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## Tracking the historical march of the participation and achievement of Paralympic players to lift weights weighing 49 kg in the Iraq Clubs Championship for the period (2019-2022)

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### Abstract

The study of history has begun to become increasingly important for those interested in the field of education in general, and physical education and sports sciences in particular. It is a recent study of the past and relying on it. Therefore, studying the history of sports for people with disabilities and their development is of great importance, as it is one of the means to measure the extent of development of societies and their culture in this field. Weightlifting is a sport for people with motor disabilities, and the way to play is for the contestant to lie on the bench (ping bar) and most often the legs are tied to the bench to ensure that the hip and legs do not contribute to the lifting process with the arms, when the player grabs the iron bar (bar) and pulls it to the chest and its stability on it, then push it up without the inclination of the barbell, and the attempt is considered a failure if the player is unable to push the barbell up, or the inclination of the barbell occurs during the push, or raise one side without the other. The study aimed to track the historical process of the participation of weightlifting players with a motor disability weighing 49 kg in the Iraq Clubs Championship for the period (2019-2022), and to identify the most important achievements for weightlifters with motor disabilities, and to analyze and criticize the most important reasons for the level development of weightlifting players from People with motor disabilities, and the two researchers relied in collecting data, information and results on the historical and analytical approach based on a number of references related to the problem of the study, as well as the documents of the Iraqi Paralympic Federation for weightlifting, and included the study community and appointed by weightlifting club players and participants in local tournaments for the period under study. In light of the obtained results, the two researchers came out with a number of conclusions: The participation of weightlifters with motor disabilities was at a good level, as there is an increase in the number of players participating in the tournament, and there is a noticeable increase in the level of lifts recorded for weightlifters with disabilities. Mobility handicap, first place holders. While the most important recommendations are: It is important to follow the historical course of the sports of people with motor disabilities by codifying and objective analysis of the participation and achievement of the players, because these groups represent constructive energies that reflect the development and advancement of Iraqi society, and the need to highlight the sports of people with disabilities by officials and specialists in all state institutions to provide all means of care and attention for them, as well as sports support by preparing all sports supplies and equipment that push them to achieve advanced achievement

### Keywords

People with motor disabilities, weight lifting

### Introduction:

Tracking the emergence and development of public events is one of the most important studies of the analytical historical method, given that history is the record that preserves all of

nations and records scientific facts, documents them, analyzes them, and gives them reasons based on facts to remain a balance for everyone who searches for them, and sporting events are

an integral part of history whereas (all types of sports are built on the basis of the history of their inception, and these sports do not evolve without knowing their origin, history, and the basic rules upon which they are built, and because there is a remarkable development that has occurred in all sports since their inception until the present time, whether it is a development in terms of their performance or in terms of their achieved results That is, the achievements, since the development in performance is accompanied by a development in achievement (1)

Where the players with motor disabilities at the local level have achieved many achievements since the founding of the federation in 1985 AD until the present time (2), so we, as researchers, had to document and analyze the participation of this category in the local tournaments and the most important achievements achieved in them, so as not to lose the rights of players with mobility disabilities as well as highlighting their role in the progress of the sports movement in Iraq.

The importance of the study lies in the fact that it deals with the participation and achievements of players with motor disabilities in the sport of Paralympic weightlifting at the local level for the period (2019-2022), due to the effective role played by this sport with its multiple weights in the adaptation and integration of this group in its social environment, and its repercussions in social acceptance, on the one hand, this category accepts its disability, as well as in taking sports activity as a means to compensate for its disability and accept it, as this category feels the capabilities that it enjoys, and the research problem crystallizes through the researchers' exposure to many literature and scientific, historical and human studies, as well as direct communication with the concerned persons from specialists (the head of the Iraqi National Paralympic Committee, the head of the Iraqi Paralympic Weightlifting Federation, coaches, a number of pioneer players, and a number of specialized academic professors), the two

researchers found that there is a lack of scientific sources and historical studies that dealt with the sports of people with motor disabilities in Iraq, as well as Libraries and sports institutions lack historical and analytical studies that deal with tracking the historical march of participation and achievements Achieved in the sports of people with motor disabilities in general, including the study (Zainab Ali Abdel-Amir, which dealt with the historical development of basketball on wheelchairs for men from 1940 AD until 2002 AD) (3), and no previous study dealt with the historical development of Paralympic weightlifting and a statement Its role, which is reflected on people with mobility disabilities in the family and Iraqi society, so the two researchers decided to delve into this field by writing, documenting and objective analysis of the content under study.

