



# The Role of Sports Rehabilitation Specialist in Elevating the Level of Footballers from the Perspective of the Players in Jerusalem City

**Waleed M. Shaheen**, Assistant Professor, Department of Physical Education, College of Education, Birzeit University, Ramallah, Palestine, [wshaheen@birzeit.edu](mailto:wshaheen@birzeit.edu)

**Iyad A. Yousef**, Assistant Professor, Department of Physical Education, College of Education, Birzeit University, Ramallah, Palestine, [Eyadh559@gmail.com](mailto:Eyadh559@gmail.com)

---

**Abstract-** The aim of this study is to determine and know the role that the sports rehabilitation specialist plays in elevating the level of footballers in the city of Jerusalem - Palestine. The descriptive approach was used because it is the appropriate and effective method for this study, as the study population consists of football players in the clubs of the city of Jerusalem. Data were taken for 41 players of different ranks as follows: 16 players from the professional league, 15 players from the partial professional league, and 10 players from the second division round. In this study, the questionnaire was used as a tool to collect data. The study showed that there is a role for a sports rehabilitation specialist in elevating the level of football players in this city to a high degree. The study also showed that the role of the sports rehabilitation specialist in elevating the level of players in the professional role was higher than in partial and second-class professionalism, especially in the psychological factor and performance. The most important recommendations were that it is necessary for a sports rehabilitation specialist to be present in all stages of training and competition, this is because of the important role that he plays in the field of training players in terms of performance, psychological factor and hospitalization. In addition to that, it is very necessary for a specialist for sports rehabilitation within the technical staff of all clubs, especially in professionalism Partial and second degree.

**Keywords:** Rehabilitation, Sports Rehabilitation, Elevating, Footballers.

## I. INTRODUCTION

Football is one of the most advanced and popular games, as we see that the football game has developed significantly around the world in general and in Palestine in particular, on the physical and technical level. During the previous years, it was evident the great development that took place in this game at the physical and skill level of the players, this result because of the high professional level prevailing in the international tournaments and leagues. The physical performance and skill level for the players in Palestine has been improved as a result of the development that occurred, but for the players to reach the required physical level, there is must be a role for sports rehabilitation and sports medicine.

Sports rehabilitation is currently an important part of the field of sports medicine since it protects players from various injuries by elevating their physical level. Moreover, the presence of a specialized sports doctor contributes to elevating the quality of dealing with players' injuries, also sports medicine and rehabilitation are no longer the same previously, it was limited to rehabilitating injuries only, but it became related to different sciences such as measurement, evaluation and sports selection which contributed to the prevention of injuries among the players to a large extent. Fox (1989) defined it, according to what was mentioned in Al-Naimi's study (2006), as the field that includes all sciences related to physical activities and sports not just from a medical point of view. As the sports rehabilitation process has an important role in maintaining the players' level and physical readiness for them, as well as in general works to reduce injuries and also contributed to speeding up the recovery process for players when exposed to various injuries.

The importance of this study is that it includes information on the importance about the importance of athletic rehabilitation for players and how this affects their general level, we are suffering from a lack of studies that included this topic in Palestine. This study is distinguished by the fact that it sought to know the importance of sports rehabilitation and its role from the perspective of the players. Based on that, it appears that we need to know and do a lot of research on the importance of sports rehabilitation and its

impact on the level of players and to know how the absence of sports rehabilitation affects players in Jerusalem clubs.

The problem of the study revolves around the importance of the role of the sports rehabilitation specialist and the effect that causes in his absence at the level of players in Palestine and in particular, in Jerusalem city. Through the field experience of researchers, their follow-up to football clubs in Jerusalem city and their discussions for the players, administrators and technical staff. They found that the clubs do not have a rehabilitation therapist and if he exists, he does not perform his role effectively. Therefore, we decided to conduct a study on the role of the sports rehabilitation specialist in elevating the level of footballers in Jerusalem city.

The objectives of this study are to know the role of the sports rehabilitation specialist in elevating the level of soccer players and in addition to studying and defining the role of the sports rehabilitation specialist in elevating the level of soccer players according to the study variables are the degree to which the player plays and the number of times of injury in the city of Jerusalem.

### **1.1 Study questions:**

- Is there a role for a sports rehabilitation specialist in elevating the level of footballers in Jerusalem city?
- Is there a role for a sports rehabilitation specialist in elevating the level of footballers according to the study variables (the degree to which the player plays, the number of hits) in Jerusalem city?

### **1.2 Terminology of study:**

- Sports rehabilitation: It is the process of rejuvenating health and being able to work by various means, therefore we can obtain the maximum physical, psychological and social potential for recovery (Abdul Hussein et al., 2010).
- The concept of injury: The concept of injury is related to medical rehabilitation, according to Al-Naimi's study (2006), the concept of injury came as follows (it is the exposure of different body tissues to external or internal influences that lead to anatomical and functional changes in the place of injury, which disrupts the work or activity of the injured part).

