts, no. (8), most of them university prof., and were asked to validate the question in regard of its reliability to the present study. The researcher took the referee remarks which have been approved by 93,1 % of them in to consideration. And a questionnaire consisted of 20 items was finalized. In order to extract the reliability of the study tool it has been applied twice a time differences of two weeks on an exploratory sample of 20 teachers from the governorate of Irbid. Pearson correlation coefficient test to extract the replay stability (Test Re-test), were used and it was 0,85 between the two application. Also, a Cronbach's Alpha coefficient test was used and it was: 0,88 and these values are >0,60 which means stability of the tool .

**Scale correction:** The final questionnaire consisted of 20 paragraph, the researcher used the quintet gradient Likert scale in order to measure the respondents answers to the study items as fellow: Strongly agree (5), Agree (4), Neutral(3), Strongly Disagree (2), Disagree (1), and by setting signal (√) in front of the answer, which reflect the degree of consent. It was also relied on the following classification of judgment on the arithmetic mean averages as follows:

- 1- Less than 2.33 Low.
- 2- From 2.34 to 3.66 Medium,
- 3- From 3.67 to 5.00 High.

**Statistical treatment:** Data was sorted, coded and analyzed using the Statistical Package for Social Sciences (SPSS version 17). In order to process the data the following methods and procedures were used:

1. Descriptive statistics including Frequency and percentage were used in order to describe the personal variables of the study sample.

2. In order to answer the study questions Arithmetic mean, standard deviations, rank, and degree were calculated.

3- Analysis of variance (3-way-ANOVA), were used to explore the significant differences in the views towards the role of King Abdullah II fitness award in improving the physical level of the tenth grade in the northern region governates according to the demographic variables.

**Results and Discussions:** This part of the study presents the findings of the study which aimed to know the Role of King Abdullah II fitness award in improving the physical level of the tenth grade from the point of view of teachers in the northern governorates. And to answer the study questions a descriptive statistic of Arithmetic means and standard Role of King Abdullah II fitness award in improving the physical level of the tenth grade from the point of view of teachers in the northern governorates were calculated.

**The First Question:** What is the role of King Abdullah II fitness award in improving the physical level of the tenth grade in the northern region governates?

Table (2): Means and standard deviation for role of king Abdullah II fitness award in improving the physical level of the tenth grade from the point of view of teachers in the northern governorates” (n= 183)

| No | domains  | Mean        | Standard Deviation | Rank     | Degree      |
|----|--|-------------|--------------------|----------|-------------|
| 1  | King Abdullah fitness award contribute to the promotions of physical fitness elements              | 4.19        | 0.93               | 2        | High        |
| 2  | King Abdullah II fitness award aims to increase the love of positive competition                   | 3.78        | 0.84               | 10       | High        |
| 3  | King Abdullah II fitness award for helps to development student's abilities and kinetic readiness. | 3.44        | 1.06               | 16       | Medium      |
| 4  | King Abdullah II fitness award for helps to invest leisure time in a positive way                  | 3.29        | 0.98               | 17       | Medium      |
| 5  | King Abdullah II fitness award for helps in improving physical situation                           | 3.14        | 1.09               | 20       | Medium      |
| 6  | King Abdullah II fitness award grant fun and well-being during exercises.                          | 3.27        | 1.06               | 18       | Medium      |
| 7  | King Abdullah II fitness award helps in the development of all physical aspects.                   | 3.54        | 0.97               | 14       | Medium      |
| 8  | King Abdullah II fitness award Develops capability and muscle strength                             | 3.84        | 0.88               | 7        | High        |
| 9  | The award helps in performing daily tasks lively without fatigue.                                  | 4.27        | 0.79               | 1        | High        |
| 10 | The award helps in improving skills performance.   | 3.95        | 0.74               | 4        | High        |
| 11 | The award helps in strengthening the heart.  | 3.92        | 0.83               | 5        | High        |
| 12 | The award helps in maintaining body weight, vitality and agility during different growth stages.   | 3.98        | 0.86               | 3        | High        |
| 13 | The award helps in Assisting the development of organic and kinetic skills.                        | 3.84        | 0.95               | 7        | High        |
| 14 | The award helps in increasing the range of movement of the musculoskeletal system in the body.     | 3.86        | 1.06               | 6        | High        |
| 15 | The award contributes to raising the level of physical competence of the students.                 | 3.26        | 0.98               | 19       | Medium      |
| 16 | The award helps students to realize accuracy and sense of organizing kinetic experience.           | 3.54        | 0.92               | 14       | Medium      |
| 17 | The award enhances the mastery of kinetic sports skills.   | 3.81        | 0.89               | 9        | High        |
| 18 | The award contributes meaningfully in releasing excess energy.                                     | 3.71        | 0.85               | 11       | High        |
| 19 | The award helps in improving the ability to control the various organs of the body.                | 3.67        | 0.93               | 13       | High        |
| 20 | The award helps in improving balance and flexibility.  | 3.70        | 0.92               | 12       | High        |
|    | <b>Total Means</b>   | <b>3.70</b> | <b>0.61</b>        | <b>-</b> | <b>High</b> |

