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The effect of the circular sports training method when practicing volleyball On volleyball cognitive achievement and knowledge economy

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Abstract

Volleyball is one of the most popular and distinctive international sports that teach us patience, and it benefits health well because it is considered as exercises for the body, makes an improved mood, helps to get rid of joint pain, protects against osteoporosis, helps in improving anxiety, mood, tension, depression and thinking . Increases muscle strengthening, especially legs and legs. It creates a spirit of cooperation, interaction and enthusiasm among individuals, which drives enthusiasm to gain victory and goals. It also helps to get rid of emptiness and boredom in addition to removing fat, calories and excess weight. Volleyball represents one of the types of team sport that was dealt with by technical and planning development and progress in order to advance it in terms of performance, plans and methods of play in keeping with the rapid progress in the sports field, especially when compared to the sport of high levels, where the game of volleyball is characterized by the abundance and diversity of its basic motor skills, which is one of the important aspects on which the planning aspects of the game are built. Volleyball is characterized by a rapid transition from defense to attack and vice versa, as it is characterized by continuous interaction between attack and defense throughout the match. The game of volleyball has achieved a wide spread as a result of raising the skill level of the players, and this progress came as a result of the efforts of scientists, researchers and scholars in the academic and applied field, using different training models and the most important of which was the use of circular training that works to improve the skill abilities of the players, as well as the amendments made The volleyball game, which was characterized by rapid accuracy, performance and the use of coaches, various training methods, including the circular method to reach mathematical achievement, as the student now represents the axis on which the learning process revolves and not just a future of information that is dictated to him by the teacher, and through the experience of the researcher as a teacher A practitioner of this game, he noticed that there is a clear weakness among volleyball players, especially in (Achievement) and (Knowledge Economy), and he also noticed that these lessons are presented to all students in the same way and at the same time in a manner that is often specific and repeated, without taking into account individual differences. Between students and their tendencies, attitudes and desires, and this are due to the low nature of the training programs used by some coaches in the sports field. These patterns are the usual (traditional) training pattern, as well as the culture of coaches sometimes, which he acquired through non-systematic means and methods. The circular training method leads to the development of the skills qualities of the players.

Keywords: *circular sports, training method, volleyball, cognitive achievement, knowledge economy*

Introduction

Research importance: The circular method represents one of the most important methods that take into account individual differences and how they fit, the level of players and their abilities with the possibility of gradually increasing the degree of pregnancy, and giving the space to focus on specific physical characteristics for their development, and therefore provides opportunities for self-evaluation, in addition to it is a system that saves time, where it can be trained A large number of individuals at the same time as the completion of the performance (the cycle) in the shortest possible time is the primary goal of performance (**Amin, 1995**), which makes it one of the appropriate ways to achieve the required goals, especially in the early stages of life, which are characterized by their need Elements of suspense, change and excitement, so that the individual can make the effort that is placed on him during the lesson in order to achieve the

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desired benefit from these lessons. Cognitive achievement is one of the factors of mental formation, and it is one of the basic concepts in the mental organization of the individual and represents a special importance in evaluating performance, especially performance that is related to mental activity and is seen as a basic criterion that the student's academic level can be shown (**Khalidi, 2008**). In Iraq, the Ministry of Education has developed curricula and textbooks for both the primary and secondary stages in light of (Knowledge Economy), as an element of production, and to achieve this, it is necessary to develop the ability of individuals to employ their knowledge and skills for life, to the stage of innovation and renewal, and to obtain (Knowledge) from Its diverse sources, continuous and continuous learning, and the use of technologies in expanding and spreading knowledge, and generating new knowledge, in response to the rapid growth in the educational-learning process, as the existing curricula are no longer able to keep pace with changes. (**Foray, 2004**) Knowledge Economy is the creation of knowledge and the selection of what can be employed from it, and its use in improving economic and social well-being, by investing the human mind, and employing scientific research methods and different modes of thinking, to bring about the desired changes. "The knowledge economy aims to increase the country's economy's dependence on knowledge and progress in contrast to its traditional dependence on matter and energy. The problem is in the production of knowledge, not in the production of information, for knowledge is the commodity that nations compete to produce (**Foray, 2004**). The knowledge economy focuses on the qualified, trained and specialized workforce, and since the focus of attention is people, it must be well prepared for the knowledge economy community As its preparation starts from the school that is expected to prepare students and prepare them to be able to adapt within society, and this is achieved by modifying and developing curricula and textbooks with the aim of imparting knowledge, experiences and skills from various learning sources (**Al-Omari, 2004**). Development focused on two concepts: the curriculum Pivot and outputs.