### **1.3 Determinants of the study:**

- Spatial determinant: Jerusalem city clubs
- Human determinant: players in football club lists for the year 2018/2019.
- Temporal determinant: the sports season 2018/2019 from the date 3/15/2019 to 25/5/2019

## II. PREVIOUS STUDIES:

Al-Nuaimi (2006) conducted a study entitled Building a Scale to Evaluate the Work of Sports Medicine from the Doctors' Point of View, as the Descriptive Approach was used by the survey method which suits the circumstances surrounding this study. The samples of this study were represented by physicians and therapists in the field of sports medicine, doctors in various specialties, and professors of physical education in the departments and colleges of the governorates (Baghdad, Ninewa, Erbil, Dohuk, and Sulaymaniyah). He has used four tools to collect data: an open questionnaire, a personal interview, a closed questionnaire, and a content analysis. The researcher has used many measurement tools, including weighted arithmetic mean, standard deviation, arithmetic mean and Pearson correlation coefficient. The results showed that the scarcity of individuals scientifically qualified in sports medicine. In addition to that the weak capabilities of the clubs, which difficulties the presence of medical staff specialized for sports rehabilitation in the clubs. Moreover, the researcher recommended that the necessity of working to find effective solutions to reduce the impact of the obstacles that have been reached, in addition to the necessity of attention by universities and colleges in preparing a professional cadre of sports medicine.

Karim's study (2012), which was titled An Analytical Study of Sports Rehabilitation Obstacles from the Point of View of Team Games Players in Salmaniya Governorate Center. The researcher used the descriptive method, as it is the best research method to answer the questions of the study. The research samples were determined by the clubs' teams in the Sulaymaniyah Governorate Center for Group Games for the category of applicants and the clubs are (Sulaymaniyah, SirwanNawa, Bishma Rakah, Nowruz, and Ashti). In her study, the researcher used the form as a tool to collect information. The Pearson correlation coefficient was used as a tool for statistical analysis in addition to the percentage and chi-square. This study showed that the clubs included in the study do not have a professional team specialized in sports rehabilitation, which leads to difficulty in completing the process of professionally hospitalizing injured

players, which affects their general performance on the field. The study emphasized the importance of having medical care for the team in order to ensure the provision of specialized medical care and supervision, which will affect their level and general performance.

### 2.1 Commentary about previous studies and their relationship to this study:

The similarity between this study and previous studies is to clarify the importance of sports rehabilitation from several aspects as well as confirmed its absence and lack of interest in it, which affects the level of athletes in general and delays the recovery process significantly.

The difference between the previous studies is that the first study talked about the financial and some other obstacles that affect the presence of a sports rehabilitation specialist, it was from the players' point of view. While the focus of the second study was that there is no qualified sports rehabilitation specialist and there is a shortage of qualified people to play their role, and it was from the doctors' point of view. This study was distinguished from previous studies as it measures the importance of the role of sports rehabilitation and its impact on the level of footballers from the players' point of view, while previous studies talked about the subject from the doctors' point of view, in addition to that, they talked about the obstacles facing the rehabilitation process from the point of view of footballers but did not address its impact in elevating their level.

## III. METHOD

### 3.1 Study procedures

The research community includes footballers from the city of Jerusalem, as the sample includes 41 players distributed in different degrees (professional, partial professional, second degree) and an accidental sample was taken from the holy players who play in Jerusalem clubs or clubs outside the governorate.

### 3.2 Questionnaire

The questionnaire was conducted on the players of the Jerusalemite employees club in the second degree and the players of the Al-Issawiya club in partial professionalism, while the sample of the professional players included Jerusalem players who played in different clubs in the professional league, where 16 players were playing in the professional degree and 15 players in the partial professional degree and 10 players play from the second division. The validity of the questionnaire tool was tested by presenting the questionnaire to the professors of the Faculties of Physical Education, where modifications were made to it and some paragraphs were added and some axes were changed. The five-point Likert scale was used (agree, strongly agree, agree moderately, disagree, strongly disagree) as it contained 15 paragraphs distributed over three axes so that each axis of them contains 5 paragraphs equally, and the axes were (The psychological factor, hospitalization, and performance) while the variables that were relied upon in the questionnaire were (number of hits, the degree to which the player plays). The reliability of the questionnaire was verified by using Crombach's alpha scale and the reliability coefficient for all the items of the questionnaire was (70%), which is a good degree, as shown in Table (2).

**Table No. (1):** the reliability coefficient for the fields of resolution

Fields	The Number of Questions	Percentage
All paragraphs of the questionnaire	15	70%

## IV. RESULTS AND DISCUSSION

We present the results and the discussion related to the first question, which states (Is there a role for a sports rehabilitation specialist in elevating the level of football players in the Jerusalem governorate)? And to answer this question, the arithmetic averages and standard deviations were calculated for all the paragraphs of the questionnaire, and Table (3) explains that.

**Table No. (2):** Frequencies and percentages of the variable number of hits for professional league players.

Variable	Frequency		Percentage
The number of times of infection for professional league players	Once only	3	18.8%
	Twice	5	31.3%
	More than twice	8	50%
	<b>Total</b>	<b>16</b>	<b>100%</b>

**Table No. (3):** Arithmetic averages and standard deviations for all paragraphs of the questionnaire (the role of the sports rehabilitation specialist in elevating the level of football players in Jerusalem from the players' point of view) for all scores.