As shown in (Table 2), the results revealed that arithmetic mean ranges between (3.14– 4.27). The higher mean was scored for Paragraph no (9): "The award helps in performing daily tasks lively without fatigue." with an arithmetic mean (4.27), with a high degree, followed by Paragraph no (1): "King Abdullah fitness award contribute to the promotions of physical fitness elements," with an arithmetic mean (4.19), with a high degree also, and Paragraph no (12) that says: 'The award helps in maintaining body weight, vitality and agility during different growth stage', with an arithmetic mean (3.98) with a high degree'. And the lowest mean was for Paragraph no (5) that says: "King Abdullah II fitness award for helps in improving physical situation "with an arithmetic mean (3.14), with a Medium degree. Whereas the total arithmetic mean of the dimension: Role of king Abdullah II fitness award in improving the physical level of the tenth grade from the point of view of teachers in the northern governorate,' were (3.70) with a high degree.

This result is attributed to the familiarity of schoolteachers in northern governorates in king Abdullah II fitness award nature and the importance of the application of its standards, and that is also Indicates that the award programs are well planned in advance and the development programs has been overseen by specialists in the field of physical fitness. There are also training courses dealing to clarifying the nature of king Abdullah II fitness award and for promoting physical education teachers technical performance issues that are relating to its application, improving the physical level of the students and the importance of its application in schools, and this is an evidence of the effectiveness of the award and it is high quality, and that its develop all physical aspects.

The finding of the present study is found to be similar to those results of other studies carried out by AL-Deiry&Hatamleh (2011), study results that showed the degree of assessment for the dimension of (methods, objectives and activities) was very high, and Al-Zoubi (2009) study that showed the effectiveness of the role of the King Abdullah II fitness award program in achieving its objectives from the point of view those who are in charge of the award and in all its areas to high degree, as it turns out that the award program was achieving its sought objectives as being a distinctive model to improve the physical level.

**The Second Question:** Are there any statistical significant differences at the significance level ( $\alpha \leq 0.05$ ) for the role of King Abdullah II fitness award in improving the physical level of the tenth grade in the northern region governates according to the following variables: gender, experience and qualification?. In order to answer this question the analysis of variance (3-way-ANOVA), were used to explore the significant differences in the views towards the role of King Abdullah II fitness award in improving the physical level of the tenth grade in the northern region governates according to the demographic variables (gender, experience and qualification).

