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**The Role of the Teacher of Physical and Sports Education in Establishing  
Health and postural Awareness of Middle School Pupils  
-A Field Study in the State of M'sila -  
LatrecheAissam<sup>1</sup>; Benabderrahmane Sid Ali<sup>2</sup>**

<sup>1,2</sup> I.S.T.A.P.S; University of Bouira (Algeria); Modern Science Laboratory in Physical and Sports Activities. <sup>1</sup> [a.latreche@univ-bouira.dz](mailto:a.latreche@univ-bouira.dz) , <sup>2</sup> [s.benabderrahmane@univ-bouira.dz](mailto:s.benabderrahmane@univ-bouira.dz).

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Corresponding author:

**LatrecheAissam,**

e-mail:[a.latreche@univ-bouira.dz](mailto:a.latreche@univ-bouira.dz)

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**Abstract**

The current study aims at identifying the role of teachers of physical and sports education in developing postural awareness among middle school pupils by evaluating teachers and their role in pupils' postural awareness from one side and the contribution of school administrations in this issue from the other side. For this purpose, we used the descriptive method on a sample composed of (50) teachers of physical and sports education that were randomly chosen from M'sila. And for data collection, a scale about the reality of postural education was used. After collecting the results and having treated them statistically, we concluded that teachers have an effective and significant role which contributes in pupils' postural awareness while the school's role was found to be weak and ineffective. On this basis, the study recommended the educational institutions to give more importance to the issue of posture by organizing frequent seminars presented by specialists.

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## **I. Introduction**

Health is one of the most important aspects of people's life and has become an essential component of social and economic progress. It is also a source of psychological, social and physical integration and balance for all human beings and it is considered as a true sign of human happiness and well-being. It is a complex, unstable and dynamic phenomenon which can change over time and place and it varies from one person to another and from one society to another. Several factors overlap and affect our health (Physiological, sociological, physical, and psychological). These factors can actually affect the individuals' health stability and they are closely related to people's daily behaviours and can have either positive or negative impact on our health.

In addition, health is one of the greatest blessings given to us by our God and it is our responsibility to maintain it. Al-Tirmidi reported the saying of the prophet's Mohamed peace be upon him when he said: "The first thing a servant will be asked about on the Day of Resurrection will be his blessings. It will be said to him: Have we not given you health in your body and nourished you with cool water to drink?" ((Bacha, 2017, p. 14).

Maintaining a healthy body is the best investment that someone can ever make. It has become necessary to maintain this blessing and prevent its change and alteration from various types of influences that would affect the health of the body with all methods which aim at promoting and advancing the health status. Mufti Ibrahim (2019)said: "The possession of an appropriate minimum fitness elements related to health are important to achieve prevention of some diseases that relate to the efficiency of movement performance, physical exertion, and obtaining a good health status"(Marah, Atta Allah, & Dahoun, 2019, p. 22).

Among the necessary elements that are an integral and important part of the health of the body, we find the posture which represents the natural body composition between different organs and functional organs identified in anatomy. It is considered one of the blessings that must be taken care of since it has a very strong relationship with the way our body parts function. In this context, we find that our God strongly insists on this issue by saying "Who created you, proportioned you and balanced you?" (Holy Quran Surah Al-Infitar Verse 7) He also states: "We have indeed created man in the best moulds" (Holy Quran Surah At-Tin Verse 4). This means that God gave us a good body and a correct posture and it is our responsibility to maintain these blessings. (Ibnkathir, 1999, pp. 342-435).

Consequently, the proper body posture must be preserved by avoiding all

forms of bad health behaviours and habits in the form of wrong sitting, forcing the body to work hard, unstudied physical exercises ... etc. In fact deformities and postural problems have a direct impact on the function of various body systems especially the musculoskeletal system, which in turn affects the function of the circulatory system. Dr. Edward Stiglitz indicates that many neurological diseases associated with the circulatory or muscular system or body joints are the result of stigma defects. Dr. Katherine Wells also indicates that a person's stewardship affects his self-perception and his attitudes toward himself which is reflected in the extent of his respect and self-confidence (Charchar, 2012, p. 1).

The level of postural problems differs according to the influencing factors, the level of people's awareness and the way this problem is dealt with. Both Rushdie and Brigaa (1997) talked about the causes and results of postural problems by saying "The presence of structural deviations is caused by the exposure to biomechanical stresses where the muscles are injured and if not treated; they reach the muscle fibres causing damage. The injury turns to the bones and changes the shape of the bone which is the most dangerous thing. There are also functional deviations that cause imbalances in the functioning of soft tissues in the muscles and ligaments" (Amrouche, Ben Abde Salam, & Ziani, 2017, p. 2). Therefore, the school should play a significant role in preventing postural problems especially in the middle school stage in which the adolescent witnesses a fast morphological growth. They should also encourage healthy habits in different domains (healthy nutrition, postural awareness, sport activity, personal health...).

