

The Effect of the Partial Method Using Aids to Learn and Improve the Technical Performance of the Three-Jump Event for Students

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Research introduction and importance

Teaching methods and methods have had a great impact on improving the level of artistic performance and developing it for many sporting events, including athletics, which have received wide attention by researchers, because they promote hostility not only in terms of physical, but in psychological, social and health terms. In addition to as it occupies a prominent place in the Olympic Games and World Championships as it holds the largest number of medals. The triple jump event is one of the athletics activities that has received great attention in recent times, as learning and its various methods played an effective and essential role in developing the level of performance for this event. And modern learning methods have appeared, consistent with the nature of each activity. After the survey process of previous studies, it was found that there are many of them that dealt with different methods in many aspects of acquiring, mastering and developing learning, and the other side has dealt with other means and their relationship to kinetic achievement and the importance of the aids in improving the movements required to be performed to implement a specific activity as well as the methods and methods of learning and repetitions that are appropriate. Its harmony with the effectiveness, capabilities, abilities and capabilities of the learners and their age stages within the time allocated for learning, so we must produce the learning process in the best way through creativity and innovation, this method depends on dividing the movement into main parts, then starts to teach each part separately, and after controlling All parts of the movement and the teacher confirmed that, here we wonder which part of the movement should we start with? To answer this question, we will review two methods for that: The first method: This method is represented by starting to teach the main and important part of the movement, then the less important parts, and so on. The second method: This method is based on starting to teach the parts according to their movement sequence. Hence the importance of the research in a scientific attempt that the researcher wishes to try through the effect of the partial method using the proposed means of assistance to create suitable educational conditions in order for the researcher to achieve the important and main factors for effective learning and to invest time and effort in accelerating the learning process.

Research problem

Through the researcher's work that in the field of education (teaching the shout from the field), it was found that most students of physical education and sports sciences face difficulty when learning the effectiveness of the triple jump, specifically in a simple and good approach. The extent of the correlation between boiler efficiency and operation quality without strengthening the violation of the mechanical factors of partridge, jump and fall. After studying the methods and methods developed by the ancient and modern Drees, the

researcher has the idea that in creating an ideal learning environment that may lead to unwanted situations as part of the educational lessons in a partial way means the proposed help to learn the effectiveness of the triple jump, as achieving a good distance and a suitable height may be difficult for the learner. Performance that gives positive returns in learning and modern learning depends on the exploitation of all the senses in essence, and humiliation using different educational methods that address more than one feeling because of their effective role in activating the educational process, deepening the process of raising it and creating the desired educational effect. Heights during a good performance are important to obtaining the correct distance for your triple jump ally, and to achieving the longest possible bounce distance.

Research aims

The research aims to

1. Recognizing the effectiveness of the partial method and means of assisting in learning and improving the technical performance of the triple leap for students.
2. Identify the differences in the results of learning the effectiveness of the triple jump between the pre and post tests.

Research hypotheses

In light of the research objectives, the researcher assumes that:

1. There are significant differences between the results of the tests (before and after (for the research group and in favor of the post test.
2. The partial method and auxiliary methods have a positive effect on learning and improving the technical performance of the triple leap for students.

Research fields

Human field: Second stage students/ College of Physical Education and Sports Sciences/ Matn Z University for the academic year 17-20-2018.

Time range: 11/2/2018 to 25/3/2018, including the applicable experience period.

Spatial domain: Athletics stadium in the College of Physical Education and Sports Sciences - Al-Muthanna University.

Research Methodology

Choosing the appropriate approach to research the problem is one of the steps that lead to the success of the research, considering that the scientific method is "a method of thinking and action upon which the researcher relies in organizing, analyzing and presenting his ideas, and then arriving at reasonable results and facts about the phenomenon (the subject of the study)." (1) On this basis, the researcher used the experimental method, which is "an attempt to control the situation to be studied with the exception of variables or variables that are believed to be the cause of a specific change in that situation" (2).

Research and sample community

The research community determines the students of the second stage of the Faculty of Physical Education and Sports Sciences at Al-Matn Z University for the academic year (2017-2018) with a total of 110 students divided into four people. The sample is a necessity for experimental scientific research ... and it is (the model that is examined or monitored and on which the experiment is conducted and may consist of one or two persons or more (3), and the sample was chosen from students of the second stage, which consists of four academic departments (A, B, A, C, D), and the lottery was conducted on Department (D) consisting of (28) students, so that the final total number of the research sample would be (25) male and female students.