The importance of research can be summarized in two aspects, namely:

1- ***Theoretical side:*** A- Knowing the role of (Circular training method), which is a specific system and method in training, and a specific program of physical exercises that are repeated by practitioners in a specific order of these exercises in successive stations so that each exercise is performed at a specific station. B - The teaching plans prepared by the researcher on the circular method may benefit teachers and educators in preparing a stage guide in which he shows how to prepare the student to practice the circular training method. C- The importance of research comes in light of the goals it seeks to achieve, which is to identify the effect of the circular method when practicing Volleyball in Achievement and Knowledge Economy, among students and the importance of these variables in the educational process, and therefore her experience may constitute an addition to the research Introduction in the field of sports.

2- ***The Practical Side:*** A - The importance of the mathematical method, as it represents a system of work capable of dealing and forming with all circulating training methods. B- Directing sports teachers to the necessity of taking into account the need to take into account the education and training of students on how to improve (Achievement) and (Knowledge Economy), how to access knowledge, and how to deal with and effectively evaluate sports methods. C- The current research can be counted from studies that deal with the effect of the circular method when practicing volleyball in the achievement and knowledge economy of students, which shows the importance and need to benefit from its results in improving the training of sports teachers and teachers and transferring experience to their students. D- The study may help curriculum developers in developing educational methods and present a new vision in training and the importance of employing modern approaches to the training process that benefit those in charge of preparing programs for preparing sports teachers.

Objectives of the study: 1. the effect of the circular training method when practicing volleyball on students 'achievement. 2. The effect of the circular method when practicing volleyball on the students' knowledge economy.

Research questions: 1- Are there statistically significant differences in the use of the circular mathematical method when practicing volleyball in the cognitive achievement of volleyball among students? 2- Are there statistically significant differences in the use of the circular mathematical method when practicing volleyball in the knowledge economy among students?

Research Limits:

1. Spatial limiter: the closed sports hall in the Sulaikh Sports Club. 2. Human determinant: Fifth grade students of applied science. 3. The temporal limiter: The study was conducted in the first semester of the year (2019-2020).

- ❖ **Terms of the study:**

- **Circular Sports Training: Known by both**

It is an organizational method in which certain conditions are taken into account in relation to the selection of exercises; the number of repetitions, intensity and interval of interval, and it can be formed using the foundations and principles of the method from different training methods with the aim of mastering motor skills and implementing play plans. (**Hare, 1992**) A method characterized by its ability to improve skills and through which it can focus on developing any physical trait we want, as it is characterized by the factor of suspense, change and excitement, and it contributes to the acquisition of moral and voluntary qualities such as order, honesty and self-reliance. (**Allawi, 1994**) The researcher defines it

procedurally as a group of exercises performed in a circle in a continuous manner interspersed with specific rest. Each exercise is performed 20 times and the unit includes (5-10) exercises and can be repeated two or three times.

- **Cognitive achievement by volleyball:**
  The outcome of what the student learns after a specific period of time has passed, as measured by the scores of the achievement test prepared for the purposes of research. (**Abu Gado, 2008**). *Procedural definition*: It is all the knowledge, skills and methods of thinking students acquire as a result of studying what is decided upon them, and can be measured by a prepared test.
- **Knowledge Economy**:
  It is studying and understanding the process of accumulating knowledge and the motivations of individuals to discover learning knowledge and obtaining what others know. (**Newman, 1991**) An economy revolves around obtaining and using knowledge with the aim of improving life in all areas, through the use of the human mind and the employment of scientific research (**Sayegh, 2013**) The researcher defines it procedurally as an economy based on the creation, generation and use of knowledge in various development sectors, depending on the investment of human capital and information technology.