Abas Ramli and others (2013) state that the teacher of physical and sports education plays an essential role in maintaining an adequate posture since he can observe the pupils and the way they sit, stand or walk (Louh, 2010, p. 205). The teacher should encourage correct postural habits by providing the pupils with the required theoretical knowledge and help them make practical use of it. They can also teach them the motor function of their muscles by using studied and valid scientific methods in order to achieve healthy and balanced growth which in turn provides correct posture. Anwar Al-khouli points out that positive attitude towards healthy posture and taking care of physical fitness should be strongly encouraged through physical education classes especially in the part of physical exercises and morning queue (AlKhouli, 2009, p. 145).

Several studies have dealt with the subject of posture and stated its significant importance. The study of (Anadjar, 2014) entitled "*The extent to which*

*physical education teachers apply the concept of postural awareness in the primary and preparatory schools of the Kingdom of Bahrain*” which aimed at testing the extent of the application of teachers of physical education to the concept of postural awareness in primary and preparatory schools in Bahrain. The study also aimed at finding differences according to the sex variable and years of professional experience. The descriptive approach has been used, and the sample of the study consisted of (59) teachers. An evaluation questionnaire was used as a tool of study to evaluate the extent to which the teachers of physical education apply the concept of postural awareness. The study results confirm the agreement of 43.99% of the informants on the rarity or the complete absence of application to the concept of postural awareness, compared to about 30.01% who approved the implementation of this concept in their schools. The study found that there are differences of statistical significance in favor of females at the level of 0.05, and the absence of differences due to the change of professional experience.

The study of (Soltan & Salama, 2017) aimed at identifying the role of teachers in promoting the concept of postural awareness among pupils of the first phase in primary education school in the city of Tartus according to the variables (sex, educational qualification, and number of years of experience). The descriptive method was used and a questionnaire was administered on a sample consisting of (304 teachers) for the academic year 2016 /2017. The research concluded that the role of teachers in promoting the concept of postural awareness among pupils of the first phase in primary education schools in the city of Tartus was average and that there were no statistically significant differences between the responses of teachers about their role in promoting the concept of postural awareness according to the variables (sex, number of years of experience) and the existence of statistically significant differences depending on the variable of scientific and educational qualification. The study was concluded with a number of recommendations, the most important of which was to train teachers on health awareness programs and raising the level of postural awareness among pupils.

The study of (Hassan, 2012) which was entitled “*The physical condition of the students of the primary education stage in the City of Mukalla and its relation to some physical abilities in accordance with mechanical requirements*”, aimed at identifying the most common physical deviations among pupils of primary education schools, as well as to recognize the impact of some physical deviations on some physical abilities according to mechanical requirements. The researcher used the descriptive method and some postural

and physical tests were applied on a sample of pupils from primary education schools in Mukalla. The results showed that (29.25%) of the members of the study sample suffered from deviations and different physical abnormalities which in turn affected most of their physical abilities negatively. The researcher recommended establishing rehabilitation centers for pupils under the supervision of specialized doctors and giving importance to physical and sports education classes by using exercises that help proper posture as well as paying attention to the pupils' posture while in school or overnight depending on the correct mechanical requirements.

The study of (Zebchi, Delimi, Mhidi, & Djelat, 2016), which was a comparative study of some of the physical deviations among pupils who practice sport and non-practitioners, aimed at detecting the presence of some types of physical deviations in pupils who practice sport and those who do not, determining the difference in the degree of physical deviations' spread, and challenging the level of differences in these deviations. This study used the descriptive method and a set of special tests as a tool of study for the detection of postural deviations. The results showed that there are many deviations in the category of pupils who do not practice sports activity regularly and those who practice during the regular physical education class only. There is a prevalence of the postural deviations among practicing pupils despite engaging in regular sports activity. Physical deviations are more prevalent among non-practitioners compared to those who practice sport. There is a disparity in the prevalence of postural deviations in which these deviations were less prevalent among the group of sport practitioners which in turn indicates that regular exercise of sports activity has a big role in preventing physical deviations.