Table (3): Means and standard deviation for role of king Abdullah II fitness award in improving the physical level of the tenth grade in the northern governorates”, according to demographic the variables (gender, experience and qualification).

| Variables         | Category            | No. | Mean | Standard Deviation |
|-------------------|---------------------|-----|------|--------------------|
| GENDER            | Male                | 86  | 3.75 | 0.52               |
|                   | Female              | 97  | 3.66 | 0.69               |
| LEVELOF EDUCATION | Graduation          | 86  | 3.64 | 0.69               |
|                   | Higher education    | 97  | 3.75 | 0.53               |
| EXPERIENCES       | Less than six years | 47  | 3.66 | 0.56               |
|                   | 7-12 years          | 72  | 3.72 | 0.63               |
|                   | More than12 years   | 64  | 3.71 | 0.64               |

Table (3) shows the existence significant differences in arithmetic mean between the study sample for the role of King Abdullah fitness award in improving the physical level of the tenth grade in the northern region governates according to the demographic variables (gender, experience and qualification, and to find out the statistical significance of those differences the analysis of variance (3-way-ANOVA), were used as shown in (table 4).

Table (4): Results of (3-way-ANOVA) to explore the significant differences in the views towards the role of King Abdullah II fitness award in improving the physical level of the tenth grade in the northern region governates according to the demographic variables (gender, experience and qualification).

| Variable            | Sum of square | Degrees of freedom(Df) | M.S   | "f" value | Sig   |
|---------------------|---------------|------------------------|-------|-----------|-------|
| GENDER              | 0.422         | 1                      | 0.422 | 1.117     | 0.292 |
| LEVELOF EDUCATION   | 0.559         | 1                      | 0.559 | 1.479     | 0.226 |
| EXPERIENCES         | 0.109         | 2                      | 0.054 | 0.144     | 0.866 |
| Error               | 67.327        | 178                    | 0.378 | -----     | ----- |
| The total Corrected | 68.392        | 182                    | ----- | -----     | ----- |

Table (4) shows that there were no statistically significant differences at the level of significance ( $\alpha \leq 0.05$ ) for the role of King Abdullah fitness award in improving the physical level of the tenth grade in the northern region governates according to the demographic variables (gender, experience and qualification, where the value of "F" did not reach the level of statistical significance. This result means there is a consensus between the responses of all the members of the study sample on the effective feasibility of the King Abdullah fitness award in improving the physical level of the students, and that the fitness award translate the King policy and achieve the objectives that have been planned in advance. And the standards concept of King Abdullah II physical fitness award is clear for teachers and they have adequate knowledge of how to apply this award, so their answers were converging on the effectiveness of the award in improving the physical level. The results of this study differed with the results of AL-Deiry&Hatamleh (2011), study that showed a statistically significant differences in the study sample estimates in evaluating the King Abdullah II fitness award from the perspective of education sports teachers according to the variable experience and academic qualification and gender.

### Conclusions and recommendations

**Conclusions:** Depending on the results that have been reached the researcher concluded the following:

- 1-The teachers believe that King Abdullah II fitness award for is necessary and importance in improving the physical level and students should be motivated to participate in it.
- 2- The teachers has an acceptable level of satisfaction towards the programs offered by King Abdullah II fitness award in improving the physical level of the students.
- 3-There is a high-level for the role of king Abdullah II fitness award in improving the physical level of the students from the teachers point of view.



4-There is consensus between the answers of all respondents on the feasibility of effectiveness of the king Abdullah II fitness award in achieving its objectives.

**Recommendations:** Based on the results of the study we suggest the following recommendations:

1-Giving importance to the implementation of the King Abdullah II fitness award programs because of its role in improving the physical level of the students and motivate them to compete.

2-Encouraging the students towards fitness exercise to improve their physical level.

3-Awarding valuable prizes to the schools with excellence in fitness level and drew the attention of the schools that did not achieve concrete results.

4-Conducting a field study about the difficulties facing the application of King Abdullah II fitness award in the schools of the Hashemite Kingdom of Jordan.

5-Raising awareness among all teachers from different disciplines and departments of the importance of King Abdullah II fitness award and its role in improving the physical level and contribute to /or participate in its programs activation.

6-The Jordanian Ministry of Education must give much attention for rehabilitation specialists teachers to implement the King Abdullah II award programs to the fullest.

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