**In light of the research problem, a number of objectives were identified, as follows:**

- 1- Follow the historical process of the participation of weightlifting players with a motor disability weighing 49 kg in the Iraq Clubs Championship for the period (2019-2022).
- 2- Determining the most important achievements of weightlifting players with motor disabilities in the Iraq Clubs Championship for the period (2019-2022)
- 3- An analysis of the reasons for the development of the level of weightlifting players with motor disabilities in the Iraq Clubs Championship for the period (2019-2022)

The research areas included:

The human field: Weightlifting players with motor disabilities participating in local championships for the period (2019-2022).

Time range: - The period is from 10/22/2022 to 12/14/2022.

Spatial field: - Iraqi Paralympic Committee.

**The terminology was:**

- 1- Mobility disability: It is every individual who loses part or all of his physical or motor ability, or the loss of part of his limbs due to an innate or

acquired that leads to the loss of movement in the affected area or the loss of a part of his body.

(4)

2- Paralympic weightlifting: It is an individual game in which the strength of the quadrant (player) is evident. It is the final test of upper body strength, and sometimes an athlete can lift more than three times his body weight.

### **Method and procedures:**

To achieve the objectives of their research, the two researchers relied on the analytical historical approach or the so-called documentary approach, due to its suitability and the nature of the problem. By analyzing historical events and constructing past facts recorded in historical documents and evidence, and giving general scientific explanations and predictions (conclusions) in the form of general and relatively stable theories and laws that are subject to criticism and evaluation, and which are linked to human thought and its stages of development, as the historian and social researcher rely on collecting facts and information and classifying them. And linking it to the subject of the study that he wants to research and specialize in. (5)

The research community included and appointed Iraqi club players with motor disabilities who obtained advanced results in lifting weights by 100%, who participated in local tournaments for the period (2019-2022).

Lifting weights for people with mobility disabilities:

A brief history of Paralympic weightlifting for people with motor disabilities

Communities' perception of people with disabilities changed after the revelation of the heavenly religions in societies, and the stage of humanity and compassion among members of society began, and care began for those with diseases and disabilities, and they were included in health and psychological care, (and educational institutions and society took care of them, and this care and concern took a deeper

path in science and morals after the advent of the Islamic religion and its indications to include people with disabilities and make them part of the responsibility of society and humanity. Therefore, caring for people with disabilities and providing a special kind of care for them is in the first place a human, moral and social duty, inspired by religious and human values, and the nature of social integration. and the right of the individual over society.” (6)

Disability imposes on individuals with disabilities difficult social situations and psychological conflicts that may lead them to engage in deviant and aggressive behaviors, such as begging, addiction, etc., so they must be cared for and rehabilitated socially, educationally and educationally to avoid future burdens, as leaving them without care leads to harm to society and they are thus transformed from categories that invest their energies in serving the community to groups that impede its progress. (7).

Although weightlifting made its debut at the Paralympic Games in Tokyo in 1964, it was not until the 1984 Olympics that weightlifting was first listed as a Paralympic sport, and initially weightlifting was only for male athletes with disabilities. Spinal cord injury, but in the years that followed, the sport began to include other groups of people with disabilities as well (8), and 16 athletes representing 6 countries competed in the 1984 AD tournament, and it became the only power sport in the Paralympic Games, and it was canceled in the Paralympic Games Summer in Barcelona in 1992 AD, and then re-incorporated into the program of courses in `97 AD, and the number of competing countries has increased dramatically to 58 countries, and women have been included in the event since the Sydney Games in 2000 AD, when 10 medal-winning categories were added, At that time, this sport was practiced on every continent.