In the light of most of the previous studies, it is clear to us the extent of the prevalence of postural problems at schools which is mainly due to the lifestyle adopted that is full of wrong habits which are in turn due to the lack of health awareness in this regard. Postural awareness is considered the best weapon to face the various types of health problems related to posture especially when it comes to the advanced age stages of the school where the school is responsible for health education in this regard and considered as the basis of

the culture of postural awareness. In the light of this presentation came our study as an attempt to answer the following question:

-Is the role of the teacher of physical and sports education activated in the health awareness of middle schoolpupils?

-Does the school administration contribute to the health awareness of middleschool pupils?

To answer these questions, the researchers assume the following:

- The Teacher of physical and sports education has a positive rolein developing postural awareness of middle schoolpupils.

- The contribution of the school administration is effective in raising postural awareness of middle schoolpupils.

## II. Method and Materials

### 2.1. Participants

It is difficult to deal with the entire research community especially in researches with large communities and therefore, the use of a sample is the best way since it has many advantages like saving effort and time. According to RachidZerwati(2007), the sample is defined as part of all, in the sense that a group of members of the community is taken and represent the research community(Lebshiri, Bouslah, & Ben Rjem, 2019, p. 255).Mohammed Hassan Allawi and Mohammed Nasr-EddineRadwan (2000) have defined it as a collection of vocabulary or units taken from a society. The characteristics of this society can be predicted in the light of the results obtained from the sample. It is known that the larger the sample, the closer the results are to the characteristics of the original community(Alsheikh, Bouras, & Gourari, 2018, p. 140) .

Therefore, the study sample consists of 50 teachers of physical and sports education in the middle school in M'sila for the academic year (2019-2020) taking into consideration that the sample was randomly selected.

**Table1:** shows the characteristics of the study sample according to gender and age.

	Gender		Age			
	male	female	25_30	30-35	35-40	Older than 40
Number	50	00	08	10	22	10
Percentage	100%	%0	16	20	44	20

Source: prepared by the researchers

### 2.2. Materials

The researchers in this study relied on a scale related to postural education among the teachers of physical and sports education which was originally

designed by NaimaAbd-Salam and Saleh Said Al-Ayeb(2014) and adapted to the Algerian environment.

The scale consists of 25 items representing awareness behavioral guidance for the purpose of maintaining the proper posture of pupils on one hand and the school itself on the other hand.

It contains four alternatives to the answer (always, often, sometimes, rarely), and the grades are given (4, 3, 2, 1) respectively, so the total score of the scale is 100 degrees, the minimum score is 25 degrees, and the hypothetical average of the scale is 62.5 degrees(Al-Zoubaidi & Al-Harouti, 2018, p. 30)

**Table 2:**the scale's method of correction.

Answers	Always	often	Sometimes	rarely
Degrees	4	3	2	1

Source: Prepared by the researchers based on the scale's data.

**-Face Validity:** The scale was presented to a group of experienced and competent teachers for the purpose of expressing their opinion about the effectiveness and relatedness of the scale's items, the field of study and language and clarity.

The process ended up with the approval of the scale along with certain observations regarding the change of some linguistic terminology, modifying item 14, dividing the scale into two dimensions and rearranging the items by dimensions. The first dimension contains 12 questions aimed at examining the extent to which teachers of physical education and sports control the issue of postural awareness and the extent to which it is established for students. The second dimension contains 13 questions aimed at revealing the extent of awareness and the contribution of the school administration in activating postural health awareness according to the teachers' point of view. The items were rearranged according to the dimensions and the rate of agreement exceeded 90% and after making the adjustments required by the professors, the scale was reintroduced again and finally was ready to go to the field of application.

**Table 3:** Represents the scale according to the number of dimensions, the number of items and the hypothetical average for each dimension.

Dimension	Number of items	Hypothetical average
The role of the teacher of physical education in postural awareness	12	30
The role of school administration in postural awareness	13	32.5

Source: Prepared by the researchers.

The hypothetical average was extracted according to the following method:



The hypothetical average = [(Number of dimension items x upper scale response) - (Number of dimension items x minimum scale response)] / 2 + (Number of dimension items x minimum scale response).

The hypothetical average of the first dimension = [(12 x 4) - (12 x 1)] / 2 + (12 x 1) = 30

- The hypothetical average for the second dimension = [(13 x 4) - (13 x 1)] / 2 + (13 x 1) = 32.5.

- **Consistency:** This means to obtain the same results of the scale after repeating the operation several times and on the same individuals. The consistency factor was calculated according to the following methods:

- **Test-Retest Method:** This method is based on the application of the scale in two stages through its application and reapplication. And from this point, we were able to apply the scale in its final form on a sample of the study community estimated by 10 teachers which was excluded from the basic study. Then, we reapplied the scale again and with a time difference of 15 days to the same individuals and in the same conditions, where the value of the stability factor: 0.94 at the level of indication 0.01, which is considered a high value.

