European Journal of Molecular & Clinical Medicine

ISSN 2515-8260 Volume 08, Issue 03, 2021

The effect of special exercises in learning some basic swimming skills in the context of the Corona pandemic

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Abstract

The importance of research to learn to swim in the shadow of the Corona pandemic came using special exercises to solve the problem of stopping learning to swim in order to eliminate the illiteracy of swimming and continue to learn the largest possible segment of the sex and groups of society. Through the preparation of special exercises according to a training program studied and planned to learn to swim in doors and stay away from mixing and being in public areas under the virus corona pandemic. The objectives are to find an alternative teaching method using the exercises of the conditions of the virus pandemic (Coved 19) in developing some basic skills to learn to swim Fran research. The use of exercises for the conditions of the virus pandemic (Coved 19) has a positive effect in the development of some basic skills to learn to swim.

Introduction

Learning to swim has become one of the basics and requirements of living and interacting with the life of civilized human beings, it lives on land with an area of 28% and surrounded by an area of water estimated 72% of the total area of the earth. Swimming is a way of life because of its health, physical and recreational aspects of the body, in addition to important human aspects and the danger of drowning, such as saving oneself or a person, as well as learning it helps to get rid of the dangers of floods, collapse of dams or accidents falling into rivers, pools of water, etc. Learning it is a fundamental duty and a duty for every human being. One of the most important skills that a person must acquire during his life is learning to swim because it has a great role to prevent the dangers of entering the water.

The importance of research to learn to swim in the shadow of the Corona pandemic is to use special exercises to solve the problem of stopping learning to swim in order to eliminate the illiteracy of swimming and continue to learn the largest possible segment of the sex and groups of society.

Through the preparation of special exercises according to a well-thought-out training program planned to learn to swim in doors and stay away from mixing and being in public areas under the corona virus pandemic.

Search problem

The presence of the Corona pandemic has led to the cessation of many sports activities of human life, including the practice or learning to swim, and these conditions

have prevented mixing, gatherings and daily activities, leading to the cessation of such activities.

The basic skills of swimming differ from the four known types of Olympic swimmers, as the basic skills are the main building block and the key to learning other types of Olympic swimmers, the learner at the beginning of learning to swim must be subject edited to those basic skills (confidence, sense of water, breathing, buoyancy and slipping on water) to then be able to learn the dynamic performance of other Olympic swimming types.

The refore the problem of research in finding a new training method or alternative way to learn and train some of those basic skills by swimming under those conditions without the need to go to public swimming pools and socialize with others and limit the training process in the homes and the family in particular through the use of imaging exercises and give observations and directions to the learner through electronic means.

Goals

1. Finding an alternative teaching method using virus pandemic conditions exercises (Coved 19) to develop some basic swimming skills
2. Learn about the effectiveness of exercises using virus pandemic conditions exercises (Coved 19) in developing some basic swimming skills

Hypotheses

1. The use of exercises for the conditions of the virus pandemic (Coved 19) has a positive effect in the development of some basic skills to learn to swim
2. There is a moral statistical indication of the effectiveness of special exercises using virus pandemic conditions exercises(Coved 19) in developing some basic swimming skills.

Research methodology:

The researcher used the experimental method in the research procedures to suit them in finding a solution to the problem studied.

Sample search:

Asegment of the society was selected in the deliberate way and they are a sample of males who do not find swimming and determine the areas where the total of that community (25) people as a whole society of research was selected males as a research community to conduct the experiment and by (25)individuals between the ages of (11 -15 years) who did not learn to swim

Homogeneity of sample search:

In order to reach a single and equal level of the research sample and to avoid variables that may affect the search results in terms of individual differences between students, the researcher conducted homogenization on the sample of his research by taking the variables (length-mass-time age-time) and then the statistical treatments of these variables were carried out by the law of the coefficient of twisting, where the values were limited between (±3) indicating the good moderation and prevalence of the sample within each group of groups

- **The software used**

The program was used to teach basic swimming skills for males in the target families and for a period ofone monththat included the duration of the training program for the duration of (20) educational units were given aluminon the basic skills and then the pre tests were conducted to exercise collectively and individually according to the exercise procedures and requirements and after the group was able to pass the exercise correctly for the specified period was conducted after the examination sought byexperts by videographing and giving the appropriate grades through the form prepared for it.

Field search procedures:

The proposed and traditional approaches of the two groups were implemented and the period of implementation lasted from1/7/2019 to the period 1/9/2019 where the testing and pre imaging of the two groups were conducted after the implementation of (3) tariff instruction units for each of the basic skills.

Testing and pre imaging:

The test and pre imaging of the control and experimental groups were conducted and carried out using tests prepared by the researcher for the two groups and the researcher tried as much as possible in cooperation with families to stabilize the conditions related to the test in terms of time, place, tools used and method of implementation in order to work on their availability in the dimensional test.

- Testing and imaging:

After the completion of the implementation of the two educational approaches, the pictorial data was collected from the families at the center of the research and presented to the experts to evaluate it using the form designed by the researcher and promised it as a dimensional test on the sample of the research and for the experimental and control groups as it includes tests prepared for skills by the researcher and has been keen to find all the requirements and conditions in which the pre- test was done in terms of implementation and performance evaluation.