As for Iraq, attention and care for people with disabilities began, just as it began in the whole world, as I counted as one of the aspects of righteousness and charity, and the attention was

based on the community, which established special homes to embrace and educate people with disabilities, and the history of Paralympic weightlifting for people with disabilities in Iraq dates back to the year 1985 AD. During Iraq's participation in the Kuwait International Championship for Games for People with Disabilities, it soon formed the first team to lift weights with disabilities in the Al-Majd Union within the law of the International Federation, and after that date, Paralympic weightlifting became one of the pillars in the Al-Majd Union because of its outstanding achievements, and the weightlifting team participated in many tournaments, the most important of which was in Barcelona in 1999 AD and the World Championship in 1998 AD in the Arab Emirates, Sydney 2000 AD, and on September 17, 2003 AD, the Iraqi National Paralympic Committee was formed and included (10) central federations, including the formation of the first Paralympic weightlifting federation, headed by Aqil Hamid Odeh and Secretary Muzher Ghanem Salem and Financial Secretary Hassan Reda, and he included in his membership (14) sub-committees in the governorates and (7) sports clubs in Baghdad and the governorates (10:9), and it was the first official participation of the Weightlifting Federation in Bata. On November 15, 2003 AD, in the Arab-African Championship and the Middle East. He also participated in the 2004 AD in the Athens Paralympics, and the weightlifters won a gold medal and a new Paralympic number through the weightlifter, Fares Saadoun, for weight +100 kg, lifting 238 kg. The federation also won the medal. Bronze by the weightlifter Thaer Abbas weighing 82, lifting 202.8 kg, and in Beijing in 2008 AD he won two silver and bronze medals, and in 2012 AD in the London Paralympics he won the silver medal, and the Weightlifting Federation participated in many international, continental and international championships and received many honors. Weightlifting is currently

one of the mainstays of Iraqi sports through its outstanding results. (10)

Functional and sports classification for people with motor disabilities:

Occupational classification for people with motor disabilities:

Opinions differed on the classifications of motor disability, as the disability may be congenital or acquired due to diseases or injuries after birth, and it may be simple and some of it is severe, and motor disability can be classified into the following categories: - (9)

1- Those with structural diseases whose limbs have stopped growing.

2- People with polio who have a nervous system.

3- The physically handicapped due to wars, accidents and natural disasters.

Classification of weightlifting players for people with motor disabilities:

It begins with weighing all the lifters participating in the tournament to determine the weight category of each player, where the players are classified medically according to the type and severity of disability, and the body weights and muscle strength of the players are taken into consideration. Classification of players according to 10 categories in the following weights:

49kg class, 52kg class, 56kg class, 60kg class, 67.5kg class, 75kg class, 82.5kg class, 90kg class, -100kg class, +100kg class.

Playground, tools and gameplay: (12)

1- The playground: It is a lifting platform with a maximum size of 4 x 4 and a minimum of 2,5 x 2,5 inside a closed gym.

2- Equipment and tools: it includes (bench + bar + cleats + weights + balance + magnesium powder + fixing belts).

3- How to play: This sport is considered as the final test for the strength of the upper body, and it is one of the fastest growing Paralympic sports, and it is competed in by adopting only one lift (lifting by pressing upwards), in all national, international and global motor disabilities championships, The lift is done by

the player lying on his back with the shoulders, lower extremities, feet and seat touching the lifting bed throughout the lift, and the player is not allowed to perform the lift with the feet on the ground, and in the case of paraplegics with a relative contraction in the muscles of the lower extremities, they are allowed to tie those limbs above the knee in the lifting bed, and the coach is not allowed to talk to his player during his performance of the lift, nor is it allowed to have supports and pillows under any part of the player's parts, and the player's chest crosses the iron pole with weights on both sides of it, and the player begins to lift the weight after announcing his name and the weight of the weight by the referee The lift must continue until a full straightening of the elbow joint occurs, i.e. (the arms are fully straightened), with the shoulders, seat and lower limbs remaining in contact with the lifting bed, and the lift ends with announcing the ruling after confirming its lifting with one word (everything) (11). The word "down" or the word "down"), which must be accompanied by a decisive sign with his hands, and in this case the contestant with a disability

lowers the iron pole so that the weights settle with external control and control in their correct place, and the lifting is not considered finished until after the weight is re-stabilized in its correct place, and after the completion of the lift gives the referees their decisions in it and the head of the referees ratifies it by declaring it a correct lift or an incorrect lift, and the decisions of the referee are considered final in this regard.

