

# The Effect of an Educational Curriculum Using the Computer in Learning a Skill on the Parallel Device of the Artistic Gymnastics for Girls

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**Abstract**—Given the characteristics of the computer that distinguish it from other educational means, the importance of the research emerges through the preparation of an educational curriculum that carries with it the possibility of learning your artistic gymnastics skills for girls through the use of computers in the learning process by presenting a correct model of the skills that will be learned. The research assumed there are statistically significant differences in the pre and posttests of the two groups (control and experimental) in learning some skills in the artistic sexuality of girls and in favor of the post tests. The researcher used the experimental method for its suitability to the nature of the problem. He concluded that the use of computers as an aid in the process of learning some skills in boxing achieved better results than the traditional method used in the Faculties of Physical Education and Sports Sciences, and is clearly through the rate of development obtained by them. He recommended the use of computers as an aid to learn some technical skills for girls.

**Keywords:** Effect of an Educational Curriculum, Using the Computer in Learning a Skill, Parallel Device of the Artistic Gymnastics,

## Definition of the research

## Introduction and Importance of Research

Urging development in various fields of the world to strive to develop education by relying on educational technology through the modern educational methods it provides, and the success of the educational process in the field of physical education depends on many and many factors that are not limited to the role of every teacher and student only, but also to include the role of Educational devices and aids, and the contribution of these devices and means in providing educational conditions that suit the ability of the learner and the time allocated for education. Teaching aids have become a necessity in the educational process and cannot be dispensed with, especially in teaching some difficult skills that characterize the privacy of your gymnastics, and the learning skills in your gymnastics differ from the learning skills and movements in other sports, in the terms of learning their skills are implemented in a completely different way. Among the sports in which the remainder is made up in other sports, gymnastics is one of the most popular, fun and enjoyable sports in many countries of the world because of its importance that distinguishes it from other sports. Computers are a popular tool used in many areas of life. Computers are among the broadest fields of scientific research and education. The computer is one of the educational tools that can be used in all activities in general and in the field of sports in particular, as it increases the speed of learning and improves quality. The importance of using computers is increasing in increasing the teacher's ability to present the material to be taught in detail and enabling the learner to understand the skill that must be learned, as it reduces the effort spent during the lecture and stimulates the motivation to learn. In view of the characteristics of computers in terms of its advantage over other educational means, and in line with the scientific progress that we have witnessed in our time and in a serious attempt to develop the artistic gymnastics game for girls, which was characterized by the difficulty of learning their skills compared to other sports, we find that the importance of research is highlighted through the preparation of school curricula. An educational course with the ability to learn the skills of artistic gymnastics for girls through the use of computers in the learning process.

## Research Problem

The use of modern devices helps him to easily communicate information by displaying models and pictures of the skills to be taught, as well as a significant saving in effort and time. And through the follow-up of the study, the researcher T. That there are still some gymnastics teachers use the neighborhood model view to learn artistic

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gymnastics skills, and this leads to some physical, skill and psychological difficulty in performing the movements, in addition to the speed of performance when presenting some skills that will be negatively reflected on the level of the educated learners, in addition to not know the parts of the movement clearly. Accordingly, the researcher decided to prepare an educational curriculum using the computer to learn some of your skills in artistic gymnastics for girls by giving an idea of the skills that must be learned and providing a correct model of skills, as well as dividing those skills. Steps through a slow presentation focusing on the important points.

#### **Search scorers**

1. The effect of using an educational curriculum using the computer on learning some skills of artistic beauty among girls.
2. The differences in learning some skills in artistic gymnastics for girls using computers as an aid and the traditional method used in the college.

#### **Research hypotheses**

1. There are statistically significant differences between the results of the pre and post tests of the two groups (experimental and control) in learning some skills in the artistic sexual activity of girls and in favor of post-tests.
2. There are statistically significant differences in the results of the post-tests between the two groups (experimental and control) in learning some skills in boxing and in favor of the experimental group.

