

# The effect of using technical learning in acquiring and learning parallel skill among students of the College of Physical Education and Sports Sciences

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## Abstract

The core idea of learning depends on ability, willingness, and the amount of time that the learner needs, as the learner is the focus of the educational process, and developing his abilities, capabilities and potential is the main goal in this process, which requires comprehensive and careful attention to the availability of various educational situations that serve the learning process and the availability of the opportunity to achieve performance. The optimum of different mathematical skills that reflect the learner's ability to understand the parts of the skill or movement and its components. The importance of using those educational methods and scheduling them to serve the educational process, especially with difficult skills to learn (parallel skill), as organizing the learning process and using scientific methods to invest these methods is the scientific method that is intended to raise the educational level and achieve the goals of the educational process effectively to serve this skill and accelerating it.

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

The exercises prepared have a positive effect on developing parallel skill learning for students of the College of Physical Education and Sports Science

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.

**Keywords:** technical learning, parallel skill, college of physical education and sports sciences

## Introduction

The core idea of learning depends on ability, willingness, and the amount of time that the learner needs, as the learner is the focus of the educational process, and developing his abilities, capabilities and potential is the main goal in this process, which requires comprehensive and careful attention to the availability of various educational situations that serve the learning process and the availability of the opportunity to achieve performance. The optimum of different mathematical skills that reflect the learner's ability to understand the parts of the skill or movement and its components, and there are many educational methods that have been used in learning mathematical skills and are still used, as the success rates in the skill and physical

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performance varied, so experts and researchers sought to find methods that serve the games And all sporting events, in line with the abilities and capabilities of educated individuals. Among these methods is the masterful learning method. This type of learning depends on behavioral learning theories on the one hand, and on Bloom's idea that individual differences in the final outcome of teaching are the result that some students learn faster than others, and that some of them need a longer time to be completed. The learning process If we allow students to study according to the time they need, we find that they reach the same level of mastery of different knowledge and skills, and (Bloom) believes that the need for some students to take longer time to learn, and not allowing them to take their sufficient time to learn may show them in the eyes of Others claim that they are different, and therefore one of the most important teaching principles must be that students get enough time to learn, that is, giving students who are behind in school the time they need to learn helps them achieve educational goals, if not all defaulters have, then at least some of them[(] Badr, 1990).

Technical learning has many definitions, it is the learner's choice, and teaching is used to bring students to the level of mastery of the main units in education before allowing them to move to the next educational unit [(]Denese, 1990). As well as the lack of use of modern scientific methods, which calls for the importance of using these educational methods and scheduling them to serve the educational process, especially with difficult skills to learn (parallel skill), as organizing the learning process and using scientific methods to invest these methods is the scientific method that is intended to raise the educational level Effectively achieving the objectives of the educational process to serve this skill and accelerating it, and according to the foregoing, the researcher decided to conduct a serious scientific study of this problem through the use of the technical method within the educational curriculum approved by the college and in proportion to the type of skill and to reach the students to a better level. The importance of the research lies in using an educational approach in the technical style in learning the parallel skill of female students of the College of Physical Education and Sports Sciences - University of Diyala.

## 2 1. Research Methodology:

The researchers used the experimental method by designing one group to suit the nature of the research problem.

## 2-3 The research community and its sample:

Define the research community students of the Faculty of Physical Education and Sports Science-University of Diyala and they represent the entire original community and the number was (90).taliba consisted sample of 20 students from the students of the third stage at the Faculty of Physical Education and Science Ariyadh- Diyala University for the purpose of making sure the homogeneity of individuals The sample and the validity of the normal distribution among its members. The researchers used the distortion coefficient in all the research variables for the (experimental) group, and it is acceptable, as the value of the distortion coefficient 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)	165.7	3.86	2.66

2	Weight (kg)	65.45	1.70	2.55
3	age (year)	20	0.65	1.65

### 3.3 Means of data collection, devices and tools used:

3-3-1 Means of data collection (Arabic and foreign sources, The International Information Network (Internet) Personal interviews, Observation and experimentation, Measurements and tests.)

#### 3.2-3 Equipments and tools used:

(computer type) Pentium 4, laser discs, CD number 2 type Sony 1 sponge mat to help, Four landing mats, with a height of 20 cm. Legal Parallel Device, Metric Tape.

