



People's Democratic republic of Algeria



Ministry of Higher Education and Scientific Research  
Abdelhamid Ben Badis University



Institute of Physical Education and Sports

Mostaganem – Algeria



Optimisation Des Programmes D'Activités Sportives  
LABOPAPS (CODE W0890400)

Research Team2: Science and technology applied to sport & evaluations of teaching  
and health acts (Team Code 2: W0890402)

*And*

Research Team3: Training and physical preparation (Team Code 3: W0890404)


A collective international book project.

*About: Designing and constructing tests and  
measures in physical and sports activities*

Project Head: Pr. Atallah Ahmed & Pr. Bengoua Ali

Project Supervisor: Laboratory for Evaluating Physical and Sports Activities  
(LABOPAPS).

June 2023







### **Issue:**

The issue of designing and constructing tests is one of the topics in which the discussion is long and frequent, and the decisions differs from one school to another, despite its one goal, which is to collect data and information about the phenomena or phenomenon under study.

But the follower of the subject of tests and measurements knows perfectly that the matter does not lie in collecting data or obtaining it, but the matter all lies in the means of data collection, as well as its ability to collect real data related to the phenomenon under study by researchers, because we will link it to results that we use to give judgments and these judgments may not be objective in the first place, because we have not used the right means for this purpose.

Oftentimes, researchers resort to using standardized tools in an environment other than the environment on which they want to collect the results, and adopt this tool or method by virtue of it being codified and valid for a community other than the target community that wants to study it, but they fails miserably to know the ways and methods of verification in their communities.

The follower of researches and studies in the field of sciences and techniques of physical and sports activities notices the extent of reliance on this kind of means and tools in collecting data related to the phenomenon under study, it means that he relies on codified tools of another society, and adapts them to its society. But in the vast majority he does not take into consideration the right scientific conditions and foundations for this process.

On this basis, the idea of this collective international book came as an initiative of Research Team No. 2: Science and Technology Applied in Sports and Evaluation of Teaching Practices and Health, and Research Team No. 3: Training and Physical Preparation.

An extension of the PhD project on: Designing and constructing tests in physical and sports activities for the Division of Educational Sports Physical Activity and the Division of Sports Training, as well as the University Formation Research Project (PRFU). Aiming to collect a large amount of information and opinions, on the subject of designing and building tests in physical and sports activities. With the adoption of an initiative to set tests, for the sciences and technologies of physical and sports activities.

### **Objectives of the book:**

- Giving field steps to the subject of designing and building tests in science and technology of physical activities.
- Benefit from previous experiences in designing and building tests in the field of science and technology of physical activities.
- Knowing the correct methodological steps in the process of adapting scales and tests in physical and sports activities.

Find out about the latest legalizations used in approving tests and measures in the field of science and technology of physical activities for sports.

- Collecting tests and measures related to the field of science and technology of physical and sports activities.
- That this book be a reference on which researchers rely in legalization tests in the field of science and techniques of physical activities.

### **Book axes:**

- The first axis: Theoretical foundations of designing and building tests.
- The second axis: standardization and adapting measures and tests.
- The third axis: models for measures and tests in the field of science and techniques of physical activities.

### **Suggested domains:**

- Design and construction of biomechanical movement tests of athlete.
- Design and constructing physiological tests for sports practice.
- Designing and constructing educational physical activity tests
- Design and construction of sports training tests
- Design and build tests for sports psychology
- Designing and building tests for sports sociology





- Design and build tests for teaching physical and sports activities
- Design and construction of sports media tests
- Design and build tests for sports and health
- Design and build tests for recreational sports
- Design and construction tests of adapted physical activity
- Designing and building tests for sports administration and management

**All work related to the design and construction of tests in the sports field.**

### **Writing language:**

The Arabic is the main language of the book. We can also accept contributions in English and French.

Maximum number of pages for each contribution 30 pages

### **Writing Terms:**

**The Title of the Article : Times New Romans, Font 11, 1line Spacing**

**Name Surname<sup>1</sup> ; Name Surname<sup>2</sup>**

**Times New Romans, Font 10, 1line Spacing**

<sup>1</sup> AcademicRanking, Affiliation, Country, Email

<sup>2</sup> Academic Ranking, Affiliation, Country, Email

**Abstract Times New Romans, Font 10, 1line Spacing** The Object of the study aims to identify ..... , for this purpose, we used the method .... On a sample composed of ..... Chosen as ..... , and for data collection, we used a tool ..... After collecting the results and having treated them statistically, we conclude ..... On this basis, the study recommended .....