Number	Paragraph Text	Arithmetic Mean	Standard Deviation	Rank
c2	My performance improves after the rehabilitative treatment sessions	4.38	.740	1
c1	Natural therapy enhances my sense of balance	4.30	.640	2
c3	I feel stronger after the rehab sessions	4.27	.670	3
b5	The specialist has the most prominent role in determining the size of the injury and the recovery period	4.25	.740	4
b4	When a player treats himself without referring to a specialist, it affects the recovery process	4.20	.960	5
a5	The psychological factor affects the healing process	4.20	.880	6
a3	Through the directions of the sports rehabilitation specialist, the player's performance improves	4.20	.880	7
b2	The absence of the role of a sports rehabilitation specialist makes it difficult for the players to recover	4.18	.720	8
a4	I feel positive energy if I talk to a sports rehabilitation specialist	4.13	.930	9
b3	The correct diagnosis of the injury affects the success of the performance process	4.10	.950	10
b1	The specialist, coach and player are the main pillars of the success of the hospitalization process	4.10	.950	11
a2	The absence of the role of a sports rehabilitation specialist reflects negatively on self-confidence	4.05	0.93	12
a1	The role of the sports rehabilitation specialist affects the morale of players	4.00	0.98	13

c5	I feel like I'm doing poorly if I don't do a physical massage session before the competition	3.40	1.17	14
c4	My performance is affected after the rehabilitative therapy sessions	2.78	1.31	15
	<b>The overall average of all the paragraphs of the questionnaire</b>	<b>4.03</b>	<b>0.38</b>	

It is evident from Table No. (3) that the overall arithmetic means of all paragraphs of the questionnaire reached (4.03), which is largely indicated that the role of the sports rehabilitation specialist is important for all grades, and it is also noticed that the second paragraph of the third field which states (My performance improves after sessions Rehabilitation therapy) we got the highest average arithmetic among the paragraphs of the questionnaire, with an average of (4.38), which is largely indicative of the importance of treatment sessions, followed by the first paragraph in the third area, which states (Physiotherapy enhances my sense of balance), where we got an arithmetic average it was reached (4.30), which greatly confirms the importance of physiotherapy sessions. But the fourth paragraph in the third field got the lowest arithmetic average, which states (My performance is affected after the rehabilitative treatment sessions), where we got an arithmetic average of (2.78), which is of a low degree, and was ranked before the last, the fifth paragraph of the third domain and we got an arithmetic average (3.40) which states (I feel that my performance is bad if we did not do a natural massage session before the competition) and this indicates that its effect was moderate in that the physiotherapy sessions do not negatively affect the performance of the players, in addition to that they are not significantly important before the competition stage direct .

**Table No. (4):** Arithmetic averages and standard deviations for all paragraphs of the questionnaire (the role of the sports rehabilitation specialist in elevating the level of football players in Jerusalem from the players' point of view) Professional League.

Number	Paragraph Text	Arithmetic Mean	Standard Deviation	Rank
c2	My performance improves after the rehabilitative treatment sessions	4.56	0.51	1
a4	I feel positive energy if I talk to a sports rehabilitation specialist	4.50	.510	2
b2	The absence of the role of a sports rehabilitation specialist makes it difficult for the players to recover	4.40	.500	3
a5	The psychological factor affects the healing process	4.38	.610	4
c3	I feel stronger after the rehab sessions	4.37	.610	5
b4	When a player treats himself without referring to a specialist, it affects the recovery process	4.37	.800	6
a3	Through the directions of the sports rehabilitation specialist, the player's performance improves	4.25	1.00	7
b5	The specialist has the most prominent role in determining the size of the injury and the recovery period	4.25	.850	8
a1	The role of the sports rehabilitation specialist affects the morale of players	4.19	.830	9
c1	Natural therapy enhances my sense of balance	4.19	.400	10
b3	The correct diagnosis of the injury affects the success of the healing process	4.19	1.04	11
a2	The absence of the role of a sports rehabilitation specialist reflects negatively on self-confidence	4.13	.880	12
b1	The specialist, the coach and the player are the main	4.12	.880	13

	pillars in the success of the recovery process for the players			
c5	I feel like I'm doing poorly if I don't do a physical massage session before the competition	3.81	.980	14
c4	My performance is negatively affected after the physiotherapy sessions	3.19	1.60	15
	<b>The overall average of all the paragraphs of the questionnaire</b>	<b>4.19</b>	<b>0.32</b>	

It illustrated from Table No. (4) that the total arithmetic average of all paragraphs of the questionnaire reached (4.19), which is largely indicative that the axis that was presented in the questionnaire is directly affected by the role of the sports rehabilitation specialist, and it is also noticed that the second paragraph of the third field which states on (My performance improves after the rehabilitative treatment sessions), we got the highest average arithmetic among the paragraphs of the questionnaire, with an average of (4.56), which is very large, which indicates that the treatment sessions carried out by the sports rehabilitation specialist have a positive relationship where the performance of the players improves dramatically. When doing it, and followed by the fourth paragraph in the first area, which states (I feel positive energy if I spoke with a sports rehabilitation specialist), where we got an arithmetic average of (4.50), which is very much indicative of the great role that the sports rehabilitation specialist plays in influencing the factor psychological for players.

But we got the fourth paragraph in the third area on the lowest average arithmetic, which states (My performance is negatively affected after physiotherapy sessions), where we got an arithmetic average of (3.19) which is of medium degree, which indicates that treatment sessions are very important for players while it is not possible that it has a negative impact on their performance in any way possible, and it was ranked before the last. In the fifth paragraph of the third field, and we got my average (3.81), which states (I feel that my performance is bad if I did not do a natural massage session before the competition), this indicates its effect was moderate, and this indicates that physiotherapy sessions do not affect the performance of the players if they are not carried out directly before the competition.

**Table No. (5):** Arithmetic averages and standard deviations for all paragraphs of the first domain (the psychological factor).