#### 3-4 Field Research Procedures:

##### 3--14 exploratory experiment

The two researchers conducted an exploratory experiment on students who were not members of the sample on 10/1/2019 at ten o'clock in the morning in the Gymnastics Hall at the College of Physical Education and Sports Sciences - University of Diyala. This exploratory experiment was conducted with the aim of:

To identify the extent to which the research sample members understand the vocabulary of the special tests and their suitability for them.

Verify the place of the test and its suitability for carrying out the test.

The time it takes to perform the tests.

Avoiding obstacles and problems that the researcher may face during the implementation of the tests.

The approximate time taken for each test.

Knowing the first test of the reliability coefficient.

#### 3-5 Determine the tests used:

“Mostly, the researcher needs to test or develop a test to measure the research variables, especially those related to the phenomenon to be measured. The researcher must select the tests that measure what he wants to measure” (Jaber, 1973).

In light of this, the researcher adopted a set of sensory-kinesthetic field tests to give an indication for measuring sensory-kinesthetic perception, according to its connection with the phenomenon to be measured.

##### 3 - 5 - 1 Specifications of scientific tests

First: Testing the sense of jumping distance (Abu El-Ala, 1997):

One of the most famous models of these tests is the Scott test (Scott), which aims to measure the ability to sense the distance of the forward jump, as the player's achievement of the required distance indicates the kinesthetic sense and this test is performed without using the sense of sight.

This test is valid for both sexes from the age of ten years until the end of the university education stage.

Tools: blindfold, chalk, tape measure.

Performance specifications: Two parallel lines are drawn on the ground so that the distance between them is (58.8 cm) and the tester stands on the starting line, looks at the distance between

the two lines for (5 seconds), then blindfolds him, and jumps from the starting line forward so that his heels touch the ground at the finish line.

Conditions: The distance between the finish line and the end of the player's heels is recorded as errors in estimation, which indicate a lack of perceptual ability of the distance. Two attempts are given to the tested player, and the total score for the tested player is the average of the two attempts.

Second: Foot Sensitivity Test (Web TestWeibe) (Abou El Ela, 1997):

This test aims to measure the ability to sense the lateral distance, where the accuracy of moving one foot aside for the predetermined distance indicates the height of the sensation level provided that it is not used by the sense of sight.

Two lines are drawn on the ground between them (30) cm. The player stands so that one of his feet is parallel to the left line, i.e. his right foot is close and parallel to the left line.

The player moves his right foot aside to the second line, which is (30) cm away. The distance from the foot to the end of the second line is calculated. The player is given three attempts and records their total.

Third: The parallel pressure test (Saad, 1996)

Test objective: To measure the force length of the arms

Test description: Parallel device - stopwatch - the tester takes the position of the parallel and the body is stretched. The timer sends the signal, and the tester charges and extends the arms fully and the body is stretched, and performance continues until fatigue.

Log: Correct duplicates are recorded.

3 - 6 Field research procedures:

1-6-3 Pre-tests for the research sample:

The two researchers conducted tribal tests on the research sample of (20) students on 3/10/2019 at ten o'clock in the morning in the Gymnastics Hall at the College of Physical Education and Sports Sciences - University of Diyala. The researchers gave a brief explanation of how the tests were performed and their sequence. As well as

3-6-2 The proposed educational curriculum:

The two researchers have prepared an educational curriculum in a technical manner, as this approach includes some special exercises that serve the skill and help in developing the level of sensory-motor perception among the members of the research sample, as well as the use of auxiliary and legal devices to make it easier for the player to learn the main part of the skill.

The application of the curriculum began on 7/10/2019 and continued until 7/12/2019, as the curriculum took 8 weeks, with 2 educational units per week, 16 educational units were applied with a time of (90) minutes.

3 - 4 - 6 Post-tests of the research sample:

Post- tests were conducted on December 9, 2019 at 10:00 am in the Gymnastics Hall in the College of Physical Education and Sports Sciences. The researchers provided similar conditions and requirements that took place in the tribal tests.

