



ISSN: 2456-0057

IJPNPE 2022; 7(1): 374-377

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www.journalofsports.com

Received: 12-05-2022

Accepted: 26-05-2022

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The effect of special educational exercises with aids to learn some basic skills on the parallel device for men among students of the faculty of physical education and sports sciences: University of Maysan

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Abstract

The third stage students in the Faculty of Physical Education and Sports Sciences at the University of Maysan face some difficulties while learning skills in the gymnastics lesson. From here came the idea of the researcher in designing educational exercises with auxiliary means to learn the skills of weighting, standing on the shoulders, and rolling on the parallel device for men. The results showed progress in the post tests of the two groups, and the experimental group outperformed the control group in its post tests. The researcher concluded that the proposed educational exercises had a role in the learning process, and recommended that the gymnastics teacher be given a role for educational devices and tools and work on discovering and designing devices and tools that help in learning Other skills and on other devices.

Keywords: Parallel device, college of education, Maysan University

Introduction

Sports games receive wide and great attention from the countries of the world and by sports institutions in order to reach the best levels and achieve the best achievements. Possible levels. Scientific research has contributed to the development of achievements in all sports, including gymnastics, which reached a high level through the difficult performance and kinetic creativity presented by the players of this event. The special process of learning, which has a positive and effective role, as it works to improve the motor performance and raise the morale of the student in performing these exercises. The necessary conditions must be met when performing them, as they must be diverse and different to keep the student away from boredom and suspense when performing. As learning the skills in the effectiveness of gymnastics Depends on acquiring motor behavior and the correct path of movement to be learned and working on repeating its exercises and training repent of her mistakes. One of the most important activities that need such attention is the gymnastics equipment for men, due to the large number of performance requirements in it, whether on the ground or on the rest of the various devices. The parallel device is one of the six devices for men's devices, which students of the Faculty of Physical Education and Sports Sciences perform various skills after learn it. Learning these skills on that device requires special and precise exercises as well as various auxiliary devices that work in turn to reduce the risk, facilitate performance and add the element of suspense and excitement to the educational process, especially that the learner who begins to learn skills on the parallel device for men is exposed to confusion and sluggishness In performance, because it is affected by the factor of fear, anxiety and lack of sense of safety or injury sometimes, as it deals with a device made of iron and wood, any injury to him or any mistake may cause him a certain harm. Hence the importance of this research emerged in how to teach third-stage students in the College of Education Physical and Sports Sciences at the University of Maysan for some basic skills on the parallel device for men, as the performance on that device is one of the practical study subjects for that stage and the duty to learn those skills on this device and perform on it during the study of the third stage, where it is known that the student's evaluation on the practical side in the quarterly and final exams is An evaluation of the performance level of each student on that device and the rest of the other devices.

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Research problem

A former player and teacher of gymnastics for more than fifteen years. The learners face the basic skills on this device. There is fluctuation in the performance level of the learners for reasons that indicate the students during the learning process, including the fear of falling from the device or bumping into it, Wrong performance that leads to a failed landing. Hence, the problem of our research arose in how to overcome those obstacles facing the learner of the basic skills on the parallel device by preparing special exercises that simplify the blindness of learning and shorten the effort and time of the teacher.

Research Objectives

Preparing special exercises with auxiliary means to teach some basic skills on the parallel device for students of the third stage of the Faculty of Physical Education and Sports Sciences at the University of Maysan.

Knowing the effect of the special exercises prepared by the researcher.

Research hypotheses

There are statistically significant differences between the pre and post tests for the control and experimental groups and in favor of the post tests.

There are statistically significant differences between the post tests of the control and experimental groups and in favor of the post tests in the experimental group.

Research Areas

The human field: third-year students in the College of Physical Education and Sports Sciences - University of Maysan for the academic year 2021-2022.

Time range: from 25/3/2022 to 29/5/2022

Spatial domain: Gymnastics hall in the Faculty of Physical Education and Sports Sciences - University of Maysan.

Research methodology and field procedures**Research Methodology**

In order for the researcher to be able to reach the appropriate solutions to the nature of the problem under research, it was necessary to choose a method that fits with the nature of that problem, as this is one of the important and necessary postulates in the scientific method. "One of the most successful and efficient approaches to choosing the validity of the hypotheses and determining the relationships between the variables, as the features of the scientific method of thinking are clearly visible, and the control over the various factors that affect the phenomenon under study" (Abdul Hafez, 2012).

The research community and its sample

The selection of the research sample must fit with the objectives set by the research in the subject of the research study and "so that it is well representative of the study community" (Marwa, 2020). Where the researcher determined his research community by the intentional method represented by the third stage students in the College of Physical Education and Sports Sciences / University of Maysan for the 2021-2022 school season, whose number is (68) in their theoretical and applied branches, The student of the experimental group, while the students of the applied sciences branch, who numbered (35) were the control group, and thus the sample constituted (100%) of the original population.