Literature review

1. **Circular organization method:**
   Circular organization is the organizational and systematic form of sports practice that operates according to a specific training method selected by the teacher in order to reach the desired goal of training, and what is distinguished in circular training is that it is an organizational method in the succession of taking exercises for the benefit of the various organs and systems of the body. This organization is widely used and the exercise is done according to the goal or purpose of the unit and in an organized and correct manner, as the load increases one muscle after the other and for the various muscles of the body, where the regulation is according to the apparent signs of the body. Characteristics of circular training: 1- It is considered the best method for job adjustment and raising the level of speed. 2- A large number of players can be dealt with during training in this manner. 3- The number of stations (exercises) ranges between 6- 15 different exercises, bearing in mind that they are understandable and preceded by a good warm-up. 4- Usually we start with easy and simple exercises and gradually move to more difficult ones. 5- This training can be performed in multiple places such as sandy ground and uneven ground. 6- It is characterized by the nature of diversification, suspense and excitement. (**Allawi, 1994**) (**Kanani, 2015**)
2. **Benefits of circular training:**
   1- Circular training is considered one of the important and main training methods to improve the efficiency of vital organs in the human body (heart - lungs - blood circulation). 2- Paying attention to individual differences, so the student works according to his condition, or the dose is determined in proportion to his level and ability. 3- The possibility of forming exercises so that you can focus on trying to develop physical characteristics. 4- Accomplishing the student's self-evaluation by registering in the level cards, which allows the individual to know the extent of his progress, which increases his motivation towards raising his level and covering his weaknesses, thus increasing the competition factor? (**Kanani, 2015**)
   5- Improving functional ability. 6- Developing the individual's voluntary traits (struggle, persistence, self-confidence, perseverance).
3. **The objectives of circular training**
   (1) Development of basic and compound physical abilities: Often the main goal of circular training is the development of basic physical abilities such as strength, endurance, speed, flexibility or complex physical abilities.
   (2) Improving the training condition: Circular training is a form and organizational procedure to achieve the training state of the player and the term "training state" is considered one of the comprehensive terms that include a number of concepts expressing the physical competence of the type of activity practiced by the individual in a comprehensive manner. - Circular training variables aim to achieve the training state by creating a continuous load on the working muscle groups.
   (3) Improving educational values: Circular training has a great impact on improving and stabilizing the educational values of practitioners, especially the young ones. Scholich points out that circular training educates in the individual honesty, self-reliance and control, ambition, and the cultivation of willpower.
   (4) Increase in practice motivation: Circular work is characterized by diversity.... so it is interesting and raises enthusiasm for the practice, and the self-evaluation and the use of observation cards and level evaluation leads to an increase in the motivation of the practitioners, and allows the subjective comparison (the individual with himself) or comparison with others in an objective and interesting way.
   (5) Monitoring and evaluation: Circular training is closer to (Standard exercises), as codifying work in light of performance timings in stations and intermittent periods of rest or repetitions of performance at the station, session or

entire department level is considered standard work for the purpose of accurate partial and comprehensive evaluation. Perhaps this has prompted some to present suggested models for employment Circular training as test batteries to increase its evaluation return as well as its training and educational return. (**Allawi, 1994**) (**Kanani, 2015**)

Method and procedures

- **First: Research Methodology:**

The research method is determined according to the nature of the research and the goals to be achieved (**Van Dallen, 1985**) in order to reach the research goal of testing the research hypotheses related to the effect of the circular mathematical training method when practicing volleyball (As an independent variable) on achievement and the cognitive economy (As two dependent variables), the researcher performed the following actions: -

- **Second - Experimental Design:**

Before conducting any study or research, the researcher should choose an appropriate experimental design to test the validity of the research hypotheses (**Van Dalen, 1985**). It is one of the most important tasks that should be taken into account, as the safety and validity of the experimental design is the primary guarantee to reach reliable results. (**Zobaie, 1981**)

The following is an experimental design with two experimental groups that control one another. Table (1) shows that.