- **Cronbach's alpha Coefficient Method:** The consistency of the scale was also confirmed by the calculation of the Cronbach's alpha coefficient, which was valued at (0.97) and is very high.

- **Intrinsic Validity:** It was also used to calculate the validity of the scale about the reality of postural education for teachers of physical and sports education by calculating intrinsic reliability, which is calculated according to Mkadem Abdul Hafeez (1993) in the following equation:

Intrinsic Validity = the square root of stability coefficient. (Benaadja, Ben Rabeh, & kharoubi, The relationship of explosive force and the perception of mobility with the accuracy of the long-range passing in football defenders, 2018, p. 177).

Thus the value of intrinsic validity is equal to the root of 0.94 and equals: (0.96).

The results of checking the scale's validity and consistency exceed the value (0.70) and this is very close to the value (1). Thus, we can say that the scale is consistent, reliable and studiable. According to SharefKhoja (2011), the scale has a high degree of consistency and validity as the more homogeneous the items are, the higher the consistency will be (Mahdjoub & Ben Si Kaddour, 2017, p. 193).



### -Objectivity:

According to Mohamed Issaoui (2003), objectivity means freedom from prejudice or intolerance and excluding personal factors in the researcher's final decisions (Mahdjoub & Ben Si Kaddour, 2017, p. 194). Objectivity is one of the important features that a researcher must have in which he is forced to use the data obtained as they are without bias or personal judgments, whether in data analysis or giving decisions. The scale is objective in terms of clarity of the terms, appropriate to the purpose of the study, and away from self-assessment.

### 2.3. Design and Procedure

“The procedure is the way used by any researcher who wants to solve the problem of his research. It is determined by the nature of the study, the general and qualitative objectives that the researcher wishes to achieve. It is also defined as the way the researcher studies the problem in order to discover the truth” (Bouhouche & Danibat, 2014, p. 99).

GRAWITZ also defined it as a finished or unfinished set of pre-defined elements on which the observations are based. (Ben Abdrahman, Mhidi, & Alali, 2019, p. 191).

In the framework of determining the objectives that this study seeks to achieve and in parallel with its nature, the descriptive method which is defined as: an organized compilation of data related to administrative, scientific, cultural or social institutions, such as libraries, schools, hospitals, and its various activities, as well as its processes, procedures, staff and services, was adopted during a specific and limited period of time (Kandidjli, 2007, p. 129). The descriptive method is also defined by Nouri and Rafi (2004) as being concerned with collecting information that can then be analyzed and interpreted, and then coming up with the findings which serve the objectives of the research and confirm its hypotheses (Bettaher, Akouch, & Saadaoui, 2019, p. 176).

**The independent variable:** The main variable that is supposed to influence the dependent variable, and in our study, it is teachers of physical and sport education and school administration.

**The dependent variable:** is the variable that follows and is influenced by the independent variable, and in this study, it is health and postural awareness.

In this study, we applied the scale of the reality of postural awareness to evaluate the role of teachers of physical and sports education and to identify the contribution of school administration in this issue according to teachers.

## 2.4. Statistical Analysis

The data of this study have been processed using the quantitative research method that relies on statistical programs of sociology (spss version 22) by calculating the following statistical equations:

- Percentages.
- Arithmeticaverage.
- Standard deviation.

## III. Results

**Table 4:**Results of evaluating the role of the teacher in postural awareness

First Dimension	Arithmetic average	Standard deviation	Hypothetical Average	Percentages	Evaluation
The role of teachers in postural awareness	40.84	2.91	30	85.083	High

Source: Prepared by the researchers based on the results obtained.

By extrapolating the data in the above table which shows the results of the first dimension, "Evaluating the teacher's role in postural awareness"), We note that the value of the arithmetic average has reached (40.84) and is higher than the value of the hypothetical average (30), with a standard deviation of (2.91), the response rate was estimatedby (85.083%). Therefore, it is clear to us that the teacher of physical and sports education in the middle stage is characterized by a high level of postural awareness of pupils, and contributes positively in this domain.

**Table 5:** Results of the level of contribution of the school administration in postural awareness.

Second Dimension	Arithmetic average	Standard deviation	Hypothetical Average	Percentages	Evaluation
The contribution of school administration in postural awareness	20.44	1.71	32.5	39.30	low

Source: Prepared by the researchers based on the results obtained.