#### **Research areas**

- The human field: a sample of (24) students from the second stage - College of Physical Education and Sports Sciences - Al-Farahidi University.
- Spatial domain: the indoor artistic gymnastics hall for girls at the College of Education / Department of Physical Education and Sports Sciences - Al-Farahidi University.
- Field time: for the period 2/10/8/2018 until 1/13/2019 9

#### **Theoretical studies and previous and similar studies**

##### **Theoretical studies**

##### **Educational technology in physical education**

The learner is always attracted to the things that attract attention and there is no better than educational technology that uses different means through which we can attract the learner while learning the skills of sports activities. And that learning the skills of sports activities takes a long time from the explanation while teaching it, but through the means of educational technology, he can continue teaching skills in record time, which helps to save time. Educational technology also helps in the process of learning the motor by developing the kinesthetic perception of the learner, through the processes of presentation and then the use of information (feedback), and can make a positive impact on the development and perception of movement, as well as helping to perform the skill presented uniformly for all learners and thus help to evaluate their understanding of it instead of presenting it in more than one human model with a variation in the way it performs. Educational technology has great importance in the field of learning physical education activities in terms of: - (1)

1. The attractiveness and effectiveness of teaching in raising the learner's radio activity.
2. Taking into account the individual differences between students.
3. Building development of motor perception.
4. It helps to achieve the principle of speed in the learning process.
5. It helps to pay attention to individual learning.
6. Reducing model performance errors.
7. Create an appropriate learning environment and save time.

##### **Computer (Computer )**

Modern technology has provided the tools and means that have greatly influenced the development of learning and teaching methods. These means also provided the opportunity to improve teaching methods that provide an effective learning climate that helps stimulate students' interest and motivation, and confront individual differences in an effective manner. Through its expansion and spread, the computer has been produced, which represents a paradigm shift, but it is a challenge to all previous innovations and tools that we can use in our daily life. Enabled Wei T. Presentation JP Company to be "an electronic calculator and not an electronic mind in the sense, due to the qualities of the mind and the ability to think, innovate and analyze, these faculties cannot be done" (2). Ma (Triumph of Nuri,

1994) defined a computer or as "an electronic calculator that transmits data, and then uses a specific program to provide it with this data to reach the desired results." ((3)) the researcher can define a computer as an electronic calculator that can be programmed to process the data that an individual enters through the input units, and to store that data, process it, display it and retrieve it through the output units. Computer, despite being a machine, is very similar to a human when making Logical and arithmetic operations. For example: ((4))

- He takes orders with one of his senses (mechanical)
- Summons orders with data that they are obligated to implement.
- He does what is needed.
- Upon completion, it reports the outcome of the implementation to the designated authority using one of its appropriate members - direct - such as a TV screen or additional accessories such as printer, disc players and amplifiers.
- It fully controls the required process in terms of timing and method of implementation and through programming in the nature of the case.

Computer-assisted learning occupies a large place in the educational process with its various systems and levels, due to the important educational data and gains provided by the computer-based learning system that helps in achieving effective learning. This type of learning is achieved when we think about making the learner the focus of the educational process, as well as caring for his desires. And the tendencies and trends, and the search for educational techniques that affect the desires of the learner, as well as the best study methods that help the learner to achieve learning more efficiently and effectively. ((5)) Teaching aids with the help of sensitive e-mail: "Education, which is a mechanism by computer memory cells, begins with the simple production of primitive written materials until it reaches group lessons with multiple components as it adapts to the characteristics of learners. ((6)) the mission of computers in the teaching process is that it helps the subject teacher and learners to increase the speed of their understanding of the educational material. Paragraphs and pushing them towards better learning. The adequacy of the designer and his ability to play an important role in investing computer features and characteristics such as colors, speech, music, the ability to generate traffic in technical drawings and simulations, as well as the ability to repeat them and return the required information and capabilities. (7)

### **Fields of using computers in physical education**

Computers have come to dominate all areas of human activity, and there are many educational and training fields in physical education in which computers are used, including: - ((8))