Table (1) Experimental design of research

Groups	Independent variable	Measuring tools
Experimental Group	Round sports training style	Collection of volleyball And Scale Economy Cognitive
The command group	Teaching the wayFor the usual.	

- **Third - Research community and sample:**

A - Research Community: Determining the community is a basic process that should be taken care of, and the researcher must define his research community precisely, as it is difficult to choose a sample when it is not possible to fully define the community, so the researcher defined his research community with students of the day secondary school for boys affiliated to the General Directorate of Education in Baghdad Governorate.

B - Research sample: One of the requirements of the current research is to define a sample that meets the research objectives and helps to accomplish its tasks. (**Melhem, 2000**), that is, it is the Part of the vocabulary subject to study to judge the whole. (**Qayyim, 2007**) Therefore, the researcher deliberately chose Al-Hikma Secondary School for boys, and their number is (60) students, according to Table (2).

Group	Division	TheNumber Final
Experimental	C	30
Control	B	30

- **Fourth: Equivalence of the two research groups:**

Equivalence between the two groups was performed in a number of variables, namely:

1. *Chronological age calculated in months.*

Table (3) T value of the time age of the two groups

Group	the sample	SMA	deviation	Degree of freedom	T value		Significance level
					Calculated	Tabular	
Experimental	30	195.43	5.26	62	1.15	2،000	Insignificant
Control	30	197.93	10.63				

Table (4) Calculated T value for IQ test

Group	the sample	SMA	The normative deviation	Degree of freedom	T value		Significance level 0.05
					Calculated	Tabular	
Experimental	30	40.56	8.65	58	0.37	2.000	Insignificant
Control	30	41.33	7.29				

Pre-educational education in the fourth grade of the 2018-2019 academic years

Table (5) Average arithmetic and standard deviation for students of the two collection research groups

Group	the sample	SMA	deviation	Degree of freedom	T value		Level of significance
					Calculated	Tabular	
Experimental	30	79.83	11.23	58	1.82	2	Insignificant
Control	30	74.46	11.62				

4-Prior knowledge

Table (6) Computational average, standard deviation and T value in previous knowledge of the experimental and control groups

Group	the sample	SMA	deviation	Degree of freedom	T value	the sample	Level of significance
Experimental	30	46.9	13.13	58	0.63	2.000	Insignificant
Control	30	44.73	12.97				

- **Sixth - Research Requirements:**

1 - *Determining the scientific subject*: The scientific subject that the researcher will teach in the first semester of the academic year (2019-2020) has been specified

2 - Defining behavioral goals: Any serious action begins with clearly defining the goals and then choosing the appropriate means that enable reaching the goals in light of all work conditions and available material and human capabilities.

(**Al-Wakeel, 2008**) One of the characteristics of the behavioral goal is that it be observable and measurable, that it contains one idea, and is formulated in such a way that it expresses the behavior of the student, and that it begins with an action indicating an activity or activity that the student is expected to acquire after the end of the lesson (**Al-Kubaisi, 2000**), and in light of the general objectives of sport and the nature of the current research, as well as the needs and capabilities of students, their number reached (120) objects.

3- Preparing teaching plans: Planning for teaching is a necessary and necessary thing in the educational process and one of the teaching skills that the teacher must master as the teacher guides her to walk according to her steps drawn in order to achieve the objectives of the lesson (**Al-Saadi, 2004**). Since the numbers of teaching plans are among the requirements for successful teaching, the researcher has prepared the appropriate teaching plans to conduct the experiment in light of the independent variable and the content of the sport subject, according to the steps of circular mathematical training in teaching the experimental group, and the steps of the usual method in teaching the control group, and the researcher has presented two models From these plans to a group of experts, and the researcher surveyed their opinions and observations and in light of what the experts showed, he made the necessary adjustments and thus the two plans became ready for implementation.