By extrapolating the data in the above table, which shows the results of the second dimension, "Evaluating the role of the school in postural awareness", we note that the value of the arithmetic average has reached (20.44) and is much smaller than the value of the hypothetical average which is (32.5), with a standard deviation of (1.71), and the percentage was estimated by (39.30%). In the light of these results, we conclude that the school

in the intermediate phase is characterized by a low level of postural education of pupils and its role in this regard is very small.

## IV. Discussion

**- Discussing the results of the first research hypothesis (the role of the teacher of physical and sports education in postural awareness).**

Based on the collected data and on the statistical analysis data contained in Table (04) which represents the results of the first research hypothesis test, we have concluded that the role of the teacher is active and characterized by a high level of postural awareness. The researchers attribute this finding to the nature of the academic specialization which characterizes the field of training of physical and sports education in the form of anatomy of the human body, physiology and various courses related to the body posture and functions of the human body and movement. All these courses had a prominent effect on the level and role of the teacher in this regard. This result differs with the study of (Anadjar, 2014) AnamMajid al-Najjar(2014) which found that most teachers of physical and sports education do not apply to the concept of postural awareness with pupils during physical and sports education classes. The result also differs with the study of(Soultan & Salama, 2017) which concluded that the role of teachers in promoting the concepts of postural awareness in middle schools was moderate. The results of the study of(**Fonseca, Cardos Dos Santos, Tarrago Candotti, Noll, Haker Luz, & Otavio Corso, 2015**) indicate that more than 50% of pupils learned about body posture from teachers other than physical education teachers and only a small group obtained this knowledge from their physical education teachers. The results found by(Cosma, Illica, Rusu, Nanu, & Burileanu, 2015) support this study by concluding that physical education teachers have a very active and important role in detecting and treating postural defects particularly in school children before becoming a complex problem.

**- Discussion of the results of the second research hypothesis (The contribution of the school administration in postural awareness).**

Based on the data collected and the statistical analysis data contained in Table (05), which represents the results of the second research hypothesis test, we have concluded that the contribution of the school is deficient and inactive in postural awareness for the students of the middle school. The researchers link this result to the lack of awareness among the officials of the educational institution about body posture.

This is mainly due to the shrinking of theoretical knowledge on this issue especially when it comes to the negative effects of physical deformities and their implications on the pupils' health since that theoretical knowledge is considered as a basic reference which stimulates correct and adequate posture. This result is similar to the one found in the study of AbouSaoud and Abd Al- Alim (2011) which was taken from (Al-Halabi, 2017). The study showed the weak and insignificant contribution of the school administration in developing the pupils' postural awareness. This study was in accordance with the study of (Minghelli, 2020) which showed that the majority of students adopt inappropriate postures in their daily lives because schools are unwilling to include long-lasting interventions to help correct postural habits. (Fonseca, Cardos Dos Santos, Tarrago Candotti, Noll, Haker Luz, & Otavio Corso, 2015) also agree with the results of this study. They concluded that a significant number of pupils did not have any postural knowledge which was attributed to the fact that school administrations did not provide special education classes related to postural behaviors. However, it differs with the study of (Al-Halabi, 2017) which found that the role of the school administration in developing postural awareness was very big. In addition, the study of (Aldjardjaoui & Hashem Agha, 2011) concluded a different result which indicates that the school supervises the school's health environment carefully and plays a major role in the pupil's health awareness.

### V. Conclusion

The issue of postural awareness is one of the most important issues which should be consolidated in the educational environment especially in the early stages of study which corresponds to the increased morphological growth. From the results obtained in this study, we conclude that the aspect of postural education in the Algerian middle school is fairly active and has not reached the required levels, especially when it comes to the educational institution itself, as it is the first nucleus to be responsible for taking care of the student from all angles, especially healthy ones, which are the basic and central factor that encourages advancement in various domains of life. Therefore, the study reached the following:

- The role of the teacher of physical and sports education is active and contributes to the strengthening postural awareness for middle school pupils.

-The contribution of the school administration is weak and ineffective in raising the postural awareness of the pupils in middle school. In the light of the findings, the researchers recommend the following:

- The need to give importance to the issue of body posture by officials of educational institutions and pedagogical staff and to consolidate it on a wider range.
- The need to organize scientific seminars by specialists in medical sciences for the purpose of getting to know more about the issue of posture, especially the negative effects of malformations.
- Conducting surveys for the purpose of identifying the causes of malformations in the school environment and trying to address these causes.
- Activating and including postural education in the school courses.
- Conduct similar studies on the effects of malformations on the functional and health status of the body.

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