1. Saving data: the teacher or trainer can save data related to the learner such as age - height - weight - fitness level - skill level - statement of each individual's faults - skill results and physical tests, etc. Data can be saved on the skills of the curriculum or the training plan - teaching or training dates - data related to the content of each training unit or one lesson.
2. Preparation and output: data related to lesson preparation, as well as the output of the trainer or the training unit with its contents.
3. Registration: recording everything related to equipment, tools, stadiums, and media, and the extent of their technical condition, suitability and percentage of completion.
4. Analysis: Analyzing the skills and movements contained in the curriculum or training plan, determining the technical points for each skill and how to teach it the appropriate training for it, with a complete analysis of each skill, vocabulary and knowledge of muscles, as well as the mechanical laws that help in the performance process for each skill.
5. Correction: Correcting the mistakes of the players one by one.
6. Facilitation: Facilitating teaching processes and learning motor skills, and shortening the time of the educational process.
7. Contribution: Effective contribution to conducting scientific research, especially scientific research in the field of research related to the fields of movement sciences (biomechanics).

### **Research methodology and field procedures**

#### **Research Methodology**

The use of the experimental method to design the two groups of unequal (Altjeribih -control) to the appropriate research problem.

#### **Research community and sample**

The Aa NH research was purposefully selected from the long second phase of the College of Education / Department of Physical Education and Sports Sciences, Al-Farahidi University. The researcher pays the lottery for selecting two sections out of a total number of (3) people and the number of students (54 students) and the result of the lottery were

for Division (B) for the experimental group and Division (C) from the scheme of the Dahab Group. And their number (6). The number of students in the experimental group reached (12) students, and the control group (12) students. (8) Students from class (A) were escorted to conduct the experimental experiment.

### Homogeneity of the research sample

The T researcher conducted homogeneity for sample taking variables (Toul -weight - age) then has statistical treatment in the use of (torsion coefficient of the law), and the results proved the homogeneity of the sample, as shown in Table.(1)

**Table No( 1 ) .Shows the homogeneity of the search sample in the variables (length - weight - age)**

The value of the coefficient of torsion	The sample is (24)			measuring unit	Statistical processors Variables	No
	Median (and)	Standard deviation (p)	Arithmetic mean (x)			
0.973	175	8.349	177.708	cm	Length	1
0.477	72	5.494	72.875	Kg	the weight	2
2.604	19	0.911	19.791	Year	Age	3

Through the table ,it can be seen that the value of the torsion coefficient reached the highest value (2.604) and the lowest (0.477) and is less than)  $\pm$  (3which shows the homogeneity of the sample.

### Devices, tools and means of gathering information

#### Devices used

- Computer (LenovoNumber 1.
- Display device (data display) No. (1)
- Sony camcorders
- Casey type calculator.
- Scale for measuring weight, number (1)
- Parallel device with different height.

#### Used tools

- A centimeter tape measure, count (1)
- CDs CDNumber (4)
- Whistle.

#### Ways to collect information

- Arab and foreign references and sources and the information network.
- Personal interviews.
- Observation and experimentation.
- Data dump form for previous and post tests.

#### Preparing photos and explanatory films

The researcher uploaded photos and films to a computer, prepared and arranged according to gradient to teach the skill of sitting saddle attached to the knee with the back seat. Sliding of the front and back leg while preserving the upper tape with both hands as well as cutting the film. (Skills) movements as well as providing some special explanations that serve the educational process to learn the skill in a simple way for the purpose of showing it beautifully and harmoniously. To increase the learner's desire and motivation.Among the programs used in the photo and film preparation process:

1. Windows Operating System (Operating System)
2. A slideshow presentation program (PowerPoint)
3. Animated and static image processing program (Adobe Image Ready)
4. A program for processing all kinds of static graphics (Adobe Photoshop).

#### Steps of conducting the research

The researcher prepared the educational curriculum using the computer to learn the skill of saddle sitting attached to the back swing and the front leg slipping back and back while holding the upper bar with both hands and this skill is part of the course curriculum, the researcher prepared a set of pictures and illustrative films to learn the skill of saddle sitting attached to the back swing The front leg slid and back while holding the upper bar in both hands.

### **Experiment exploratory**

An exploratory experiment was conducted on (2 8/10/2018) on a sample of students in the second stage of the College of Education / Department of Education and Physical and Sports Sciences / Al-Farahidi University, which is a research sample consisting of (8) students, and they were randomly selected in order to obtain information and observations next:

- The validity of the devices for the procedures used in the field of research.
- Organizing the work procedures of the educational unit to know the timing of the educational unit and its departments.
- Identifying the obstacles that may arise when implementing the main experiment and the educational curriculum, and working to find solutions to them.
- Observe the location of the lights to ensure that students see the screen (display data) clearly.

