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The effect of continuous display to learning the open jump on the jump table of artistic gymnastics for students

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Abstract

The importance of the research was that it gives the student responses to the thing to be learned and applied in order to achieve a good achievement and improve the position or correct the motor path. As for the research problem, it was represented by the researcher's observation of a weakness in the performance of this movement among third-stage students. While the objectives of the research were to identify the effect of the continuous display in the performance of the jumping movement as an opening for the jumping table. The researcher hypothesized that there is a preferential effect of continuous display in learning the movement of the open jump on the jump table. The research methodology and procedures included. The researcher used the experimental approach by designing one group with a pre and post test to suit the nature of the research problem to be solved. As the research community was defined by students of the Faculty of Physical Education and Sports Sciences, and the research sample was chosen randomly, amounting to 20 students, where the sample constituted (80%) from the research community. As for the most important conclusions, the results showed that there is a positive effect in the use of the continuous display of the jumping movement, an opening on the jumping table for students. The researcher recommends the need to adopt modern methods and methods in learning and teaching gymnastic movements.

Keywords: Continuous display, open jumping, table jumping, artistic gymnastics

1. Introduction

The field of sports is one of the most important fields that attracted researchers in their studies, and we see this clearly by following up on these evolutionary leaps in the methods of making sports champions, so the upgrading of the player or the learner to higher levels does not come from pure chance, but rather goes through a series of continuous display processes, so for development The great scientific advancement witnessed by the world in general, and the Arab world in particular, had a great impact on the development of all fields, including the sports field. As the performance reached a miraculous level during the Olympic Games and World Championships. The education process relies on mutual trust between the student and the teacher, as well as working to arouse his desire to gain experience. One of the courses in the faculties of physical education is the subject of artistic gymnastics, which is rich in basic skills, as it is not possible to practice the game or skill without mastering that skill, which when learned must have a specific strategy and multiple methods for the purpose of learning in an easy and simplified way in order to save time and effort. educational methods to find various methods and methods aimed at developing the educational process, and the great development that took place for this sport, especially the international high levels, has emerged from the efforts exerted between the teacher and the student to develop this beautiful sport in terms of the degree of difficulty and the level of technical performance, which made it fascinate with the level of its performance. What is intended to be learned and applied in order to perform well and improve the situation or correct the motor path through information that is the total information that reaches the learner, whether external or internal, before, during and after the performance and in different ways.

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During and after the show, he describes to us the nature of the appropriate motor response, whether it is right or wrong, weak or strong. The skill of jumping an opening on the jump table is an important basis for the sport of gymnastics and equipment, as learning begins at an early age compared to the rest of the equipment, as it requires (agility, flexibility, strength, neuromuscular compatibility). It also includes an element of balance, which is essential in gymnastics. The devices are to the extent that those interested in gymnastics affairs in the world unanimously agreed to provide them mainly with meaning and confirmation from them of their importance in relation to the creation of a male or female player. Therefore, this development necessitated that those in charge of the educational process need to develop methods of providing information and design appropriate methods for using modern applications that suit the teaching and learning processes.

1.1 Research problem

The skill of jumping an opening on the jumping table is one of the difficult movements due to the difficulty of this movement in relation to the research sample, and through the researcher's observation that there is a weakness in the performance of this movement among third-stage students, so the researcher focused on studying this problem through the use of continuous display, which is one of modern teaching aids to perform the skill.

1.2 Research objectives

- To identify the effect of the continuous display on the performance of the jumping movement, opening the jump table.
- Recognizing the preference of the effect of the continuous display and the traditional method in learning the movement of the open jump on the jump table.

1.3 Research hypothesis

- To identify the effect of the continuous display on the performance of the jumping movement, opening the jump table.
- Recognizing the preference of the effect of the continuous presentation and the traditional method in learning the movement of the open jump on the jump table.

1.4 Research fields

1. **The human field:** Third-year students in the Faculty of Physical Education and Sports Sciences, Kerbala University.
2. **Time field:** from 15/9/2022 to 5/2/2023.
3. **Spatial field:** The indoor of Faculty of Physical Education and Sports Sciences, University of Kerbala.

2. Research methodology and field procedures

2.1 Research Methodology

The researcher used the experimental approach by designing one group with a pre and post test to suit the nature of the research problem to be solved. As the experimental approach is the only research method that can truly choose the hypotheses of special relationships and impact, in addition to that this approach represents the closest and most honest approach to solving many scientific problems in a scientific and theoretical way, not about its contribution to the progress of scientific research in the humanities.

2.2 Community and sample research

The researcher identified the research community with the students of the College of Physical Education, and the research sample was randomly selected, 20 students, as the sample constituted (80%) of the research community.

2.3 Means, devices and tools used in the research

2.3.1 Research Methods

1. Sources
2. The Internet
3. Interviews
4. Performance appraisal form
5. Tests
6. The performance appraisal committee, numbering 4 referees

2.3.2 Tools and devices

1. Jumping table
2. The computer
3. Camera

2.4 Determination of skills (procedures for determining the skill of jumping on a jumping horse)

For the purpose of measuring and determining the movement of jumping open on the jumping table in artistic gymnastics for men, the researcher sought to design an evaluation form for students' performance according to the parts of the movement (preparatory, main, and final) and was presented to a group of experts specialized in the sport of gymnastics to demonstrate its validity in determining the level of performance of each student in performing the skill and then Adopting the division of four experts and specialists for the students' performance of the skill and extracting the score for each student by extracting the evaluation rate of three judges for the student's performance.