Test name: triple jump (achievement and performance)

The purpose of the test // measuring the distance achieved by the student and knowing the degree of performance by G experts present during the implementation.

- Performance Specifications// Each student is awarded three points and the best are scored
- Tools and devices used in measuring// legal jilt, tape measure.
- Scoring method// records the distance the tester jumps for a good attempt.

Test name :long jump from stability (1)

- The purpose of the test / measure the explosive power of the substance muscles of the torso and legs.
- Performance Specifications // The tester stands behind the elevation line, feet slightly apart and arms up, arms then swing forward, down and back, with the knees half bent and the torso slightly forward . From after the posture, the arms are strongly singed forward with the legs extended along the torso and the feet thrown forcefully by the ground in an attempt to jump forward as far as possible.
- Tools and devices used in measuring // chalk, tape measure.
- Scoring method // records for the laboratory the distance that it jumps from the inner edge of the elevation line to the last trace of the laboratory close to the elevation line.
- Note // the feet are raised together .They are also landed on them together, and each laboratory has two attempts, the best of which are recorded.

Exploratory experience

An exploratory experience is a microcosm of the basic experience and must be in which the conditions and circumstances in which the primary experience is as possible in order to be adopted. (1)

The exploratory experiment was conducted on 4/2/2018 on a sample of (10) students from the research community, and they were randomly selected and organized. The main objective of the exploratory experiment is to identify the difficulties that the researcher may face, and in light of the above, the following has been determined:

Knowing the readiness of the research sample to perform the tests

- Knowing how long it takes to take tests.
- Knowing the suitability of the tests for the research sample.
- Ensure knowledge of the devices and tools used.
- Helping staff.
- Preliminary test

The test (is a method of evaluation, measurement, diagnosis and guidance in various curricula, programs and plans for all levels and stages of age, as it clearly indicates the extent of progress and success in achieving the objective objectives) (1) after the implementation of the educational units (induction) that included an explanation of the performance stages of the effectiveness of the three-week long jump that It included an explanation of how to short the sprint distance allocated to it and how to upgrade it, as well as the pre-test was conducted on Sunday briefly on 2/18/2018 in Hall G a Shara in the stadium of the College of Education, Physical Sciences and Sports - Al-Muthanna University. Make sure that the pretest includes: -

- The digital achievement of each student was chosen from three attempts to try out the best
- Performance evaluation (learning) by experts who were present in the four corners of Al Jufra, as they gave scores on students' performance for the effectiveness stages.

Suggested approach

The curriculum included eight educational units in addition to Tarvikan units and by two elite educational units each week, the teaching unit with a time of (90 minutes) and the preparatory department in general

included 23 minutes divided into three parts provided that the time during the unit is 3 minutes, warm-up The year, its time has come 8 minutes to prepare the body, and it was a warm 12-minute time. It also included various exercises for the department head, whose time was 60 minutes because of its great importance in the unit that was divided by one of the two presidents, the educational side, and its time was 15 minutes during which it was explained How to use the proposed means and their application, what are the heights, why, the practical side, and its time is 45 minutes, and through which the aids were used from different heights, distances and positions, and the last section took 7 minutes, interspersed with entertainment. Exercises with general body relaxation plus a leave greeting.

Dimensional tests

After completing eight educational units of the educational curriculum, a post-test test was conducted on the research sample on 3/25/2018 approved, but to a certain degree at the morning stadium of the College of Physical Education - Al-Muthanna University in order to create conditions for the same test in terms of time, place and the same team Auxiliary work in pre-tests and remote tests, tools and devices in order to fix the variables as much as possible, as there were three legal attempts given to each member of the sample regarding (performance and achievement). The post-test also included the following:

- Each student's digital achievement was chosen from three attempts to try the best
- Performance evaluation (learning) by experts who were present in the four corners of Al Jufra, as they gave scores on students' performance for the activity stages. The best attempt was chosen.