Devices, tools and means of collecting information**Devices**

- Legal parallel device.
- Other auxiliary parallel devices (illegal devices).
- Lenovo computer.
- S9+ phone.
- 3-3-2 Tools.
- Wooden boxes.
- Wooden sticks.
- Wooden platform.
- 3-3-3 Means of collecting information:
- Statistical means.
- Scoring registration form for pre and posttests.
- Note.
- Tests and measurements.
- Arab and foreign sources.
- Special exercises.
- Sponge pads.
- Lass bar.
- Elastic ropes.
- Two (2) gloves.

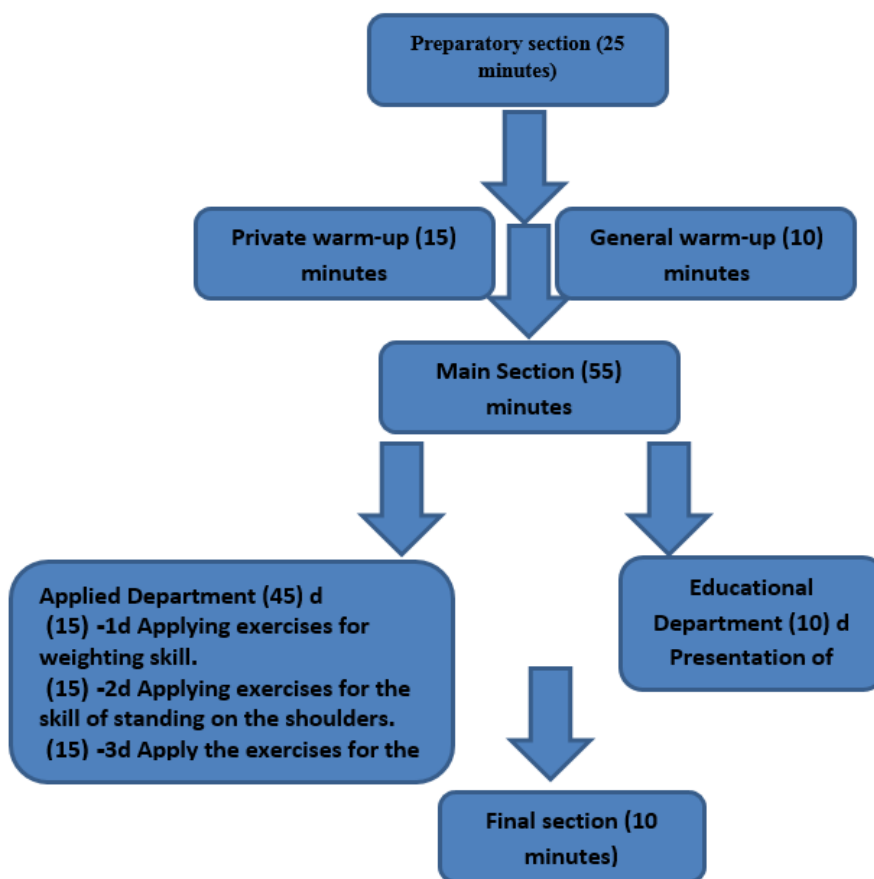
Field research procedures

The steps of preparing special exercises to teach the skills of weighting, standing on the shoulders, and rolling on the parallel device for men.

By looking at scientific sources and from experience in the field of teaching gymnastics for students of the Faculty of Physical Education, the researcher prepared special educational exercises targeting the kinetic paths of the skills under study and was characterized by the following.

- The exercises were characterized by ease of application, avoiding boredom, and introducing an element of suspense and excitement in them.
- Researcher divided the time of the lecture, which is (90) minutes, into timings according to the scheme that is mentioned later. A set of exercises for teaching a specific skill from the above-mentioned skills.
- The researcher took into account the principle of gradual learning from easy to difficult.
- The researcher introduced a set of devices and tools during the teaching process, the purpose of which was to speed up and simplify the learning process and raise the fear factor of the learner.
- Among the devices and tools that the researcher used is the low parallel device, rubber ropes, adhesive tapes, in addition to presenting the exercises to the learner after completing their explanation.
- The researcher worked to take into account the individual differences among the learners.
- The special exercises had the characteristic of being similar and the nature of the real performance of the skills.
- The researcher emphasized the principle of repetition in the exercises, as repetition is the basis for acquiring and learning skills.
- The number of educational lectures for the three skills was (8), one lecture for each week, according to the lectures schedule approved by the college, and thus the exercises continued for two months.
- The experimental group carried out the exercises prepared by the researcher, while the control group carried out the exercises prepared by the gymnastics teacher.

The research design of the educational exercises (90) minutes



A figure illustrating the design map of educational exercises with the skills under study

Tribal tests

The researcher conducted the tribal tests for the skills under study after giving an introductory unit to the research sample and then recorded the scores of each student in the skill performance assessment form. The tribal test was on 3/29/2022 corresponding to Tuesday, Through teachers who specialize in teaching gymnastics and hold higher degrees in that specialty.

Tribal tests

After completing the implementation of special educational exercises on the research sample, the researcher conducted post-tests on 29/5/2022 on the control and experimental groups in the Gymnastics Hall of the Faculty of Physical Education and Sports Sciences - Maysan University. The

researcher took into account that the same conditions are (time, place, Time, devices and tools, the method of carrying out the test, and the auxiliary work team) in order to achieve objectivity and the similarity of conditions with the pre-test.