### **Results:**

The Iraq Championship for weightlifting clubs for people with motor disabilities was held for the season (2019-2020). It included the participation of (6) players weighing (49) kg. They represented a number of clubs and committees for people with motor disabilities in the governorates of Iraq with three attempts, and the player Ahmed Kazem from Al-Ishraq Club achieved the center The first with a weight of 132 kg, and the player Musallam Aqeel from Maysan Club achieved the second place with a weight of 120 kg, while the player Hassan Hadi from the Babylon Club achieved the third place by lifting 118 kg, as shown in Table No. (1)

**Table No. (1)**

**Shows the participation and achievement of weightlifting players with a motor disability weighing 49 kg in the Iraq Clubs Championship for the season (2019-2020)**

.Seq	Player name	Club/committee name	player weight	Highest weight	ranking
1	Ahmed Khadim	Al-Ishraq	43.150	132 kg.	First
2	Muslim Aqil	Maysan	46.56	120 kg.	Second
3	Hasan Hadi	Babylon	44.40	118 kg.	Third
4	Hussain Ibrahim	Maysan Committee	40.100	92 kg.	Fourth
5	Hussain Ahmed	Dhi-qar Committee	39.100	85 kg.	Fifth
6	Hussain Falih	Al-Ishraq	47.750	100*	Out

The Iraq Championship for Weightlifting Clubs for People with Mobility Disabilities was held for the season (2019-2021), and it included the participation of (7) players weighing (49) kg. They represented a number of clubs and committees for people with mobility disabilities in the governorates of Iraq with three attempts,

and the player Hussein Ibrahim from Maysan Club achieved the center The first with a weight of 135 kg, while the player Hussein Ahmed from the Dhi Qar Committee achieved the second place with a weight of 107 kg, while the player Hamid Sayer from the Kirkuk Club achieved the third place with a weight of 90 kg, as shown in Table No. (2)

**Table No. (2)**

**Shows the participation and achievement of weightlifting players with a motor disability weighing 49 kg in the Iraq Clubs Championship for the season (2019-2021)**

.Seq	Player name	Club/committee name	player weight	Highest weight	ranking
1	Hussain Ibrahim	Maysan	42	135 kg.	First
2	Hussain Ahmed	Dhi-qar Committee	48	107	Second
3	Hamid Sayer	Kirkuk	37	90 kg.	Third
4	Mahdi Salih	Maysan	45	90 kg.	Sixth
5	Rida Abd Ali	Al-Ishraq	42	80 kg.	Seventh
6	Sadiq Khadim	Maysan	40	85 kg.	Eighth
7	Mohammed Ali Hikmat	Al-Diwaniyah	29	83*	Out

The Iraq Championship for Weightlifting Clubs for People with Mobility Disabilities was held for the season (2019-2022). It included the participation of (9) players weighing (49) kg. They represented a number of clubs and committees for people with mobility disabilities in the governorates of Iraq with three attempts, and the player Muslim Aqil from Maysan Club achieved the center The first with a weight of 160 kg, and the player Saif Abdul Razzaq from

the Dhi Qar Committee won the second place with a weight of 107 kg, and the player Kazem Hussein from the Dhi Qar Committee achieved the third place by lifting 96 kg, as shown in Table No. (3).

