

The effect of exercises similar to performance movements in mastering the technical stages of the skill of jumping the front hands on the floor mat

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Abstract

Gymnastics activities are among the sports that have gained a distinguished position in all countries of the world as a good model for individual games whose players are characterized by many different abilities and permanent preparations to act in solving performance situations during sports competition. Suggested in the skill of jumping the front hands on the carpet of ground movements and exercises similar to playing are “those exercises in which two small groups compete in order to obtain the ball and keep it or achieve a specific goal, whether with or without the two goals, similar to what happens in the match and through which the required movements can be drawn of players in different situations

In light of the findings of the researchers, the following was concluded:

The suitability of the exercises used for the research sample contributed to their correct and appropriate application.

The exercises prepared have a positive effect in developing the rate of speed and frequency for the effectiveness of jumping on the horse.

In light of the conclusions reached by the researchers, the following was recommended:

- 1- The necessity of using skills exercises to develop the skill performance of other activities.
- 2- The need to pay attention to the movements of the left and the back rotation followed by the musk, as the development in these movements at the global level largely reflects the degree of progress in the parallel device.

Keywords: performance movements, front hands jumping, ground movements

Introduction

Methods are one of the main pillars of the effective teaching process in the field of education Physical and sports, as effective teaching is not just a job for both Salt He himself has to choose it. Rather, it is a process of designing a multi-faceted project with known limits and foundations It is directly related to the peculiarities of the class you are teaching, so understanding these peculiarities is important And the factors affecting the teaching process are among the basic rules that must be Those working in the field of teaching know and understand the various items for which decisions are made To build teaching methods.And all of these names have a different meaning in their content from the others, but we must understand the basis on which the

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educational unit is built, or in the sense of clarifying the factors from the number of specific learning situations in a coherent and integrated unit through which educational units can be classified into two main types through the foundations that are built It has unity, represented by factors and attitudes. Gymnastics activities are among the sports that have become a distinguished place in all countries of the world as a good model for individual games whose players are characterized by many different abilities and permanent preparations to act in solving performance situations during sports competition. And the application of exercises similar to movements The different games within the framework of a proposed educational curriculum in the skill of jumping the front hands on the carpet of ground movements and exercises similar to playing are “those exercises in which two small groups compete in order to obtain the ball and keep it or achieve a specific goal, whether with or without the two goalkeepers, which is similar to what happens in the match With it, it is possible to draw the required movements of the players in different situations. [() Thamer, 1999), and accordingly the problem of the research lies in the use of a type of exercises similar to the movements of play in mastering the performance of the front hands jumping on the floor movements on which the series of ground movements in gymnastics is based, as well as paying attention to the aspect of individual performance to apply these skills from Before gymnastics players. The importance of the research comes from the importance of the series of ground movements, including the front hands leap on the floor movements most applied in the gymnastics competition.

2- Research methodology and field procedures:

2-1 Research Methodology:

The researchers used the experimental method for its relevance to the nature of the problem to be solved, which is “an attempt to control all the variables and basic factors with the exception of one variable, as the researcher adapts it or changes it in order to determine and measure its impact in the process, and it is the closest research method to solving problems in a practical way.” [() Ahmed, 1973).

2-2 The research community and its sample:

The research community was selected for the Diyala breeding team of (6) players of one group and their percentage (100%) of the total research community, and for the purpose of ensuring the homogeneity of the sample members and the validity of the natural distribution among its members, the researchers used the skew coefficient in all the research variables for the group (experimental).), which is acceptable, since the value of the distortion coefficient is between (3+_)

Table (1)

It shows the means, standard deviations, and coefficient of variation values for the experimental group in all the research variables

T	Variables	circles Arithmetic	distractions normative	coefficient the difference
1	length (cm)	150.00	3.20	2.36
2	Weight (kg)	35.50	1.60	2.88
3	age (year)	12	0.55	2.88

3-3 Means of collecting information and research tools and devices:

3-3-1 Means of collecting information:

– The two researchers used technical scientific observation as a means of collecting information by watching the television show for tests of special jumping skills from the assessors (Appendix No.).

– Annex Arbitration Form (). Arab and foreign sources.

– Tests and Measurement, the International Information Network (Internet).

3-3-2 Research tools and devices:

– Floor movement mat. CD.filmcamcorder.Sony (4) (4) mm, 2 pcs. A rheostat device for measuring length. Medical scale for measuring weight. Video camera.Sony Digital (1 pcs. type computer) Pentium 1111) A dynamometer to measure the strength of the grip. An electronic calculator.

3-4 Measurements and tests used in the research:

3-4-1 Measurements for height, weight and age:

The researchers made the following measurements:

– Length: the researchers used the restameter for this purpose, which is a stand installed vertically on a wooden edge, and the length of the stand is (250) cm, so that the zero level is at the level of the wooden base, and there is a holder installed horizontally on the post so that it is movable down and up, the tester stands on the base Without wearing the shoes with his back facing the post, and the tester must take into account the tension of the body up and looking forward, the holder is lowered until it touches the upper edge of the head, as the number facing the holder expresses the length of the laboratory to the nearest one centimeter.