### **1. Introduction**

Example : Cold water immersion (CWI) is a popular form of cryo therapy and considered one of the most effective for reducing tissue temperature and sustained cooling after removal (Vieira et al., 2016) and speed up the recovery process (Calleja-González et al., 2016; G., Halson, & Dawson, 2013). Different approaches to these methods (G. et al., 2013; Hohenauer, Taeymans, Baeyens, Clarys, & Clijisen, 2015), as well as the results (Christensen et al., 2016; Sanchez-Ureña, Barrantes-Brais, Ureña-Bonilla, Calleja-González, & Ostojic, 2015)

#### **1.1. Literature Review**

More specifically, experimental studies indicate that CWI generates a series of physiological changes including, the reduction of core body temperature (Peiffer, Abbiss, Watson, Nosaka, & Laursen, 2009).

Through this literature review, we assume that the response of the recovery indicators varies significantly depending on the type of CWI recovery protocol. Therefore, the main objective of this study is to compare the effects of two recovery protocols by CWI after a state of intense fatigue in young Handball players.

#### **2. Method and Materials**

This section describes in detail how the study was conducted, including conceptual and operational definitions of the variables used in the study. A comprehensive description of the methods used enables the reader to evaluate the appropriateness of the methods and the reliability and the validity of the results. It may include participant characteristics, sampling procedures, sample size, measures and research design.

##### **2.1. Participants**

The participants describe the sample: how many participants, how they were recruited. Provide basic demographics (age and SD, sex distribution, etc.)

*Materials*  
The teaching material used in the current study ...

##### **2.2. Design and Procedure**

Explain how the experiment was carried

##### **2.3. Statistical Analysis**

Describe the analyses applied to the data. It is helpful if you arrange this section to be coherent with the hypotheses

### **3. Results**

Results section summarizes the collected data and the analysis done on those data.

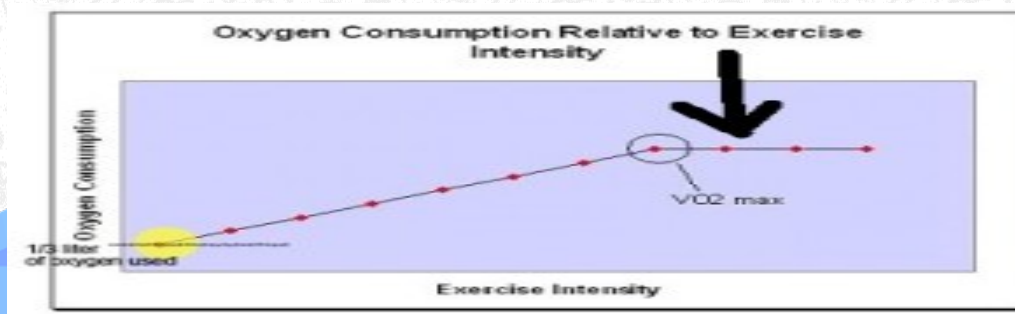




**Table 1.** *An example of a table.* **Times New Romans, Font 08, 1line Spacing**


Table discussions:

Figure 1. Type your title here. Please required the copyright holder if a figure is being reproduced from another source.



#### 4. Discussion

After presenting the results, their implications should be evaluated and interpreted, especially with respect to the original hypotheses.

#### 5 Conclusion

This concluding section presents a brief, reasoned and justifiable commentary on the importance of the findings. It is tightly reasoned, self-contained, and not overstated. In this section, the importance of the problem (as stated in the introduction) should be discussed; what larger issues might depend on the findings; and what propositions are confirmed or disconfirmed.

#### 6 References

References start on a separate page.

Authors should acknowledge the work of previous scholars by citing references to document statements in their manuscripts. For accurate, complete, and useful citation, authors should consult APA manual (6th ed.) which provides detailed guidance on citing sources and preparing the reference list.

The reference list starts on a new page with the word 'References' in uppercase and lowercase letters, flush left. Double-space all reference entries. The first line of each reference is set flush left and subsequent lines are indented.





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### Important dates:

Announcement of the project: June 2022

Receiving contributions: from June to November 31, 2022

Contributions assessment: from December 20, 2022 to January 15, 2023.

Reply to the owners of the initially accepted contributions: from January 16, 2023 to February 10, 2023.

- Editing and writing in the approved book paper: February 15, 2023 to March 1, 2023.

Preliminary preparation of the book from March 15, 2023 to April 15, 2023.

Obtaining the ISBN accreditation number during the month of May 2023.

Publication of the book as a final PDF version in June 2023. With possibility to print hard copies if the appropriate circumstances are available.

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