Number	Paragraph Text	Arithmetic Mean	Standard Deviation	Rank
a4	I feel positive energy if I talk to a sports rehabilitation specialist	4.50	510.	1
a5	The psychological factor affects the healing process	4.38	610.	2
a3	Other than the directions of the sports rehabilitation specialist, the player's performance improves	4.25	1.00	3
a1	The role of the sports rehabilitation specialist affects the morale of players	4.19	830.	4
a2	The absence of the role of a sports rehabilitation specialist reflects negatively on self-confidence	4.13	880.	5
	<b>The overall average of all paragraphs of the first domain</b>	<b>4.28</b>	<b>0.36</b>	

It is shown from table No. (5) that, the total arithmetic average of all paragraphs of the first field (the psychological factor) has reached (4.28), which is largely indicative that the specialist effectively affects the psychological factor of the players, especially during the hospitalization phase. It is also noted that in the fourth paragraph, which it states (I feel positive energy if I spoke with a sports rehabilitation specialist) we got the highest average arithmetic, with an average of (4.50), which is very large, which indicates that the sports rehabilitation specialist plays a major role in affecting the psychological state of

the players. Followed by the fifth paragraph, which stipulated (the psychological factor affects the recovery process), where we got an arithmetic average of (4.38), which largely indicates that the psychological factor is directly related to the hospitalization process through a positive relationship. As the more the psychological state of the player improved, this contributed to the reduction of the time period to the recovery process. While the second paragraph got the lowest arithmetic average, which states (the absence of the role of a sports rehabilitation specialist, which reflects negatively on self-confidence), where we got (4.13), which is large and ranked before the last. In the first paragraph, we got an arithmetic average (4.19), which states on (the role of the sports rehabilitation specialist affects elevating the morale of the players), this indicates that its effect was significant as it confirms what the last paragraph talked about so that the sports rehabilitation specialist plays a major role in elevating the morale of the players and his absence affects them on their psychological state during the hospitalization process and recover from the injury.

**Table No. (6):** the arithmetic means and standard deviations for all paragraphs of the second field (hospitalization).

Number	Paragraph Text	Arithmetic Mean	Standard Deviation	Rank
b2	The absence of the role of a sports rehabilitation specialist makes it difficult for the players to recover	4.40	500.	1
b4	When a player treats himself without referring to a specialist, it affects the recovery process	4.37	800.	2
b5	The specialist has the most prominent role in determining the size of the injury and the recovery period	4.25	850.	3
b3	The correct diagnosis of the injury affects the success of the hospitalization process	4.19	1.04	4
b1	The specialist, coach and player are the main pillars of the success of the hospitalization process	4.12	880.	5
b2	<b>Overall average of all paragraphs of the second domain</b>	<b>4.25</b>	<b>0.57</b>	

We note from the previous table that the overall arithmetic means of all paragraphs of the second field (hospitalization) has reached (4.25), which is largely indicative that the hospitalization process cannot take place without the presence of a sports rehabilitation specialist. (Sports rehabilitation makes it difficult to recover for players.) We got the highest average arithmetic of (4.40), which is to a large extent, which means that the players suffer from problems during the recovery process if there is no sports rehabilitation specialist who follows them. The second rank was the fourth paragraph which stipulated (when Treating the player himself without referring to the specialist affects the recovery process) as we got an arithmetic average of (4.37), which is largely indicated that the lack of a sports rehabilitation specialist pushes the player to treat himself by himself, which leads to delaying the recovery process and increasing its duration.

While the last rank for the first paragraph, which states (the specialist, the trainer and the player is the main pillar in the success of the hospitalization process), its arithmetic average was (4.12), which is to a large extent, which means that the success of the hospitalization process depends on the player's and coach's commitment to the instructions of the sports rehabilitation specialist. Preceded it in the penultimate rank the third paragraph, and we got arithmetic mean (4.19), which states (The correct diagnosis of the injury affects the success of the hospitalization process), this indicates that its effect was significant as the poor diagnosis of the injury. It will affect the recovery process in a large percentage, as it depends heavily on the initial and correct diagnosis of the injury.

**Table No. (7):** Arithmetic averages and standard deviations for all paragraphs of the third field (performance).

We note from Table No. (7) that the total arithmetic rate for all paragraphs of the third domain

Number	Paragraph Text	Arithmetic Mean	Standard Deviation	Rank
c2	My performance improves after the rehabilitation therapy sessions	4.56	510.	1
c3	I feel stronger after the rehab sessions	4.37	610.	2
c1	Natural therapy enhances my sense of balance	4.19	400.	3
c5	I feel like I'm doing poorly if I don't do a physical massage session before the competition	3.81	980.	4
c4	My performance is negatively affected after the treatment sessions	3.19	1.60	5
	<b>Overall average of all paragraphs of the third domain</b>	<b>4.02</b>	<b>0.50</b>	

(performance) has reached (4.02), which largely indicates that the players' performance is affected by the role of the sports specialist. We also note that the second paragraph which states (My performance improves after physiotherapy sessions) got the highest average (4.56), which is largely an indication of the effect of the rehabilitation specialist on performance, and I got second place in third place. The paragraph that stated (I feel stronger after the rehabilitative therapy sessions), where I got an average of (4.37), which is largely which means that the players benefit from the physiotherapy sessions.

The fourth paragraph came in the last place and it states (My performance is negatively affected after the physiotherapy sessions) and its arithmetic mean (3.19), which is the average score, which means that physiotherapy sessions cannot negatively affect the players and before them. It is arranged before the last fifth paragraph. I got an average (3.81) which states (I feel bad if I didn't do my body massages before the competition) and this indicates that its effect was moderate.