2.5 Exploratory Experience

The exploratory experiment is one of the important means in the implementation of research and in various specializations, as it gives a detailed description of everything that can happen within the main experiment in order to avoid the problems that the researcher may encounter, which are related to him in the implementation of the research and the circumstances surrounding the phenomenon that the researcher wishes to study. To conduct an exploratory experiment to ensure the safety of the experimental design of the research, if the researcher conducted the exploratory experiment on 1/10/2022 to learn how to apply the test in the teaching unit, applied to a sample of the third stage students, whose number is (5) students, and the purpose of this experiment was:

1. Recognizing the validity of the continuous presentation in learning the movement of jumping open on a jumping horse for students
2. Recognizing the efficiency of the assistant work team.
3. Recognize the appropriateness of the devices and tools used.
4. 4 Identify the ability of the sample to do the test.
5. Recognize the appropriateness of the performance evaluation form.

2.6 Educational program application

By surveying international sources and references, previous and similar studies from the current study, and preparing educational units using continuous presentation in teaching the movement of jumping open on the jump table for students

of the third stage of the College of Physical Education, University of Karbala, as the program specified by the researcher included (8) educational units, at the rate of a weekly education unit The time of the teaching unit was 90 minutes, in which the researcher used a set of strategies and techniques using the computer and the continuous display in front of the students to contribute to the development of their ability to perform the jumping movement opening on the jumping table.

2.7 Main experience

After completing the procedures that the researcher hopes to conduct her basic experiment by providing equipment and tools and preparing a form for evaluating the performance of students on the jumping movement open on the jump table, she sought to carry out her basic experiment according to stages and steps, including:

2.7.1 Pre-test

An introductory unit was given to the experimental research group before performing the pre-test on 4/10/2022. The researcher conducted the pre-test for the skill of jumping open on the jump table for the experimental group on 9/10/2022. The performance of the skill in the pre-test was evaluated by the evaluation committee represented by B4 Referees and evaluation scores were recorded in a form prepared for this purpose and the performance evaluation score was from 1-10 degrees.

2.7.2 Program Implementation

The researcher implemented the educational program using the continuous presentation of the research sample, which numbered 20 students, during the period between 9/10/2022 and 30/1/2023.

2.7.3 Post-test

After completing the sample of the educational curriculum for the skill, the researcher conducted the post-test for the skill performance on 5/2/2023, and the performance for the skill in the post-test was evaluated by the same evaluation committee that evaluated the performance in the pre-assessment,

represented by 4 arbitrators.

2.8 Statistical means

The researcher used the SPSS statistical method.

3. The results are presented, analyzed and discussed

In order to achieve the main objective of the study which included (recognizing the effect of continuous display in learning the movement of jumping open at the jumping table) and testing the hypothesis of the research included (there is a positive effect of continuous display in learning the movement of jumping open at the jumping table) as well as (the presence of statistically significant differences between the two research groups in post tests and for the benefit of the group that learned the continuous presentation method) and after completing the implementation of the pre and post field research procedures on the members of the research sample and after obtaining the data and defining and processing them statistically using indicators of descriptive statistics and T tests for correlated and equal samples in number as a statistical means to achieve this purpose.

3.1 Presenting, analyzing and discussing the results of the pre and post-test teams of the research sample

In order for the researcher to be able to identify the difference between the pre and post-test of the sample, she sought to process the data of the tribal and remote measurements statistically and extract the indicators of descriptive statistics represented by the mean, standard deviation and standard error, then she used the T-test for correlated and equal samples in number as a statistical means to achieve this purpose and to stand and to infer about morality The difference between the two tests (pre and post) and table (1) shows that.

Table (1) shows the value of the descriptive statistics and the calculated and tabulated T value of the open jumping movement on the jump table and the significance.

The results of the difference between the pre and post test for the skill of jumping open gymnastics.

Table 1: Shows the value of the descriptive statistics and the calculated and tabulated T value of the open jumping movement on the jump table and the significance

Tests	Mean	Sample	Std. deviation	standard error	T value calculated	degrees of freedom	Sig level
Open jump before the show	6.940	19	0.9523	0.218	-4.238	18	0.000
Open jump after the show	7.703	19	0.655	0.150			

4. Discussing the results

By observing table (1) it shows that the division of the arithmetic mean, standard deviation and standard error of the results of the pre and post measurements of the research sample individuals and when performing the movement of jumping open on the jump table was different and that there is a discrepancy in the degrees of the two measurements and in favor of the post measurements as the value of the arithmetic mean, standard deviation and error reached Standard for tribal measurement and respectively (6,9408) (95231) (21847), while the values of the arithmetic mean, standard deviation, and standard error of the telemetry data, respectively, were (7,039) (65512) (15030) when inferring the significance of the difference and revealing the data and differences between the two means, the researcher sought to use the T test for correlated and equal samples in number as a statistical means to achieve this purpose is to find out the reality of the differences, whether they are due to a real difference between

the two measurements or to coincidence, the results showed that the calculated T value amounted to (4,238), which is greater than its tabular value of (2,04) at the level of significance 0.05 and 18 degrees of freedom, which indicates that there is a positive effect of the continuous display program in developing the jumping movement open on a table. Jumping among students the researcher points out that the educational units contributed to increasing students' awareness of movement performance, which made them get higher scores in dimensional measurements.

5. Conclusions and Recommendations

5.1 Conclusions

5.1.1 The researcher reached several conclusions, including

1. The results showed that there is a positive effect in the use of the continuous display of the movement of jumping open on the jumping table for students.

2. The continuous show has an effective role in increasing students' understanding and awareness of the jumping movement on the jumping table.
3. Using the continuous presentation method helps in shortening the effort and time of the learner or student.

5.2 Recommendations

5.2.1 Through the conclusions reached by the researcher, she recommends

1. The need to rely on modern methods and methods in learning and teaching gymnastic movements.
2. The need to conduct similar studies dealing with movements and other variables for all sports.

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