- **Seventh - two search tools:**

First - Cognitive achievement in volleyball:

Drafting of the test items: The researcher adopted (Objective tests) mainly in formulating the test, because of its ability to cover the educational content, as well as it is characterized by accuracy and economy in time and effort, and reduces the possible differences between the provisions of the constituents, (**Nabhan, 2004**), and the number of test items reached In its initial form (50) paragraphs.

Test validation: The validity of the test represents one of the important means in judging the validity of the test, and the honest test is one that measures what was originally designed to measure it or that measures what I want to measure and not something else. (**Al-Zayoud, 2005**) Apparent honesty was used to find the test's validity, as the test's (50) items were presented to a number of experts, measurement and evaluation, with the aim of stating their views on the validity of the test items and their suitability for students 'levels, and it was based on (80%) of the consensus between Arbitrators regarding the validity of the paragraph as a minimum to accept the paragraph within the test, and in light of this, some test paragraphs that did not obtain an agreement (80%) of the opinions were amended, and (10) paragraphs were deleted, so the test paragraphs remained in their final form (40) test paragraphs.

Exploratory application of the test: To verify the lack of ambiguity of the test items, and to indicate the time that the student takes to answer them, in addition to diagnosing the level of difficulty and discrimination, the test was applied to another prospective sample of (100) students. To calculate the actual time appropriate for the test, record the time taken for each student, and then collect the total time of the students and divide it by the number of exploratory sample members, so the average time is (50) minutes.

- Statistical analysis of paragraphs:

A- Paragraph difficulty factor: The importance of the paragraph difficulty factor is evidenced by identifying the percentage of those who answered the correct answer and those who answered the wrong answer, as well as to find the veracity of the test vocabulary and to show us the degree of difficulty of the easy questions that most of the sample members can answer and the difficult questions that the sample members cannot answer. Calculating the difficulty level of each of the test items, the researcher found that it was limited between (0.38) and (0.70), and this means that the test items are acceptable.

Paragraph discrimination coefficient: The strength of distinguishing each paragraph of the test was calculated. The researcher found that it was limited to between (0.33-0.66), and Ebel indicates that the paragraph is good if its discriminatory ability is (0.30) and higher, but if it is less than that, it is. Weak to delete or be improved (**Al-Ajeeli, 2001**) items are thus all test items considered good and applicable.

Effectiveness of wrong alternatives (camouflaged): One of the conditions of the geotextile is that it is attractive and tempting to students, and encourages them to choose it, since the degree of similarity and apparent convergence between the demoralized disperses the subject who is unable to choose the correct alternative, and it is useful here that the number of those who were attracted by Geotextile in the Lower group is greater than in the Upper group (131) (**Al-Zahir, 1999**), and the more negative and large the gravity, the more attractive and effective the camouflage is. It is recommended to keep it in paragraph (**Nabhan, 2004**). After calculating the effectiveness of the wrong alternatives, the researcher found that it was confined between (- 0.4) and (-0.32), and this means that the Wrong alternatives attracted more students to the lower group than the higher group students, and accordingly, the researcher kept the alternatives unchanged.

Test stability: The researcher adopted the (Kuder-Richardson-20) equation as the stability coefficient extracted by this equation is an internal stability coefficient, which means the extent of homogeneity or consistency of the paragraphs among them. Its stability was coefficient (0.68) and over (**Abu Allam, 1999**).

Achievement test in its final form: The achievement test in the current research consists of (40) test items, and the paragraphs are corrected by giving one score for each paragraph when the answer to the paragraph is correct and (zero) when the answer is wrong, so the total score for the achievement test is (40) degrees, the lowest score (zero).