3-7 Statistical means

The researchers used the statistical program (SPSS) in processing and extracting data for research,

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

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 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	Sense test of jump distance/cm	8	0.65	3	0.23	0.65	000	moral
2	Foot sensation test (Webb test Weibe) cm	13	2.65	7	1.66	0.85	000	moral
3	Parallel pressure test/ number	18	3.65	25	4.34	6.33	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- Leap distance sense test

It was found by observing Table No. (2) in the test of feeling the jumping distance between the pre and post tests of the experimental group was in favor of the post test. The researchers attributed the reason to the use of technical learning in acquiring and learning the parallel skill that requires complete mastery of kinetic skills in gymnastics, which represents the final goal of the motor learning process that It is based on it to reach the level of the players to the highest international levels, because no matter how much the level of the player's physical attributes is in terms of improvement, development and learning, the researchers attribute the development of the level of sensory perception of the jump distance among the sample members to the players' ability to differentiate between near and far things, those who have shortcomings in determining proximity or distance from Anything, we find that they have difficulty placing their bodies in a place that is commensurate with good performance, so we note that the player with a highly skilled level controls his body and senses the movement he performs because he is aware of the conditions of his body and his limbs, so he performs well. The researchers agree with what he mentioned (WajehMahjoub, 1989), understanding and realizing movement and forming a clear picture of its concept and essence has a significant impact on learning, and that cognition affects the individual's ability to move, and It improves and develops it, and helps in understanding other kinetic issues, and cognition in movement facilitates the process of linking movements between movements (Wajeih, 1989). And since parallelism is one of the skills of leaving and holding in gymnastics (which is a prerequisite for special requirements on the parallel device), this skill must be linked to mental practices in terms of learning and training to achieve the desired goal. Accordingly, the performance of this skill requires the player to visualize the performance of the skill from its beginning to its end when holding the crossbars, and this is

accompanied by a sense of mastery of technical performance and some psychological features accompanying this performance such as (self-confidence, awareness of competence, possibility of control and psychological control) (Mahmoud, 1995).

### 2- Foot sensation test (Webb test Weibe)

It was found by observing Table No. (2) in the test of foot sensation between the pre and post tests of the experimental group was in favor of the post test. The researchers attributed the reason to the use of technical learning in acquiring and learning the parallel skill that requires full mastery of motor skills in gymnastics, which represents the final goal of the motor learning process that is founded it reach the level of players to the highest global levels that whatever the level of physical player improvement and development and learning qualities and consistent researchers with what was said (Ahmad Omar 0.1972) must be available for the principle of cognitive integration - motor in the performance of the player, as the movement influenced by perception is also influenced perception of movement They cannot be separated (Ahmed, 1972). Also (understanding and realizing movement and forming a clear picture of its concept and essence, has a great impact on learning, and that perception affects the individual's kinetic ability, and works to improve and develop it, and helps in understanding other kinetic issues, and cognition in movement facilitates the process of linking movements) (Wajeeh, 1989). The continuous and repetitive exercise of the internal variables through the sensory perception receptors enables the individual to sense the conditions of his body during performance, as the awareness does not come suddenly, as experience and practice develop the learner's sensory perception and repetition reinforces it and helps the learner appreciate the distances and things around him and not just his movement (Wajeeh)., 1989)

### 3- Parallel pressure test

It was found by noting Table No. (2) in the parallel stress test between the pre and post tests of the experimental group was in favor of the post test. The researchers attributed the reason to the use of technical learning in acquiring and learning the parallel skill that requires full mastery of motor skills in gymnastics, which represents the final goal of the motor learning process that It is based on it to reach the level of the players to the highest international levels because no matter how much the level of the player's physical attributes is in terms of improvement, development and learning, and the researchers agree with what he says (Mohamed Othman, 1990, 536) the coach must use modern methods in the educational process, and this means the use of educational means and devices The changes are due to the principle of comprehensiveness in training for members of the experimental group and the nature of the proposed training curriculum, which focused on the training aspect and did not defeat the usual exercises and skill performance. (Muhammad,2010)

## **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 on developing parallel skill learning for students of the College of Physical Education and Sports Science

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 necessity of paying attention to the movements of the left and the rotation sensitive to distance and distance by holding the parallel device, as the development taking place in these movements at the global level largely reflects the degree of progress in the parallel device.

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