**Table No. (8)** Frequencies and percentages of the variable number of hits for partial professional players

Percentages	Frequency	Variable
21.4%	3	Once only
57.1%	8	Twice
21.4%	6	More than twice
<b>100%</b>	<b>15</b>	<b>Total</b>

**Table No. (9)** The arithmetic averages and standard deviations for all paragraphs of the questionnaire (the role of the sports rehabilitation specialist in elevating the level of football players in Jerusalem from the players' point of view) Partial professionalism

Number	Paragraph text	Arithmetic average	Standard deviation	Rank
b5	The specialist has the most prominent role in determining the size of the injury and the recovery period	4.50	.760	1
b3	The correct diagnosis of the injury affects the success of the performance process	4.43	1.15	2
a3	Through the directions of the sports rehabilitation specialist, the player's performance improves	4.43	.640	3
c3	Through the directions of the sports rehabilitation specialist, the player's performance improves	4.29	.720	4
c2	My performance improves after the rehabilitative treatment sessions	4.21	.890	5
b4	When a player treats himself without referring to a specialist, it affects the recovery process	4.14	.660	6
b1	The specialist, coach and player are the main pillars of the	4.07	.610	7

	success of the hospitalization process			
b2	The absence of the role of a sports rehabilitation specialist makes it difficult for the players to recover	4.00	.870	8
c1	Natural therapy enhances my sense of balance	4.00	.550	9
a5	The psychological factor affects the healing process	3.93	.820	10
a2	The absence of the role of a sports rehabilitation specialist reflects negatively on self-confidence	3.86	.770	11
a4	I feel positive energy if I talk to a sports rehabilitation specialist	3.57	.930	12
a1	The role of the sports rehabilitation specialist affects the morale of players	3.50	.940	13
c5	I feel like I'm doing poorly if I don't do a physical massage session before the competition	2.93	1.20	14
c4	My performance is affected after the rehabilitative therapy sessions	2.36	1.15	15
	<b>The overall average of all the paragraphs of the questionnaire</b>	<b>3.88</b>	<b>0.19</b>	

It is evident from Table No. (9) that the total arithmetic mean of all the paragraphs of the questionnaire reached (3.88), which is of medium degree, which indicates that the role of the sports rehabilitation specialist in the partial professional league is less than that of the professional as it is of a medium degree, and it is also noted that the fifth paragraph of the second field Which states (the specialist has the most prominent role in determining the size of the injury and the period of hospitalization) has obtained the highest average arithmetic among the paragraphs of the questionnaire, with an average of (4.50) which is very large, which indicates that the players are aware of the role of the sports specialist and its effect on the process of their recovery, It was followed by the third paragraph in the second area, which states (the correct diagnosis of injury affects the success of the hospitalization process), where I obtained an arithmetic average of (4.43), which greatly emphasizes the importance of correct diagnosis of the injury. But I got the fourth paragraph in the third area on the lowest arithmetic average, which states (My performance is affected after physiotherapy sessions), as I got an arithmetic average of (2.36), which is of a low degree. This paragraph did not have a significant impact on the performance of the players, and it was ranked before the last, the fifth paragraph of the third field, and I got my average (2.93), which states (I feel that my performance is bad if I did not do a natural massage session before the competition) and this indicates that its effect It was low as it did not have much effect nor was that important.

**Table No. (10)** The arithmetic means and standard deviations for all paragraphs of the first field (the psychological factor)

Number	Paragraph text	Arithmetic average	Standard deviation	Rank
a3	Through the directions of the sports rehabilitation specialist, the player's performance improves	4.43	.640	1
a5	The psychological factor affects the healing process	3.93	.820	2
a2	The absence of the role of a sports rehabilitation specialist reflects negatively on self-confidence	3.86	.770	3
a4	I feel positive energy if I talk to a sports rehabilitation specialist	3.57	.930	4
a1	The role of a sports rehabilitation specialist affects the morale of players	3.50	.940	5
	<b>The overall average of all paragraphs of the first domain</b>	<b>3.85</b>	<b>0.43</b>	

It is clear from Table No. (10) that the total arithmetic mean of all paragraphs of the first field (the psychological factor) has reached (3.85), which is of medium degree, which indicates that the sports

rehabilitation specialist plays an intermediate role for players in its effect on the psychological factor, and it is also noted that the third paragraph Which states (through the directions of the sports rehabilitation specialist, the player's performance improves) I got the highest arithmetic average, with an average of (4.43), which is largely indicative that the players benefit from the specialist's guidance significantly, and the fifth paragraph followed, which stipulated (the factor affects Psychological treatment for the hospitalization process), where I got a mean of (3.93) which is a moderate degree While the first paragraph got the lowest arithmetic average, which states (The role of the sports rehabilitation specialist affects elevating the morale of the players), where I got (3.50), which is of a medium degree, as the percentage of the impact of the sports rehabilitation specialist for the players in this squad is moderate, and it ranked before the last The fourth paragraph, and I got an arithmetic average (3.57), which states (I feel positive energy if I talk to a sports rehabilitation specialist) and this indicates that its effect was moderate.