Second - Knowledge Economy scale:

The researcher has developed a classification of the fields of economics; to include five main areas, namely, the knowledge field, the technological field, the economic field, the social field, and the national field. All prepared by the researcher according to the principles in force in scientific research. The study tool included in its initial form - before taking the opinions of the arbitrators - five areas, under which (30) indicative skills were included.

Validity of the tool: The researcher verified that the tool measures what it was designed for by presenting the areas of knowledge economy that should be included in its initial form to a number of curriculum experts, educational supervisors, and sports teachers to state their views on the appropriateness of the fields for the list under study, and the relevance of the paragraphs The fields belonging to it, the linguistic accuracy of the paragraphs, and the ability to delete, add or amend what they see appropriate. After that, the researcher reviewed the opinions and suggestions of the arbitrators, and in light of them, the paragraphs that three or more arbitrators agreed to delete were deleted, reaching seven paragraphs, and some of the phrases mentioned by the arbitrators were reformulated to increase their clarity. So the tool's articles became (30) articles on the fields of Knowledge Economy, and with this, the list of Knowledge Economy skills was finally reached. Among the most prominent observations of the arbitrators and their proposals that was taken into account in preparing the list in its final form: 1. standardizing the number of skills in the fields of Knowledge Economy, and adopting ten skills for each. 2. Omitting the following skills because they are not related to their fields:

- The ability to employ knowledge.
- Interpreting the results in a scientific way.
- Keep pace with change.
- The ability to make decisions.
- Taking the initiative in providing assistance to others.
- Maintain focus throughout the time you listen.

Virtual validity: The paragraphs were presented to a number of experts to express their views on the validity and validity of the test paragraphs. The paragraphs were considered valid as they obtained an agreement percentage (80%) from the number of experts, and the number of final paragraphs after the arbitrators' statement was (30) paragraphs.

Application of the test to a pilot sample: The test was applied to an initial Exploratory sample consisting of (30) students, from Al-Kindi Secondary School for Boys, after agreement with the school administration on the date of the exam, the purpose of this test is to verify that the paragraphs are not ambiguous with its instructions, and to estimate the time where the time required to answer (30) ranges.

Application of the test to the pilot sample: The test is applied to an exploratory sample consisting of (100) students in the scientific fifth and the aim of this test are to verify the psychometric properties of the test items.

- *Statistical analysis of the test items:* The analysis of the paragraphs statistically helps the test takers to verify that the test items take into account the individual differences between students in terms of their ease, difficulty and ability to distinguish students with high capacities and students with weak abilities (**Darwazeh, 1997**). I corrected the paragraphs, which are of the objective type, by giving one score for the correct answer and zero for the wrong answer, or abandoned, and then arranged (grades descending) from top to bottom and took papers for his answer, the highest 27% and the lowest 27% in order to find the following:

A level of difficulty of the paragraph: The difficulty equation applied to the objective questions, and it was found that it ranged between (0.22-0.55), as (the test items are good if they range in difficulty level between 20% - 80%), (77: Abu Hatab.1976).

B_ Paragraph Distinguishing Power: The strength of distinguishing paragraphs was calculated using the power of discrimination equation; it was found that it ranges between (0.26_0.59). Al-Zobaie stated that the paragraph whose discriminatory rating is 20% or more is considered a good paragraph that can be accepted or modified (**Zobaie, 1981**) and confirmed Al-Zahir 1999 Until the test items are considered good if their distinguishing force is (20%) and above (**Al-Dhaher, 1999**), so all the items with (Discriminatory force) were prepared appropriate.

C _ Effectiveness of alternatives: The efficacy was calculated using the formula of effectiveness of alternatives, so it appeared that all the values were negative, ranging between (-0.03 to -0.18), and this indicates its effectiveness (290: Odeh.1998). It is appropriate and kept.

d. Stability: The stability of the paragraphs was calculated by the method of internal homogeneity, using the equation (Keoder-Richard Sohn _20). The reliability coefficient was (0.75), as the exams are considered good if their consistency reaches (0.67) and above.