### **Tribal tests**

After completing the exploratory experiment and addressing all the obstacles, pre-tests were conducted on Thursday (11/11/2018) inside the Department of Education, Physical Sciences and Sports - Al-Farahidi University, and under the supervision of the researcher, the conditions related to the test in terms of time and place were confirmed. How to perform the test to ensure availability for subsequent tests.

### **To apply the curriculum**

Continuing the application of the educational curriculum for the experimental and control groups (8) weeks for professionals starting on Sunday, a brief summary from 1/8/1/2018 until Thursday, a brief summary on 1/10/2019 at a rate of two educational elite units during the week (the experimental group On Sunday and Wednesday), (the control group on Tuesday and Thursday)

### **Skill Used in Research**

Saddle sitting skill attaches the knee by swinging back and slides the front and rear leg while gripping the upper bar with both hands: ((9))

### **Technical aspects**

1. Preparatory section: going up to the bottom of marital advancement and relying on the low beam, then moving one of the men to a sitting position on the saddle.
2. The main section: The student swings the back leg backward with the body pulling in the same direction and the front leg slides backward until the knee adheres to the bar, then the body falls back with the arms straight with the head bending back the back leg swings forward and up with the movement stopped and the back leg snatched back and rose The torso and head to the front upper part with the grab for the free back leg and the hands to the lower bar and move them to hold a high bar at the same time and in a quick movement by extending the upper arms towards the high bar.
3. The last section: where the student raises his head back and moves the back leg over the lower bar so that the body is in a tilted position in front of the lower bar while holding the hands of the high column.
4. The skill is divided into three parts, each part is taught and moved to the second part, after which the skill is fully taught by merging the skill parts together. To teach it to students as shown in the picture.