Presentation, analysis and discussion of the pre and post test results of the two groups of research and the performance variable:

Indication	measuring unit	Values T Calculated	interval		Tribal	
			P	Q-	P	S-
Moral	Degree	19.409	0.621	7.14	1.199	1.19

T-values The table reaches (1.711) with a degree of freedom (24) and less than the level of significance (0.05). The table shows the mean of the tribe's group test (1.19) and the standard deviation (1.19) The arithmetic mean of the post-test was (7.014) and the standard deviation (0.621), and the value of (T) calculated to find out the differences between the pre and post tests reached (7.592), which is a value. Greater than the tabular value of (1.711) at the degree of freedom (24) and below the level of significance (0.05). This indicates the existence of statistically significant differences between the pretest and the post test in favor of the post test. It is noted from the foregoing that each of the two tests produced statistically significant differences between the results of the pre and post tests in favor of the reason for the trait for the researcher to obtain this result for the use of special educational methods to find out the effectiveness of the test. The jump on the tripartite art approach that Aloyami and its suitability with the level of the research sample through the use of these educational and repeated methods carried out by the sample by bending the educational stage led to an ethical investigation that also led to a preference in the level of search for engine performance, a triple jump in the measurement of dimensions.

Presenting, analyzing and discussing the results of the pretest and the post test for the two research groups and the achievement variable:

Indication	measuring unit	Value T Calculated	interval		Tribal	
			P	Q-	P	Q-
Moral	meter	17.021	1.187	10.776	0.579	6.28

T-values The table reaches (1.711) with a degree of freedom (24) and less than the level of significance (0.05). It is noted from the table that the arithmetic mean of the pre-test is (6.28) with a standard deviation (0.579),

while the arithmetic mean of the post test is (10.776) with a standard deviation (1.187), and the arithmetic average of the post test is (10.776). The value of (T) is calculated to find the differences between the pretest and the post test amounting to (17.021) and it is the largest value for a tabular value of (1.7 11) at the degree of freedom (24) and below the level of significance (0.05), and this indicates the existence of statistically significant differences between the pretest and the test Post test in favor of the post test. It is noted that Dauth presents statistically significant differences between the pre and post test results in favor of the post test. He attributed the reason for obtaining this result because all exercises and aids used to sample research members and all research developments on performance stages were flowing into the service of the locomotors goal. The performance of the jump is to obtain the farthest horizontal jump distance, which means that in the development associated with all physical elements, it gave an indication of an increase in the efficiency and coordination of work between the joints of the body and the working muscles and neuromuscular compatibility and then the production of a greater velocity, which gave an advantage in the results of the total distance (achievement) effectiveness A triple leap in dimensional measurement. Presentation, analysis and discussion of the pre and post test results of the two groups of research and the long jump variable for stability:

indication	measuring unit	Values T Calculated	interval		Tribal	
			P	Q-	P	S-
moral	meter	2.887	0.16	2.39	0.160	2.18

It is noted from the table that the arithmetic mean of the experimental group and the tribe test is (2.160) and the standard deviation (0.1 60), while the arithmetic mean of the post test is (2:39) and the standard deviation (0.16). And the value of (T) is computed to find out the differences between the two pre and post tests, which amount to (2.8 87), and it is the largest value for a tabular value of (1.7 11) at the degree of freedom (24) and below. Significance level (0.05) this indicates that there are statistically significant differences between the pretest and the post test in favor of the post test. Z takes pride in this development that occurs in completing the test - range stability jump (the explosive ability of the two men), as a result of the use of running exercises, long jumping, stability, squat jumping, jumping over barriers of different heights and side jumping over hurdles as well, as these exercises and aids used in the program and that were my knowledge By developing the explosive power of the two men, it influenced obtaining this result. It also contributes to the development of speed and muscle strength, by combining the elements of speed and muscle strength with the so-called explosive ability, and ability is a necessary and important element in the performance of most sports skills, especially in athletics (1).

Conclusions

Through discussing the results, the researcher came to the following conclusions

- The partial method for teaching triple jump has a better effect than the methods used for teaching triple jump among the research sample.
- The (proposed) special means that were used in the educational curricula had a clear effect on the learning events of students of the Faculty of Physical Education, which led to the development of physical abilities and muscular-nervous compatibility, which led to an improvement in the level of achievement and performance of the research sample.

Recommendations

In light of the conclusions reached by the researcher, he recommends the following

Use the partial method when teaching the effectiveness of the triple jump.

1. Use of aids that match the type of activity and the students' physical abilities.

2. Emphasizing on the relevant and competent authorities on the necessity of providing the tools and means to aid in learning, as it is more useful for different stages of learning and age groups.
3. Conducting similar research for other sporting events and skills on samples of different levels.
4. It is preferable that the teaching of the first stages of education be entrusted to the best specialized teachers to cover and fill gaps in different educational situations.

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Margin

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