**Table No. (3)**  
**Shows the participation and achievement of weightlifting players with a motor disability weighing 49 kg in the Iraq Clubs Championship for the season (2019-2022)**

.Seq	Player name	Club committee name	player weight	Highest weight	Ranking
1	Muslim Aqil	Maysan	50	160 kg.	First
2	Saif Abdulrazaq	Dhi-qar Committee	52	107 kg.	Second
3	Khadhim Hussain	Dhi-qar Committee	52	96 kg.	Third
4	Obaida Bashar	Ninava committee	53	95 kg.	Fourth
5	Salman Thuaini	Najaf	49	65 kg.	Fifth
6	Ahmed Mohammed	Ninava committee	54	60 kg.	Sixth
7	Khadim Salih	Al-Diwaniyah	49	55 kg.	Seventh
8	Hasan Faisal	Kirkuk	53	45 kg.	Eighth
9	Mohammed Waleed	Ninava committee	49	40 kg.	Ninth

**Discussion:**

After extrapolating the results in each of the tables No. (1,2,3) above, it turns out that there is an increase in the number of players participating in the Iraq Championship for clubs in lifting weights for men with motor disabilities, and the two researchers attribute this to the increase in the turnout of people with motor disabilities to practice this sport Down to its competitive level, and this is evidence of the greater spread of sport among members of Iraqi society, and what reflects this in increasing awareness and awareness of the role played by the exercise of sports by people with disabilities in general and motor disabilities in increasing self-confidence and providing the opportunity to prove themselves and reintegrate them into society, and count them as elements There is no difference between them and their normal peers, and this is what was indicated by the study of both Mutasim and Ukla (that people with motor

disabilities in particular face many situations and events that include undesirable experiences in their daily lives, which may include a lot of Sources of stress, risk factors, and threats in their life circumstances, as they are characterized by personal characteristics, including introversion, shyness, anxiety, rejection by others, and feelings of inferiority. Face them in the community, and reduce the feeling of loneliness that people with mobility impairments may experience. (14)

We also note that there is a development in the weight of the lift recorded by the player who won first place in the Iraqi Clubs Championship for the period (2019-2022), where the player who won first place for the season 2019-2020 recorded a lift of 132 kg, and in the tournament that follows for the 2019 season - 2021, there was an increase in the weight of the lift, as the player who won the first place recorded a lift of 137 kg, while we find that the player who won the first place in the next tournament for the

season 2019-2022 recorded a lift of 160 kg, and the two researchers attribute the development of the level And the increase in the weight of the recorded lifts, to the will of the players and their insistence on developing their level of performance in order to achieve high achievement and transform their disability from a disability into an achievement in the first degree, as well as the adoption of proper planning in preparing them in an integrated preparation physically and psychologically, and this is consistent with the study of Somaya and Wedad (that Each type of sports for people with disabilities has its own physical requirements (physical abilities), and the coach must be fully aware of them when determining the methods of sports training, because each of these abilities has its own method of training, which leads to work on its development to enable the For an athlete to master the motor and skill performance and achieve high achievement). (13) (16)

The two researchers also agree with the study of Saja and Zainab (that the experience of trainers and the development of their level of preparation and experience contributed to achieving high achievement). (15)

### **Conclusions:**

In light of the obtained results, the two researchers concluded the following:

1- The participation of weightlifting players with motor disabilities was at a good level, as there is an increase in the number of players participating in the Iraq Clubs Championship for the period (2019-2022).

2- There is a noticeable increase in the level of lifts recorded for weightlifters with motor disabilities who won first places in the Iraq Clubs Championship for the period (2019-2022).

In light of the conclusions drawn, the two researchers recommend the following:

1- It is important to follow the historical process of sports for people with motor disabilities by

codifying and objective analysis of the participation and achievement of the players, because these groups represent constructive energies that reflect the development and advancement of Iraqi society.

2- The need to shed light on the sport of people with disabilities by officials and specialists in all state institutions to provide all means of care and attention for them, and sports support by preparing all sports supplies and equipment that push them to achieve advanced achievement.

3- Paying attention to the historical studies of all sporting events, as they are considered a sporting heritage, and they shed light on many problems that impede the development of the sports movement in Iraq, and put appropriate solutions to them.