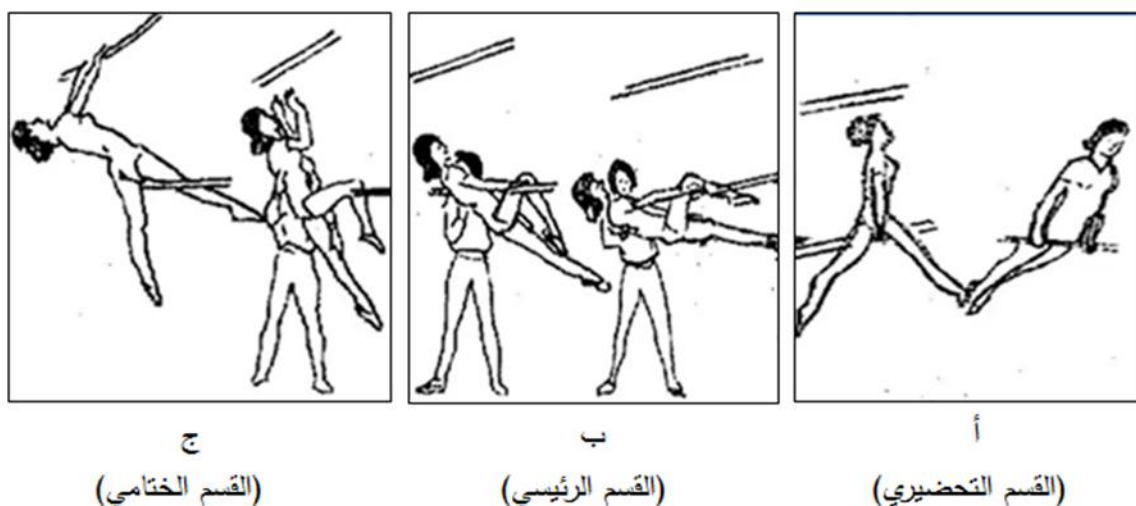


Figure (1) to show the skill of sitting saddle

### Method of preparation of the curriculum and its application

- Follow the T researcher in the educational curriculum supplement (1) on the following steps :
- The unit begins with (the preparatory section) and the focus is on the system in addition to the formation of students, and the start of the warm year and then your warm-up, by giving exercises that serve a learning skill in the main section and give the same exercises to two groups (experimental and control) in the middle section.
- After the preparatory performance section, the experimental group headed to the indoor hall, it became clear that your computer provider and your Data Show screen, students sit (seats to sit) to allow them to see clearly and listen to the teacher screen Well, then the computer is turned on and managed through the presentation process, So that the teacher explains and comments during the presentation process, and provides parts in the form of a skill that you will learn during the educational unit in sequence after another, and slowly the popular teacher starts and ends at each part of the skill, where the popular teacher makes an article explaining parts of the skill that are displayed and repeated when needed for help The learner builds a perception of a basic skill required to learn.
- After completing the educational part, students are asked to implement parts of the learned skill on a regular basis in sequence. The teacher of folk art gives the appropriate frequencies for each part of the skill and gives feedback if it occurs. Need and correct students' mistakes and try to get rid of them, if any.
- After completing the basic section, we move on to the final section, which includes giving exercises that help to relax, working to return students to normal, and giving entertaining games.
- He underwent two groups (experimental and control) to extend one education, and the difference between the two groups is how the educational unit is implemented for both, with the experimental group implementing (16) educational units for a period of 8 weeks and by two units an elite educational week, the sinking time is made for a period of one unit (90) minutes Based on computer learning to present the skill parts through pictures and explanatory films. Emphasis was placed on the slow presentation of the skill by presenting it from several directions and at every step, as well as breaking it down to explain it in detail to students, and this is important in the speed of learning. The control group also implemented (16) educational units for a period of 8 weeks and by two units an elite educational week, and drowned the drowning time of the unit (90 minutes) according to the method used (live learning model).

### The time for the educational unit for each department was divided into

1. Preparatory department: It has duration of (20) minutes in one educational unit and includes:

- Attendance registration (3) minutes.
- General warm-up (7) minutes.
- Warm up - Heat up for 10 minutes.

2. The main section: It has duration of (60) minutes in one educational unit and includes:

- The educational part (20) minutes.
- The practical part (40) minutes.

3. The final section: its duration was (10) minutes in one educational unit.

### Tests posteriori

After the end of the implementation period of the educational groups curriculum (experimental and control), subsequent examinations were conducted on Sunday (1/13/2019) in the internal hall of the Physical Education and Sports Sciences Department in Farahidi. University, subject to the same place and time conditions that were used in the preliminary examinations.

#### Statistical methods

To identify the results of the research sample for the experimental and control groups, the following statistical methods were used:

- Percentage (%).
- Self-honesty factor.
- Measure the percentage of evolution.
- Coefficient of torsion.

### Presentation, analysis and discussion of results

#### Presentation of test results (T-Test) and analyze

In order to reach objective results, the research results were analyzed by means of (T-test) and the suitability of this test to the research problem, as well as knowing the significant differences in the level of skill learning between the pre and posttest. Phase and between the dimensional tests for the experimental and control groups. Presenting the results of the search tests for the experimental and control groups between the pre and post tests and analyzing them: The researcher used the T test for similar samples to find the differences between the arithmetic mean and standard deviations between the pre and post test. For experimental and control groups.

Table No. (2) Shows the results of the pre and post tests, the computational means, the standard deviations of the difference, the calculated value (t), and the rate of development for the experimental and control groups.

indication	Evolution rate	(V) tabular value	Calculated value( t)	P. P	C	Post test		The pretest		measuring unit	Milestones Groups
						± P	s	± P	s		
moral	166,65	1.796	13	0.923	3.458	0.798	5.333	0.539	2	Degree	Control
moral	277,76		23	0.775	5.208	0.812	7.083	0.583	1.875	Degree	Experimental

Less than the level of significance (0.05) and the degree of freedom (12 -1 = 11)

Presenting the results of the search tests for the control and experimental groups between the post test and their analysis: For the purpose of comparing the results of the descriptive tests for the two groups (experimental and control) in their learning skill. A T-test was used for asymmetric samples.

