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## A suggested strategy for aerobic gymnastic in the Egyptian federation of gymnastics

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The researcher studied under the title "A Suggested Strategy for Aerobic gymnastic In The Egyptian Federation Of Gymnastics." and use descriptive method survey manner, was the research sample way intentional random from the research community and the number of choice (40) members, including 27 members of the faculty, (8) members of the members of the board of the Egyptian Federation of Gymnastics management, (5) members of the training of experts in the field of gymnastics and the researcher to apply the basic study during the period of 10 | 5 | 2014 m to 30 | 5 | 2014 m on the core sample of (30) one of them (7) members of the Council of the Egyptian Federation of Gymnastics Management, (20) a member of the faculty members, (3) experts in the field of training of gymnastics, then the researcher to apply the research project proposed on the sample number questionnaire (20) expert of them (7) individual members of the Board of Directors Egyptian Federation of Gymnastics (13) of faculty members, and (3) training of experts and gymnastics during the period from 11/15/2014 to 12/01/2014 AD.

### Biography

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