

THE RELATIONSHIP OF SOME FITNESS PARTS ELEMENTS TO THE PSYCHOLOGICAL COMPATIBILITY OF MARTIAL ART KARATE PLAYERS

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ABSTRACT

In this analysis, interest within the study of fitness and its relationship to the psychological compatibility of athletes, because the aim of the analysis to understand the important levels of athletes still because the strengths and weaknesses of the scale of psychological compatibility and work to search out sensible solutions to enhance the number of athletes, the study was applied to the players martial art socio-economic class of (15, 13). The sample consisted of twenty-one player's agency obtained the inexperienced belt and therefore the blue belt from Tripoli Municipality. The foremost vital recommendations are attention to the social, health and physical aspects once getting ready the coaching programs.

KEYWORDS: *Strengths and Weaknesses, Social, Health and Physical, Psychological and Social Processes*

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