Table No. (3) Shows the results of the post-tests and the calculated value (t) for the experimental and control groups

Statistical significance	(V) tabular value	Calculated value (t)	Post test		measuring unit	the group
			Standard deviation ( ±P)	Arithmetic mean( o)		
Moral	1.717	5.116	0.798	5.333	Degree	Control
			0.812	7.083	Degree	Experimental

Below the significance level (0.05) and the degree of freedom (24-2 = 22)

#### Discuss test results (T-test)

Discussing the impact of educational curricula (curriculum that uses computers in learning and traditional curricula):

It was found through the results shown in Table No. (2) That there is a significant effect in learning the skill, the two groups (experimental and control) between the tribal dimension tests and the mussel thief tests are all. The researcher attributes the development in the two groups to several factors:

1. The optimal use of all available means and capabilities to achieve the curriculum vocabulary, as "the optimal use of the available capabilities, tools, and equipment, and wells for a dedicated lesson, is an important factor in good teaching in games" (10).
2. The suitability of the educational curricula used in learning the skill to the level of the sample and its capabilities, as well as the progress in learning from easy to difficult, and this led to a clear state of development at the level of students (11).
3. Using all kinds of feedback methods. Rob ("Most experts agree that feedback can be a process for stimulating performance, improving performance, and regulating motor behavior for future performance"(12).
4. The use of auxiliary tools has effectiveness and assistance to peers, and some helped remove the fear factor of learners and helped the school to involve the largest number of female learners. "Auxiliary tools allow the learner to feel a sense of fearlessness, which allows him to give more focus and attention, in addition to that it gives an opportunity for the teacher to deal with a group of learners more effectively" (13).
5. The use of the partial and total (mixed) method in learning the skill and saving time and effort during the educational unit, "each of the mathematical skills has its appropriate economic method that achieves the purpose of the movement to be learned. With the least effort and time" (14).
6. We cannot overlook the role of teachers and their competence during the educational process, and their effective role in the learning process and encouraging learners. This affected them and pushed them to persevere in learning, and this was confirmed (Abbas Ahmad, 2000) "The teacher should encourage and inspire students to do their best. During the lesson, this is what influences them, drives them, makes them happy and their eagerness to engage in a different physical data activity" (15).

Thus, the first hypothesis was verified for the existence of statistically significant differences between the pre and post tests of the control and experimental group in favor of the post tests.

#### **Discussing the results of a comparison between the impact of the educational curricula (the curriculum that used the computer to learn a skill and the traditional curriculum)**

Through the results presented in Tables (3), we found that there is a significant effect in the post-tests of the experimental and control groups and in favor of the experimental group, and this is what appeared through the arithmetic media , and the researcher explains the reason for the superiority of the experimental group over the control group to several factors- :

1. Using the computer as an aid in learning the skill that worked on receiving information easily and clearly by displaying it using different media and employing it in its appropriate place, and this was confirmed (Mahdi Salem, 2000) "The computer creates an active environment that allows students to receive information. Clear and easy more than the traditional method (16).
2. The use of computers as an aid in learning the skill facilitated the process of understanding and realizing the detailed parts of the basic skill to be learned, through slow presentation and emphasis on the main parts of the skill, which helped to know the minutes of movement and the speed of its absorption and this was confirmed (Adel Fadel Ali 2000) The computer has the ability to display more than one illustration of the performance, as well as its ability to display the movement in all. Details in a detailed and accurate manner, which helps to acquire, install and improve it (17).
3. The use of computers as an aid in learning basic skills worked to give immediate feedback that corrects performance and avoids errors, and this is confirmed (Schmidth 2000) "Nutrition is the feedback that increases the motivation of individuals towards performance and enhances it. Correct learning and avoiding wrong performance. It helps in self-reliance in identifying errors, and increases the independence of the learner (18)
4. The use of computers in the process of learning a basic skill worked to save effort and time to receive information by displaying it in parts (still images and video clips) and this is what was confirmed (Ban Adnan, 2000) The use of computers in the learning process worked to save effort and time for the teacher to deliver The scientific material (19)
5. Computer use is a simple visualization process, which contributed to the ease of understanding and understanding of the skill, and when combined with the influential voice that is v by the essay teacher and this is consistent with the assertion (and J. Mahjoub, 2000), "The visual effect of comparing it with hearing and movement found that there is greater interest in acquiring The skill that must be learned and the engine must be the tasks that include the visual presentation in addition to the visual evidence for the processing of clear information ((20))
6. The use of computers in the learning process is characterized by its ability to properly store information and retrieve it when needed without boredom or fatigue, in addition to presenting information in an interesting way with a good and effective psychological effect on the recipient. Information and this has been emphasized (Kamal Iskandar and others, 2000) "A computer is distinguished by its storage capacity and its ability to



arrange huge amounts of information and the ability to retrieve it in the required time without fatigue or boredom. (21)