**Table No. (11)** The arithmetic averages and standard deviations for all paragraphs of the second field (hospitalization)

Number	Paragraph text	Arithmetic average	Standard deviation	Rank
b5	The specialist has the most prominent role in determining the size of the injury and the recovery period	4.50	.760	1
b3	The correct diagnosis of the injury affects the success of the hospitalization process	4.43	1.15	2
b4	When a player treats himself without referring to a specialist, it affects the recovery process	4.14	.660	3
b1	The specialist, coach and player are the main pillars of the success of the hospitalization process	4.07	.610	4
b2	The absence of the role of a sports rehabilitation specialist makes it difficult for the players to recover	4.00	.870	5
	<b>Overall average of all paragraphs of the second domain</b>	<b>4.22</b>	<b>0.42</b>	

We note from the previous table that the overall arithmetic mean of all paragraphs of the second field (hospitalization) has reached (4.22), which is largely indicative that, the field of hospitalization is important and that the role that the specialist in sports rehabilitation plays in this area is very important, and it is also noted that the fifth paragraph, which It states (the specialist has the most prominent role in determining the size of the injury and the period of hospitalization). I got the highest arithmetic average of (4.50), which is very large, which means that the specialist sports rehabilitation is the focus of the hospitalization process for the players, and the second rank was the third paragraph which stipulated (The correct diagnosis of the injury affects the success of the hospitalization process) as I got a mean of (4.43), which is highly indicative of the importance of the correct diagnosis. While it was ranked last for the second paragraph, which states (the absence of the role of a specialist in sports rehabilitation makes the process of hospitalization difficult for players) and its arithmetic average was (4.00), which is largely, which means the importance of the specialist's role in the hospitalization process, and it was preceded in the order before the last in the first paragraph. On my average (4.07), which states (the specialist, the coach and the player are the main pillar in the success of the recovery process), this indicates that its impact was significant.

**Table No. (12)** Averages and standard deviations for all paragraphs of the third field (performance)

Number	Paragraph text	Arithmetic average	Standard deviation	Rank
c3	I feel stronger after the rehab sessions	4.29	.720	1
c2	My performance improves after the rehabilitative treatment sessions	4.21	.890	2
c1	Natural therapy enhances my sense of balance	4.00	.550	3
c5	I feel like I'm doing poorly if I don't do a physical massage session before the competition	2.93	1.20	4

c4	My performance is negatively affected after the physiotherapy sessions	2.36	1.15	5
	<b>Overall average of all paragraphs of the third domain</b>	<b>3.55</b>	<b>0.37</b>	

It is noted from Table No. (12) that the total arithmetic average of all paragraphs of the third field (performance) has reached (3.55), which is of medium degree, which indicates that the field of performance is the least affected by the role of the sports specialist, and we also see that the third paragraph which states (feel I am stronger after the physiotherapy sessions) I got the highest average arithmetic of (4.29), which is largely indicative of the importance of the sessions in improving performance, and the second paragraph came in second place, which stated (my performance improves after the rehabilitation therapy sessions), where I got an arithmetic average It reached (4.21), which is to a large extent, which means stressing the importance of the therapeutic sessions and their impact on performance also in this paragraph. And it was ranked last for the fourth paragraph, which states (My performance is negatively affected after physiotherapy sessions) and its arithmetic average was (2.36), which is low, which means that it does not affect the performance of the players, and it was ranked before the last paragraph the fifth, and I got an arithmetic average ( 2.93) which states (I feel that my performance is bad if I did not do a physical massage session before the competition) and this indicates that its effect was low.

**Table No. (13)** The frequencies and percentages of the variable number of hits for second-degree players

Percentage	Frequency		Variable
40%	4	Once only	The number of hits for second-division players
20%	2	Twice	
40%	4	More than twice	
<b>100%</b>	<b>10</b>	<b>Total</b>	

**Table No. (14)** Arithmetic averages and standard deviations for all paragraphs of the questionnaire (the role of the sports rehabilitation specialist in elevating the level of football players in Jerusalem from the players' point of view) Second degree.

Number	Paragraph text	Arithmetic average	Standard deviation	Rank
b5	The specialist has the most prominent role in determining the size of the injury and the recovery period	4.50	.700	1
c2	My performance improves after the rehabilitative treatment sessions	4.30	.820	2
b3	The correct diagnosis of the injury affects the success of the hospitalization process	4.30	.820	3
b2	The absence of the role of a sports rehabilitation specialist makes the recovery process difficult	4.20	.780	4
c3	I feel stronger after the rehab sessions	4.10	.730	5
c1	Natural therapy enhances my sense of balance	4.10	.730	6
a4	I feel positive energy if I talk to a sports rehabilitation specialist	3.90	.990	7
a3	Through the directions of the sports rehabilitation specialist, the player's performance improves	3.90	.990	8
a2	The absence of the role of a sports rehabilitation specialist reflects negatively on self-confidence	3.90	1.10	9
a5	Psychological factor influences the healing process	3.80	1.03	10

a1	The role of the sports rehabilitation specialist affects the morale of players	3.70	.670	11
b4	When a player treats himself without referring to a specialist, it affects the recovery process	3.60	1.26	12
b1	The specialist, coach and player are the main pillars of the success of the hospitalization process	3.50	1.08	13
c5	I feel like I'm doing poorly if I don't do a physical massage session before the competition	3.40	1.26	14
c4	My performance is negatively affected after the rehabilitative treatment sessions	2.90	1.19	15
	<b>The overall average of all the paragraphs of the questionnaire</b>	<b>3.87</b>	<b>0.42</b>	

It is evident from Table No. (14) that the total arithmetic mean of all the paragraphs of the questionnaire reached (3.87), which is of medium degree, which indicates that its effect was moderately on the players. The main pillar in the success of the hospitalization process on players) has obtained the highest average arithmetic among the paragraphs of the questionnaire, with an average of (4.50) which is very large, indicating that its impact was great on the players, followed by the second paragraph of the third area, which states (improvement) My performance after the rehabilitative treatment sessions) where I got a mean of (4.30), which is largely indicative of the importance of rehabilitative treatment and physiotherapy sessions.