Results interpretation

First: Presentation of results:

1. Collection: Find the arithmetic mean and standard deviation of the scores of the students of the experimental and control groups in the achievement test, and by using the T-test for two independent samples that are not equal, the calculated T value was found as shown in Table (7).

Table (7) the arithmetic mean, standard deviation, and the calculated and tabular T-value for the scores of the two groups (experimental and control) in the achievement test

the group	the sample	SMA	standard deviation	T value D.H. =58		Statistical Semantic 0,05
				Calculated	Tabular	
Experimental	30	67,5	12.88	6,47	2.0021	Function
Control	30	47,3	11.28			

It is evident from the previous table that the experimental group students outperformed the control group students in the achievement test.

2- Knowledge Economy: Find the arithmetic mean and the standard deviation of the grades of the students of each of the experimental and control groups in knowledge economics.

Table (8) the calculated and tabular T value of the scores of the two groups in the cognitive economy scale

the group	the sample	SMA	standard deviation	T value D.H. =58		Statistical Semantic 0,05
				Calculated	Tabular	
Experimental	30	22.7	1,75	2 .85	2.0021	Function
Control	30	21.16	2,40			

It is evident from the previous table that the (Calculated T value) is greater than (Tabular value) at the level of significance (0.05), and the degree of freedom (58), which means the superiority of the (Experimental group) students over the (Control group) students in knowledge economy.

Second: Interpretation and discussion of results

A- Circular training does not represent or express a specific and independent method of training or a method of training that is added to the well-known methods, "continuous, interval low intensity, interval of high intensity, repetitive", but it is a method or system of work capable of dealing and forming with all circulating training methods and this led to Improve achievement and level of knowledge economy.

B- One of the most important features of the circular training method is the ease of selected exercises that aim to overcome medium-strength resistance that can be repeated several times, as well as that it aims in the general construction of training to develop and develop muscle strength and endurance simultaneously. Some researchers mentioned. Circular training has become dependent on training and organizational principles and foundations that could be used and relied upon when forming and developing programs in all sporting activities to achieve learning goals.

C- Circular training is basically based on an organizational method that uses the foundations of one of the different training methods, then the type of training that leads to the development of basic physical qualities and increases the ability to resist fatigue and adapt to the exerted physical effort is chosen. The circuit is to have a (Positive effect) on general strength, muscular endurance, special endurance (periodic skin respiration) and ability.

D- The circular mathematical training method makes the student the center of the educational learning process, and provides him with a learning-learning environment rich in internal reinforcements.
C- The circular mathematical training method occurs as a result of the student's processing, synthesis and transfer of information until he reaches new information that enables the student to guess, formulate an assumption, or finds a mathematical fact by using the processes of induction or deduction or by using observation and completion or any other method.
D- Students learn through their integration in the lessons of the circular sports training method some of the methods and activities necessary to discover new things on their own.
E- The method of circular sports training helps in developing effective methods of teamwork, sharing information, listening to others' ideas and getting acquainted with them.

Conclusions:

1- The circular sports training method has the effect of identifying the weaknesses of each student in each group and has contributed to giving treatments and improving their performance in order to achieve educational goals.
2. The method of circular sports training had a positive effect on the achievement of the knowledge economy.
2- Increasing interest in students' activities and increasing their positive role, including defining its content and the methods used in teaching and learning this content, with students taking the initiative and relying on themselves in learning. The circular mathematical training method provides great opportunities to achieve this.
3- The desire for the circular sports training method arouses the enthusiasm of the individual and captures his interest and tendencies. Also, success in the circular sports training method provides the appropriate strong effect that enhances learning.

Recommendations:

1- The need to train sports teachers, especially those with little experience, to apply the circular sports training method and other educational methods, through holding and organizing qualifying, training and development courses, and preparing them as teachers capable of using the best educational methods.
2- Paying attention to using the circular mathematical training method and helping students to access the information on their own.

The proposals:

1- Conducting a study similar to the current study on other stages of study and on females or other study subjects.
2- Conducting studies dealing with the use of other educational methods, in order to identify which of these methods is the best.

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