Statistical means

The researcher used the statistical program (Spss.ver17) in a computer to process the data in order to reach the achievement of the research goals and hypotheses, where he used each of the following statistical laws:

- The law of percentage.
- The law of arithmetic means.
- Standard deviation law.
- The law of the t -test for correlated samples.

Presentation and discussion of the results
Presentation of the results

Table 1: It shows the arithmetic means and standard deviations of the pre-tests of the control group

Variables	Tribal		after me		Calculated (t) values	Indication level	Indication type
	s	p	s	p			
weighted	3.67	0.58	5.76	0.78	11.54	0.00	moral
standing on shoulders	2.97	0.52	5.94	0.73	19.91	0.00	moral
Parallel Rolling	2.91	0.90	5.38	0.88	10.47	0.00	moral

*Significant at significance level $\leq (0.05)$

Table 2: Shows the arithmetic means and standard deviations of the pre- and post-tests of the experimental group

Variables	Tribal		after me		Calculated (t) values	Indication level	Indication type
	s	p	s	p			
weighted	3.46	0.56	7.56	0.87	21.88	0.00	moral
standing on shoulders	3.09	0.64	7.43	0.77	29.70	0.00	moral
Parallel Rolling	3.12	0.83	6.81	0.89	18.16	0.00	moral

*Significant at significance level $\leq (0.05)$

Discussing the results

By looking at the statistical results of the variables under discussion in Table (1) and (2), the researcher notes progress in the control and experimental group by comparing the statistical results between the pre and post tests, where the skills results of the control group in the post tests were higher than the tribal tests of weighted skill as well as Standing on the shoulders and rolling on the parallel device, we infer from these results that the educational method used by the gymnastics teacher for the control group in teaching those skills was making some kind of progress and the research attributed this progress to the explanation and presentation of the skills provided by the teacher as well as giving feedback, and following up on students. The correction of errors, as well as the commitment of the students of the control group to the educational units, which led to a good opportunity for learning, and this is what Youssef Qatami agreed with, quoting from Fadel Alwan, who said, "The physical education teacher is the main factor in the education process in terms of directing the students' sports activities and inspires in them desire and motivation. In working hard and meticulously in order to achieve the goals of the educational unit, a good teacher is the person who does the right thing. Lesson preparation, preparation and organization, as well as the gradation from easy to difficult in teaching skills, taking into account individual differences during the implementation of the lesson, and then it has the ability to properly test teaching methods and methods and diversity in their use in proportion to the requirements of the objectives" (Fadil, 2011) [3]. As for the experimental group, its post tests were also greater than the tribal tests, and this indicates progress in learning for that group. Here, the hypothesis of the first research was achieved that the post results of the two groups were better than the tribal tests. If we compare the results of the data of the control group with the experimental group, we will find that there is progress on the level of skills. The three are at a better and greater level, and this reinforces the researcher's second hypothesis that he imposed, as the researcher attributes that progress to the optimal use of special educational exercises, which depended in their application on the repetitions that he designed to suit the level of the sample members as well as the similarity of their performance with the actual performance of skills. Correcting the skill will lead to its mastery, as "continuous exercise in performing the skill reduces errors by increasing repetitions in the educational unit, which leads to the development of skills" (Al-Mu'tasim Billah, 2019) [2]. This was confirmed by Maher Al-Amiri by saying, "Learning comes through correct repetition, and this repetition gives an opportunity for the brain to learn, correct and retrieve it in the future. If kinesthetic learning means a permanent change in motor behavior as a result of correct repetition, it is also a change that occurs in the nerves as a result of the accumulation of experience" (Maher, 2014) [4]. The researcher also attributes that progress to the correct scientific planning in preparing the exercises, as they were not only skillful, but rather targeted the muscle groups needed by the learner. Athletes, both physically and skillfully, are commensurate with that activity" (Wajih, 2000) [6]. The researcher also adds to the role of the auxiliary devices and tools that he used by mixing them with educational exercises, as they worked to reduce effort and time and introduce the element of suspense and excitement during the learning process, The educational material with the least effort and cost and in short time" (Al-Mu'tasim Billah, 2019) [2].

Conclusions

Within the framework of the results reached by the researcher through the current study, he reached the following conclusions

1. The special educational exercises designed by the researcher had the greatest impact on the events of the learning process for the skills under study for the third stage students.
2. Assistive devices and tools played a major role in enhancing the learning process and pushing it forward by reducing effort and time and adding an element of suspense and excitement to the learner and teacher.
3. Proper planning of the educational units and following the principles of scientific research in the sequence of educational exercises made the educational units to be effective, sober and not boring during repetition.

Recommendations

The researcher recommends the following points

1. It is necessary for teachers to use teaching aids that simulate legal gymnastics equipment so that learning is perfect.
2. Encouraging teachers to put forward ideas and forms for designing educational aids, as they are the closest to this field.
3. Mixing educational aids and devices with similar exercises, the result will be quick in learning.
4. Taking into account the individual differences of each student during the learning process on the gymnastics equipment.

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