But I got the fourth paragraph in the third area on the lowest average arithmetic, which states (My performance is negatively affected after the physiotherapy sessions), where I got an arithmetic average of (2.90) which is at a low degree as it did not have a significant impact from the players' point of view, and it was ranked before The last paragraph is the fifth of the third field and I got my average (3.40), which states (I feel that my performance is bad if I did not do a natural massage session before the competition) and this indicates that its effect was moderate so that it did not have a significant impact from the players' point of view, and this indicates However, the effect of physiotherapy sessions on players is low before the competition.

**Table No. (15)** The arithmetic means and standard deviations for all paragraphs of the first domain (the psychological factor)

Number	Paragraph text	Arithmetic average	Standard deviation	Rank
a4	I feel positive energy if I talk to a sports rehabilitation specialist	3.90	.990	1
a3	Through the directions of the sports rehabilitation specialist, the player's performance improves	3.90	.990	2
a2	The absence of the role of a sports rehabilitation specialist reflects negatively on self-confidence	3.90	1.10	3
a5	The psychological factor affects the healing process	3.80	1.03	4
a1	The role of the sports rehabilitation specialist affects elevating the morale of the players	3.70	.670	5
	<b>The overall average of all paragraphs of the first domain</b>	<b>3.84</b>	<b>0.42</b>	

It is clear from Table No. (15) that the total arithmetic mean of all paragraphs of the first field (the psychological factor) has reached (3.84), which is of medium degree, which indicates that this field affects in a moderate way the players from their point of view, and it is also noted that the fourth paragraph which states (I feel positive energy if I spoke with a specialist in sports rehabilitation) I got the highest average arithmetic, with an average of (3.90), which is of medium degree, which indicates the importance

of the role that the specialist plays and its effect on the psychological factor of the players, and the third and second paragraphs are similar with it in that average, The fifth paragraph came in second place, as it got an arithmetic average of (3.80), which is of medium degree.

While the first paragraph got the lowest arithmetic average, which states (The role of the specialist in sports rehabilitation affects elevating the morale of the players), where I got (3.70), which is a moderate degree, as it was with a lower impact rate.

**Table No. (16):** The arithmetic means and standard deviations for all paragraphs of the second field (hospitalization)

Number	Paragraph text	Arithmetic average	Standard deviation	Rank
b5	The specialist has the most prominent role in determining the size of the injury and the recovery period	4.50	.700	1
b3	The correct diagnosis of the injury affects the success of the hospitalization process	4.30	.820	2
b2	The absence of the role of a sports rehabilitation specialist makes it difficult for the players to recover	4.20	.780	3
b4	When a player treats himself without referring to a specialist, it affects the recovery process	3.60	1.26	4
b1	The specialist, coach and player are the main pillars of the success of the hospitalization process	3.50	1.08	5
	<b>Overall average of all paragraphs of the second domain</b>	<b>4.02</b>	<b>0.57</b>	

We note from the previous table that the total arithmetic mean of all paragraphs of the second field (hospitalization) has reached (4.02), which is largely indicative that it is the most important field in terms of the role that the sports rehabilitation specialist plays in it, and it is also noted that the fifth paragraph, which states (the specialist for him) The most prominent role in determining the size of the injury and the period of hospitalization) has obtained the highest arithmetic average of (4.50), which is very large, which means, and the second rank was the third paragraph, which stipulated (the correct diagnosis of injury affects the success of the hospitalization process), where I obtained an arithmetic average of (4.50). (4.30), which is largely indicative of the great role that the sports rehabilitation specialist plays in the recovery process, as he is primarily responsible for diagnosing the injury and determining the period required to recover from it. While it was the last rank of the first paragraph, which states (the specialist, the coach and the player is the main pillar in the success of the hospitalization process) and its arithmetic average was (3.50), which is of a medium degree, which means its impact was not significant, and it was preceded in the second-to-last rank of the fourth paragraph, and it has obtained an average My arithmetic (3.60) which states (when the player treats himself by himself without referring to the specialist, it affects the recovery process) and this indicates that its effect was moderate, and this indicates that the pillar of the recovery process is the rehabilitation specialist while the role of the player and the coach is in a medium way and the effect of treating the player was Himself has little importance for them, as it had no effect on the healing process and hindered it from their point of view.

**Table No. (17)** The arithmetic means and standard deviations for all paragraphs of the third field (performance)

Number	Paragraph text	Arithmetic average	Standard deviation	Rank
c2	My performance improves after the rehabilitative treatment sessions	4.30	.820	1
c3	I feel stronger after the rehab sessions	4.10	.730	2
c1	Natural therapy enhances my sense of balance	4.10	.730	3
c5	I feel like I'm doing poorly if I don't do a physical massage session before the competition	3.40	1.26	4
c4	My performance is negatively affected after the	2.90	1.19	5

	physiotherapy sessions			
	<b>Overall average of all paragraphs of the third domain</b>	<b>3.76</b>	<b>0.62</b>	

It is noticed from Table No. (17) that the total arithmetic average of all paragraphs of the third field (performance) reached (3.76), which is of medium degree, which indicates that the effect of the field of performance was on average for the players. After the rehabilitative treatment sessions) I got the highest average arithmetic of (4.30), which is largely indicative of the importance of this paragraph and the effect of the treatment sessions on performance. The third paragraph came in second place, which stated (I feel stronger after the rehabilitative treatment sessions), where I got Arithmetic mean (4.10), which is to a large extent, which means that this paragraph also has a great impact and emphasizes the importance of treatment sessions. And it was ranked last for the fourth paragraph, which states (My performance is negatively affected after physiotherapy sessions) and its arithmetic average was (2.90), which is of a low degree, which means that its effect was moderate, and it was ranked before the last paragraph the fifth, and I got an arithmetic average (3.40) Which states (I feel that my performance is bad if I did not do a natural massage session before the competition) and this indicates that its effect was moderate and that the physiotherapy sessions are not of great importance to the players before the competition directly.