3

Presenting, analyzing and discussing the results:

4.1 Presentation, analysis and discussion of the results of the pilot group

Table (1) shows the calculated arithmetic center, the calculated (t) and the (t) tablital of the experimental group's pre and dimensional test.

Experimental Group						**Moral differences**
Pre- test		**Post- test**		**T calculated.**	**T-table**	**Sign**
A	**STD**	**A**	**STD**	**5.11**	**2.20**	**Sign**
2.5	**1. 5**	**8.8**	**1. 6**			

The researcher attributes this to the visual, auditory and practical means based on the thinking skills included in the proposed curriculum because of its impact on the

stimulation of the analytical mental processes in the creation of previous motor links to generate a new sense of learningand achieving and developing motor compatibility for the purpose of speeding up the educational process.

Visual means, including images, films and animations, are key to achieving learning and achieving the mechanism of performance by helping them achieve the mental visual construction of the movement and informing the beginner how the movement is carried out.

This is done by observing the mutual and reverse relationships that govern the parts of the body during the performance of the movement and this is what he pointed out (Success of Shalsh and Akram Sedki, 1994 p.49)where he considers that "visual means work to give the learner the visual perception of the new motor skill, and the development of his ability to self-observation necessary for the process of comparing what should be done and what has already been done, which lays the basis for each corrective steering system ofthe learner as well as the use of images and illustrations of the learners of different stages" as well. The audio media, which are synchronized with performance, play an active and complementary role in creating the state of learning through their contribution to explanation, clarification and analysis, as well as adjusting the timing between the beginning of the movement and the end of the movement, as confirmed (MohammedAbdulGhaniOsman 1991: p. 55) "Through the word, the analysis of the performance and the clarification of the results between what has been done and what must actually be achieved can be reached by the word moreover, hearing some sound effects such as adis, applause and musical rhythms lead to All to speed up learning and keep boredom away from the souls of learners."

In addition, the use of practical means of assisting tools and ground exercises is specific in facilitating the learning process as it is effective in providing appropriate psychological, mental and motor conditions, as he points out(Mohamed Abdul Ghani Osman 1997:p. 67)"The auxiliary tools make the learner more focused on the skills to be learned and help the learner to overcome fear, so it is an important educational factor in addition to helping the teacher to diversify and consult education." The fins, the buoyancy wheel - the repertoirerafts, adds (AbdulSattar Jabbar AThiefMed, 1980:p88) "Ground exercises are given to the beginner as an adjunct in the learning process and the teacher performs the exercises to be applied on land in order to master or get used to them before applying them in the water", and examples of ground exercises used within the proposed educational curriculum are the exercise of the sensation of squat buoyancy where it is learned outside the water as well as flow on the abdomen.

4.2 Presentation, analysis and discussion of the results of the control group

Table Number2shows the arithmetic medium, the standard deviation, the average differences, the calculated (t) and the (t) scheduling of the cardiac and dimensional test of the control group.

control group						Moral differences
Pre-tes		Post- test		T calculated.	T-table	Sign
A	STD	A	STD	3.58	2.20	Sign
1.15	0.59	6.9	1.12			

4.3. Presenting, analyzing and discussing the results of the trial and control group's dimensional test

Table3shows the calculation center, the calculated deviation, and (t) the scheduling of the experimental and control groups for the post- test.

Computational processors Groups	Post- test				Moral differences
	A	STD	T calculated.	T-table	
Experimental Group	7.18	1.28	3.89	2.20	Sign
The command group	6.98	1.14			

*** Below the level of indication (0.05)and degree of freedom (18).**

The researcher believes that the proposed educational curriculum has a positive impact on the learning of chest swimming and shows this clearly by noting the level of learning of the first experimental group and comparing it to the level of learning of the control group, which is illustrated by the table above, as one of the most important qualities that must be characterized by the educationalcurriculum is to provide the necessary and required experiences that help scientific and develop the learner in All physical, mental and psychological aspects and this is confirmed by(Talha Hussam al-Din: 1989:p. 159)"The curriculum is the educational and scientific experiences that the society prepares for its members within or outside educational institutions with the aim of helping them to grow comprehensively in all aspects of life in accordance with the objectives of society."

Conclusions and recommendations:

Conclusions:

. The special exercises included in the proposed curriculum have a positive impact on the education and learning of the basic swimming skills

. There is a moral statistical indication of the effectiveness of special exercises using exercises for the conditions of the virus pandemic (Coved 19) in the development of some basic skills to learn swimming and for the benefit of the experimental group.

Recommendations:

1-Adopting special exercises in teaching basic skills

2. The use of ground exercises, particularly the buoyancy exercise and the flow exercise on the abdomen, as they are keyfoundations (denmakiin) in learning the basic swimming skills.
4. Emphasize the use of visual means in learning the basic skills of swimming from motion graphics as well as movies and animations.
5.Using the utilities used in the curriculum to be effective in facilitating the process of learning basic skills

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