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## تتبع المسيرة التاريخية لمشاركات وإنجاز لاعبي البارالمبية لرفع الأثقال بوزن 49 كغم في بطولة اندية العراق للمدة (2019-2022)

هبة عمار نجاح، زينب علي عبد الامير  
كلية التربية البدنية وعلوم الرياضة للبنات / جامعة بغداد

مستخلص البحث

بدأت دراسة التاريخ تزداد أهمية لدى المهتمين في مجال التربية والتعليم بشكل عام، والتربية البدنية وعلوم الرياضة بشكل خاص، فهو يعد سلسلة تترابط حلقاتها لربط الماضي بالحاضر والمستقبل، لذا نجد أن القضايا التي تفرض نفسها الآن ما هي إلا نتاج الماضي، إذ لا تخلو أي دراسة حديثة من دراسة الماضي والاستناد عليه، لذا فإن لدراسة تاريخ الألعاب الرياضية لذوي الإعاقة وتطورها أهمية كبيرة، إذ تعد إحدى الوسائل لقياس مدى تطور المجتمعات وثقافتها في هذا المجال، تعد رياضة رفع الأثقال خاصة بذوي الإعاقة الحركية، وتكون طريقة اللعب بقيام المتسابق بل بل استلقاء على مصطبة الدفع (بنج بريس) وفي أغلب الأحيان يتم ربط الرجلين إلى المصطبة لضمان عدم مساهمة الورك والرجلين بعملية الرفع مع الذراعين، عندما يقوم اللاعب بمسك القضيب الحديدي (البار) وجذبه للصدر واستقراره عليه ثم دفعه للأعلى دون ميلان البار الحديدي، وتعد المحاولة فاشلة إذا لم يتمكن اللاعب من دفع البار الحديدي للأعلى أو حدوث ميلان للبار الحديدي اثناء الدفع أو رفع جهة دون جهة اخرى. هدفت الدراسة إلى دراسة تتبع المسيرة التاريخية لمشاركات لاعبي رفع الأثقال من ذوي الإعاقة الحركية بوزن 49 كغم في بطولة اندية العراق للمدة (2019-2022)، وتحديد أهم الإنجازات المتحققة للاعبين رفع الأثقال من ذوي الإعاقة الحركية، وتحليل ونقد أهم أسباب تطور المستوى للاعبين رفع الأثقال من ذوي الإعاقة الحركية، كما اعتمدت الباحثتان في جمع البيانات والمعلومات والنتائج على المنهج التاريخي التحليلي المستند على عدد من المراجع الخاصة بمشكلة الدراسة، فضلا عن وثائق الاتحاد العراقي البارالمبي لرفع الأثقال، وشمل مجتمع الدراسة وعينتها لاعبي الأندية لرفع الأثقال والمشاركين في البطولات المحلية للمدة قيد الدراسة، وفي ضوء النتائج المستخلصة خرجت الباحثتان بعدد من الاستنتاجات هي: أن مشاركة لاعبي رفع الأثقال من ذوي الإعاقة الحركية كانت على مستوى جيد، إذ أن هناك تزايدا في أعداد اللاعبين المشاركين في البطولة، كما أن هناك ارتفاع ملحوظ في مستوى الرفع المسجلة للاعبين رفع الأثقال من ذوي الإعاقة الحركية الحاصلين على المراكز الأولى، في حين جاءت أهم التوصيات: من الأهمية تتبّع المسيرة التاريخية لرياضات ذوي الإعاقة الحركية بالتدوين والتحليل الموضوعي لمشاركة وانجاز اللاعبين، لكون هذه الفئات تمثل طاقات بناء تعكس تطور ورقي المجتمع العراقي، وضرورة تسليط الضوء على رياضات ذوي الإعاقة من قبل المسؤولين والمختصين في كافة مؤسسات الدولة لتوفير كافة سبل الرعاية والاهتمام لهم، فضلا عن الدعم الرياضي بتهيئة كافة المستلزمات والمعدات الرياضية التي تدفع بهم الى تحقيق الانجاز المتقدم

ذوي الإعاقة الحركية، رفع الأثقال

الكلمات المفتاحية