The researchers attribute the previous results to the importance of having a specialist for rehabilitation from all axes and for all grades because their performance improves after the rehabilitative treatment sessions and they feel balanced and become stronger after the rehabilitative treatment sessions, and because the specialist has a large role in determining the size of the injury and the period of hospitalization, and this partly corresponds with the results of Dimen's study (2012). Which indicated the importance of having a medical cadre for the team in order to ensure the provision of specialized medical care and supervision, which will affect their level and general performance.

**Presentation and discussion of the results related to the second question, which states (Is there a role for a sports rehabilitation specialist in elevating the level of soccer players in the Jerusalem governorate according to the study variables (the degree to which the player plays, the number of hits)?**

To answer this question, the arithmetic averages and standard deviations were calculated for individuals of the sample, the previous tables (2), (8), (13), and the following table (18) illustrate this.

**Table No. (18):** The arithmetic means and standard deviations of the sample members

Number	Individuals of the sample	Arithmetic means	Standard deviation
1	<b>Professionals</b>	4.19	0.32
2	<b>Partial professional</b>	3.88	0.19
3	<b>second degree</b>	3.87	0.42

We note from Table No. (18) that the arithmetic average of the members of the sample of professionals obtained the highest average among them, reaching (4.19), which is largely indicative that the players of the professional league are more aware and more familiar with the role of a specialist in sports rehabilitation, and the researcher believes that the reason for this is that The professional league players deal more with specialists and know their importance more than the amateur players, and the members of the sample came second from partial professionalism, they got an arithmetic average of (3.88), which is a medium degree, which indicates that the players in the partial professional league are less aware and knowledgeable. The role of a rehabilitation specialist from the professional league players, and this is normal, as they play at a lower level and have less experience, and the researchers see the reason for this is the lack of dealing with the players with the sports rehabilitation specialist and the lack of awareness of the players and the clubs they play with due to its great importance. The sample is of the second degree, where they obtained an arithmetic average of (3.87), which is of medium degree, which indicates that there is a convergence between the awareness of the players of the second division and the partial professional league in the role of a sports rehabilitation specialist, where the.

The overall average of second-class players is very close to the partial professional players, and the researchers also see the reason for this is that the interest in sports rehabilitation for players in these two

degrees of the Palestinian League is little and almost similar, unlike the professional league, which some clubs at the present time are interested in having a physical therapist with the team.

## V. CONCLUSIONS

1. The study showed that there is a role for a sports rehabilitation specialist in elevating the level of soccer players in Jerusalem governorate to a high degree.
2. The study showed that the role of the sports rehabilitation specialist in elevating the level of players in the professional role was higher than in partial and second-degree professionalism, especially in the psychological factor and performance.
3. The specialist affects the level of players through the healing process for all ranks.

### **Recommendations: In light of the conclusions, the researchers reached the following recommendations:**

1. The necessity of having a specialist for rehabilitation within the technical staff of all clubs in all ranks, especially in partial and second-class professionalism, because the interest in them is less than in the professional league.
2. The importance of allowing the specialist to work in all stages of training, and the need for the specialist to follow up on the players permanently due to the importance of his role in improving the performance, psychological factor and hospitalization of the players.
3. Conducting other studies that talk about this problem due to the lack of previous studies that talk about it.

## REFERENCE

1. Faraj Karim, Dimen (2012). An Analytical Study of Medical Rehabilitation Obstacles from the Viewpoint of Team Games Players, Sulaymaniyah Governorate Center Journal of Physical Education Sciences. Volume: (5). Issue (2), p. 251-277.
2. Abdul-Hussein, and others. (2010). The use of different rehabilitative methods according to some biochemical variables and their effect on increasing the range of motion of people with shoulder joint. Journal of Physical Education Sciences. Volume (3) Issue (2).
3. Issa, Arvis (2016) "The Role of Sports Medicine in Preventing Sports Injuries for Middle Class Football Players (17-19) Years," Unpublished Master's Thesis. Institute of Sciences and Technologies of Physical and Sports Activities. Al-Musaliyah University.
4. Al-Nuaimi and Dargham. (2006). "Building a scale to evaluate the work of sports medicine from the doctors' point of view." Al-Rafidain Journal of Mathematical Sciences. Volume: (12). Issue: (42)
5. Kamouneh, Team (2002): Encyclopedia of Sports Injuries and How to Deal with It, 1st Edition, Dar Al Thaqafa Publishing, Jordan, Amman.
6. Al-Baghawi, Ismail (2017) "Sports Qualification," Arab Academics Website. <http://arabacademics.org/506--rehabilitation-sports.html>
7. Kenyon, J and Kenyon k. (2004). The Physiotherapist's Pocket Book, (1st ed.), NHS Trust, London, UK. PP59-61. Pate, R.R., M. Pratt, S.N. Blair, et al. (1995). Physical activity and public health. JAMA. 273: 402-407.
8. Sallis JF, Owen N. (1999). Physical Activity and Behavioral Medicine. Thousand Oaks, CA Sage Publications, pp. 110-134.