– Weight: The researchers used the medical scale for this purpose, as the examinee stands erect on the scale and without wearing shoes so that his weight is distributed equally on the feet, and then the reading given by the indicator is taken to the nearest one kilogram, and the age of each player is recorded, depending on the identity of civil status Defined by day, month and year After the day of birth was subtracted by the day, month and year from the test day, we got the chronological age in year and month.

3-4-4 tests of physical fitness elements:

1- Test name: Grip strength test [(] Muhammad, 1996):

Purpose of the test: This test aims to measure the strength of the grip.

Tools used: manual dynamometer, magnesium carbonide powder.

Performance specifications: The tester dips his hand in the magnesium carbonide powder, then holds the device in the palm of the distinguished hand, and then presses it with the maximum force possible.

the conditions:

– It is preferable to test the strength of the right fist and then the left.

– Note that the arm carrying the device should not touch any external object or the player's body himself, and the swinging of the arm should be avoided when performing.

– Return the device indicator to (zero) after each attempt.

Recording: The pointer of the device indicates the strength of the laboratory's grip in kilograms (the laboratory has three attempts to record the best of them).

2- Test name: The sitting test from lying (from the knees bent position) (10) seconds [(] Jassim, 2006):

Purpose of the test: This test aims to measure the rapid strength of the abdominal muscles.

Tools used: electronic stopwatch, gymnastic mat.

Performance specifications: The tester lies on his back on the rug with his feet open by (20) cm so that the palms touch the neck and the elbows are bent, and he bends the knees (the colleague installs the legs) and as soon as he hears the start signal, the tester bends the trunk to reach the sitting position at length with the knees bent, then repeats Do this quickly as many times as possible within (10) seconds.

Recording: Recording the number of correct performance times within (10) seconds.

3- Test name: Imitation of movements[(1)]

- The goal of the test: to develop the speed of response.

- Performance description: The teacher performs different sports movements and the player performs these movements, for example, the teacher rotates the movement of the arms and the student performs these movements at the same time. The teacher diversifies these movements with each student.

- Registration: The student is awarded (4 marks) if the performance was in a picture, (3 marks) if the performance was accompanied by minor errors, (2 marks) if the performance was accompanied by many errors, and one mark if he refrained from performing entirely.

2-8 The exploratory experiment: The two researchers conducted an exploratory experiment on Tuesday, corresponding to

1/10/2019 on the players of the experimental group, and the researchers conducted the experiment in order to:

1- Ensure the validity of the prepared curriculum.

2- Addressing errors that may appear during the work of the main experiment.

3-9 Field Research Procedures:

3-9-1 Tribal tests:

After the members of the research sample were identified, the researcher conducted the tribal tests on Sunday 6/10/2019 AD, which included:

- Grip strength for the right and left hand.
- Rapid strength of the arms and abdomen.
- Develop response speed.
- front wheel

3-9-2 The main experience (educational exercises):

The two researchers prepared educational exercises for the players, raising Diyala for some skills of the requirements for jumping the front hands on the floor mat and developing them using special exercises, taking into consideration the age stage and the physical capabilities of the research sample, using the literature of gymnastics as well as the opinions of experts. The educational exercises consist of (16) educational units, It lasted for (8) weeks, with a rate of (2) educational units per week, the duration of each educational unit is (40-45) minutes only, the main section. underwent the experimental group to practice exercises teaching using special exercises, I have been evaluating skills on the basis of full skill, has evaluated each skill (10) degrees, have hired researchers with five arbitrators accredited to the Iraqi dictated by FIG as a committee to evaluate the jumping hands the front of the group pilot has been used form The calendar for the gymnastics championships, which included the degree of the four judges and the degree of the class judge, which is a measure of the degrees of the four judges, to see the homogeneity of the judges' degrees and according to the group The legal times stipulated in the International Gymnastics Arbitration Law, then the dismissal judge crosses out the highest and

lowest score, combines the two intermediate scores and divides by (2), to extract the player's final score

3-9-3 Post-tests:

The post tests (physical fitness items) for the horse jumping device and for the two groups (experimental and control) were conducted on Tuesday 12/11/2019, and the researchers were committed as much as possible to create the conditions in which the tribal tests were conducted in terms of time, place, tools and devices used with the help of educational staff itself.

3-11 Statistical means:

For the purpose of processing the data obtained by the researcher, he used the statistical bag (SPSS)

4-1 Presentation and discussion of the results of the experimental and control groups

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4-1 Presentation and discussion of the results of the experimental group and

Table (2)

It shows the arithmetic means, standard deviations, and the calculated and tabulated t-value for the experimental group's pre and post tests.

