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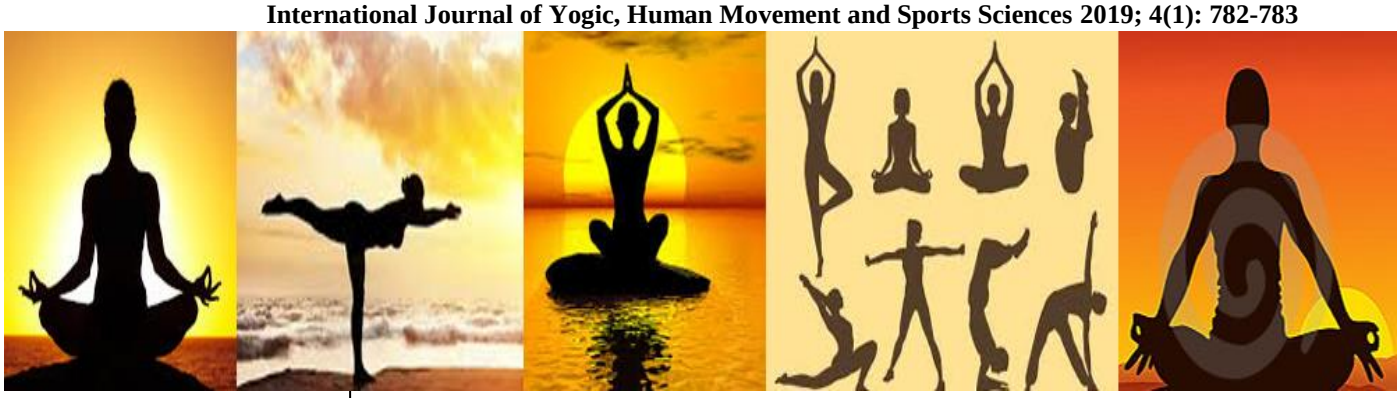

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Effect of video modeling with video feedback on long jump performance

M Vijayakumar and Dr. C Durai

Abstract
The purpose of the study was to find out the effect of video modeling with Video feedback on Long Jump performance. To achieve this purpose, twenty students were selected from the Department of Physical Education and Sports, Manonmaniam Sundaranar University, Tirunelveli, Tamil nadu, India and their age ranged between from 21-25 years. The selected subjects were experimental groups and the group consists of 20 subjects. The video modeling with video feedback group for six weeks with three alternative days per week. Long Jump Performance was selected as dependent variable and it was measured by jumping performance. The pre and post tests data were collected before and after the training period from the selected subjects. The collected data was analyzed by using descriptive & dependent's' test and analysis of covariance and the results were discussed at 0.05 level of confidence. The result of study indicated that there was a significant improvement on Long Jump performance due to the effect of video modeling with video feedback.

Keywords: Long jump, video modeling, video feedback

Introduction
The development of Technology has created a variety of stuff in sports field which speed up and eases the sportsman performance. All the associated products were assisting the sportsman to increase and improve the performance, which lead more participation thus increases the competition in the area of sports.

Observational learning or traditional method of coaching involves subjective observations and conclusion where coach's perception is considered to be one of the most important methods for learning skills (McCullagh, Weiss, & Ross, 1989) [4]. The information provided as feedback from an external source, such as a supervisor or expert, that influences performance of a skill is called augmented feedback. Augmented feedback, in which visual observation and verbal instruction are combined, leads to better execution of the movement in question in comparison to sole observation of the model (McCullagh & Little, 1989) [5]. Learners gain a lot of information about their actions by receiving feedback. Therefore proper feedbacks by coach may lead to better learning.

Technology advances support a role in the feedback with the development of computer analysis. Video is mostly recognized as an appropriate for obtaining qualitative information about performance (Liebermann & Franks, 2004, 166-188) [3] video replay and information technology enables enhancement of feedback during the replays, where the comparison between one's performance and that of other athletes is possible. Thus providing video feedback to learners is intuitively appealing, as one would expect learners who view their performance would detect their errors and thus improve.

Methodology
To achieve this purpose, twenty students were selected from the Department of Physical Education and Sports, Manonmaniam Sundaranar University, Tirunelveli, Tamilnadu, India and their age ranged between from 23-25 years. Long jump performance was selected as dependent variables and it was measured through competition and expert rating method respectively. The Group effect of video modeling with Video feedback on Long Jump performance, for six week with three alternative days per week.

Both the experimental groups underwent the effect of video modeling with Video feedback on Long Jump performance. which were related to the long jump event at the morning session and the practiced by the subjects were videotaped for group and it was shown to them during the evening session along with elite athletes video also (video modeling). This study was conducted during Odd semester. The pre and post test data on was collected prior to and immediately after the experimental period from the selected subjects. The collected data was analyzed by using dependent's' test and the result were discussed at. 05 level of confidence.

Purpose of the study

The purpose of the study was to find out the effect of video modeling with Video feedback on Long Jump performance.

Result and findings

Analysis of data

The analysis of dependent's' test on the data obtained for Long Jump performance of the pre and post tests means of video modeling with video feedback groups have been analyzed and presented in Table I.

Table 1: Mean and dependent's' test for pre and post tests on effect of video modeling with video feedback on long jump performance.

Variables	Test	Video modeling with Video Feedback	
Long Jump Performance	Pre test	Mean	Standard deviation
		4.60	0.45
	Post test	4.80	0.46
	't' test	10.82*	

*Significant at 0.05 level of confidence. (Table Value required for significance at0.05 level for 't' test with df 19 is 2.14).

From the table I, the dependent's'- test values between the pre and post tests of video modeling with video feedback on long jump performance are10.824 respectively, which are greater than table value of 2.14 with df 19 at 0.05 level of confidence, it is concluded that video modeling with video feedback had significant improvement in long jump performance.

The mean values of video modeling with video feedback group on Long Jump performance were graphically represented in the figure I.

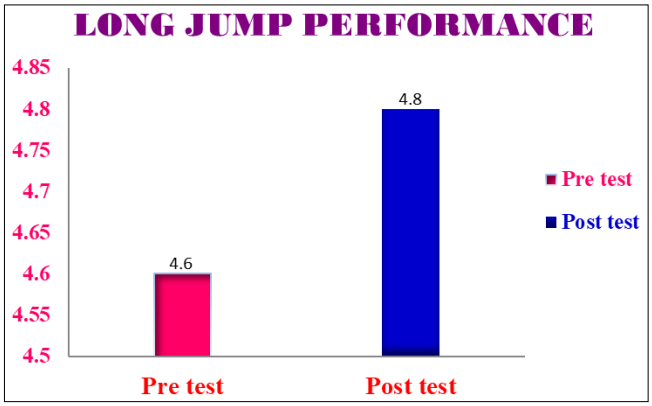

Fig 1: Pre and post-test mean values of the video modeling with video feedback group

Discussion

The result of study indicates that there was a significant improvement on Long Jump performance due to the effect of skill training with video feedback among college level students. According to Jose Manuel Palao, (2015) [2] the augmented feedback provided by the video was a positive outcome. Also the result of Sethu, S (2014) [6] support that there was a significant improvement on High Jump Performance and Technique due to the effect of skill training with and without visual feedback.

Results

From the analysis of the data, the following results were drawn.

- There was significant improvement on Long Jump performance due to the effect of video modeling with video feedback among Physical Education Students.

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