And this has been achieved validity of the second hypothesis there is statistically significant differences between the control and experimental groups in learning the m Harrah 's in the post tests for the benefit of the experimental group.

## **Conclusions and recommendations**

### **Conclusions**

1. The use of computers in the process of learning the skill achieved better results than the method used in the Department of Physical Education and Sports Sciences ,and clearly through the rate of development occurring between them.
2. Computer work to give nutrition Waller a beer after performing the exercise (immediate feedback) which sa counting on correcting errors when receiving immediately.
3. The model that was shown through pictures and video was able to learn the skill by showing the skill and its parts clearly and in detail, and by displaying it from all directions in detail ,better than the live model.
4. P ml computer and through its ability to display images and repetition of skills, ie Wesal educational material in a simple and interesting for learners, and as well as the abundance of time and effort during the educational performance of the unit.
5. The computer was able to increase the motivation of the learners (students) towards self-learning through learning (watching - performing - watching - correcting performance - comparing) that is, a comparison between what was done and what should be done.
6. Through the work of a computer device mil right) Data Show (Demonstrate the skill clearly and at a size close to the size of the living model.
7. Distinguish the computer through movies slowly and images and split skill parts have been educated performance skill with high accuracy of compatibility.

### **Recommendations**

1. Using computers as an educational tool in the process of learning movement, especially in learning technical gymnastics skills.
2. The use of computers as an educational tool in the learning process in the artistic gymnastics game for different age groups and for both genders.
3. Disseminating the computer-designed educational program to the Faculties of Physical Education and Sports Sciences to teach artistic gymnastics to female students to benefit from it in the educational process.
4. You can make use of the computer in teaching the theoretical course of your artistic aesthetics, because of the advantages that this device has of the advantages that distinguish it from other teaching methods.
5. Using computers to teach skills other than artistic gymnastics.

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Accessory (1)

A model for educational units

Teaching unit / 1-2 weeks / first

Time / 90 minutes day / Sunday - Wednesday

Objective / To teach saddle sitting, the knee is attached to the back swing and the front and back leg slides while holding the upper bar with both hands

Notes	Unit vocabulary	Time	Sections of the educational unit
		20minutes	Preparatory department
***** (Stand on one line)	Attendance registration for female students	3minutes	-Attendees
	trot	7minutes	General warm-up
	Stand up, raise and lower the knees back up		
	Stand, partridge with two feet back-to-back		
Performed in circles	Stand up, bend the torso down and extend it up	10minute	Your warm up
	Stand, open, bend the torso down ,then twist it to touch the right arm alternately left foot		
	Stand up, rotate arms front, bottom, back back-to-back		
	Standing, transverse bending, back elbows pressure		
	Stand up, bend and extend the knees		
	Stand up, crotch, rotate shoulders front, bottom, back		
		60minutes	The main section

	<p>Demonstrate and explain clues to the skill by displaying the skill in full by a model illustrated on the display screen (Data show) through the computer, accompanied by the full explanation of the skill by the subject teacher, the technical aspects of the skill and the educational steps are clarified to form a complete idea of the skill the common mistakes and ways to correct them. Emphasis on the first part to teach the first part of the skill</p> <p>The educational steps that have been learned are applied in the educational section.</p>	20minutes	Educational activity
	The educational steps that have been learned are applied in the educational section.	40minutes	Applied activity
	Educational steps:		
	Ascending to the low bar from marital advancement and relying on the low bar.		
	Moving one of the legs to the saddle position.		
	The classmate or teacher stands next to the student to help when needed.		
	Give exercises to relax	10minute	The closing section
	Walk		
	Light jogging with some walking exercises.		