T	the exams data	pretest		post test		Calculated (t) value	error level	indication
		s	p	s	p			
1	Right hand grip strength test.	18.45	1.75	22:00	2.65	3.50	000	moral
2	Left hand grip strength test.	16,50	1.45	19:00	1.75	2,95	000	moral
3	Movement imitation test (developing response speed)	2,70	0.60	3.70	0.33	2.34	000	morale

From Table (2) it is clear to us the values of the arithmetic mean of the differences and the standard deviation of the difference, and the value of (T) Calculated and tabular, and the significance of the difference between the pre and post tests for the experimental group.

1- Right hand grip strength test

In the right fist strength test in favor of the experimental group, the researchers attribute the reason that the exercises, especially in the performance similar to the jumping skill of the front hands, require full mastery of the kinetic skills in gymnastics, which represent the final goal of the motor learning process, which is based on reaching the level of the players to the highest international levels, because no matter how high the level of physical attributes of the player from Improvement, development and learning, and whatever is characterized by moral and voluntary features, it will not and will not achieve the desired results unless all of that is linked to the complete mastery of the motor skills that are represented in the movements of gymnastics on various devices (Muslim Badr, 2000, 28), and this explains and explains the performance of the skill, and this is agreed upon. The two researchers with (Youssef Qatami) quoting (FadilAlwan (Fadil, 2011) by saying, "The physical education teacher is the main factor in the education process in terms of directing the students' sports activities, and it inspires in them the desire and motivation to work hard and accurately in order to achieve the goals of the educational unit." A

good teacher is the person who prepares, prepares and organizes the lesson, 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 has the ability to choose the right teaching methods and methods and diversity in their use in proportion to the requirements of the objectives.

2- Left hand grip strength test.

In the test of the strength of the fist and the left in favor of the experimental group, the researchers attribute the reason that the exercises, especially in the performance similar to the jumping skill of the front hands, require complete mastery of motor skills in gymnastics, which represent the final goal of the motor learning process, which is based on reaching the level of the players to the highest international levels, because whatever the level of physical attributes of the player from Improvement, development and learning, and this is consistent with what he mentioned (Abu El-Ala, 1997, 15), where the motor units participate in the muscle contraction depending on the amount of resistance the muscle faces. Thus, muscle fibers produce the strength necessary to confront or overcome resistance.

Also, presenting the most important common mistakes of the skill and correcting them to reach the best performance helped the student to avoid making these mistakes during the motor performance and clarify more the correct performance of the skill. In this regard, (AsmaaHekmat), citing ("Dave Cross") indicates") to the fact that the wrong performance does not divert the student's focus from the correct performance, and it must be treated as a learning experience, i.e. correcting the mistake in order to do his best (Asmaa, 2005)

3- Movement imitation test (developing response speed)

As for the movement imitation test (developing response speed), it is mentioned from (Abd Ali and Qasim Hassan Hussein) that it developed to the special exercises used that abstract training using the tool only does not lead to reaching the best result, so we note that there are a set of auxiliary tools that players use As directed by the coach, to cover the shortage, whether in the skill or physical aspect. It is mentioned (Muhammad Othman, 1990, 536) that the trainer must use modern methods in the educational process, and this means the use of various educational means and devices in order to increase the positivity in the educational process and influence the specifications and time of learning itself.

Conclusion

In light of the findings of the researchers, the following was concluded:

1. The suitability of the exercises used for the research sample contributed to their correct and appropriate application.
2. The exercises prepared have a positive effect in developing the rate of speed and frequency for the effectiveness of jumping on the horse.

In light of the conclusions reached by the researchers, the following was recommended:

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4. The need to pay attention to the movements of the left and the back rotation followed by the musk, as the development in these movements at the global level largely reflects the degree of progress in the parallel device.

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A sample of special exercises from the first week of the proposed curriculum

Section	the device	Explanation of the exercise used	Training volume time × number of groups	Rest time between sets	Rest time between sets	total time
preparatory	floor movement mat	Handstand weighted	60 sec x 2	2 d	2 d	6 d
		Swinging to stand on the hands, push with one arm and lean on one arm	30 sec x 3	2 d	3 d	6.30 d
President	floor movement mat	A sense of movement from leaning on the rug, the body falling forward to perform a small rotation, with an emphasis on making a slight angle in the hip joint and descending on the ground	60 sec x 3	2 d	3 d	10 d
		The same previous exercise, with an emphasis on reaching the shoulders to the level of the rug or higher than it	60 sec x 3	3 d	3 d	10 d

Final	trampoline	From standing on the legs and falling backwards on the back, as a result of the reaction of the trampoline, the player performs the front jump to stand on the hands.	60 sec x 3	2 d	2 d	6 d
	Throat device height 1.20 m	Hanging on the throat with the legs on the floor, then jumping and performing a back cycle, emphasizing the work of a slight angle in the hip joint	60 sec x 2	2 d		4 d