

The effect of special exercises in learning some basic swimming skills in the context of the COVID19

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Abstract

The significance of exploration to figure out how to swim in the shadow of the Corona pandemic came utilizing extraordinary activities to take care of the issue of halting figuring out how to swim to take out the ignorance of swimming and keep on learning the biggest conceivable fragment of the sex and gatherings of society. Through the readiness of unique activities as per a preparation program considered and intended to figure out how to swim in entryways and avoid blending and being in open territories under the infection crown pandemic. The goals are to locate an elective encouraging technique utilizing the activities of the states of the infection pandemic (Coved 19) in building up some essential abilities to figure out how to swim Fran research. The utilization of activities for the states of the infection pandemic (Coved 19) has a constructive outcome in the improvement of some essential abilities to figure out how 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

Finding an alternative teaching method using virus pandemic conditions exercises (Coved 19) to develop some basic swimming skills

Learn about the effectiveness of exercises using virus pandemic conditions exercises (Coved 19) in developing some basic swimming skills

Hypotheses

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

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:

A segment 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 of one month that 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 by experts by video graphing 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 from 1/7/2019 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.

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	T-table	Sign
A	STD	A	STD	5.11	2.20	Sign
2.5	1.5	8.8	1.6			

The specialist ascribes this to the visual, hear-able and functional methods dependent on the reasoning abilities remembered for the proposed educational program on account of its effect on the incitement of the insightful mental cycles in the production of past engine connects to create another feeling of learning and accomplishing and creating engine similarity to accelerate the instructive interaction.

Visual methods, including pictures, movies and livelinesss, are vital to accomplishing learning and accomplishing the instrument of execution by assisting them with accomplishing the psychological visual development of the development and educating the novice how the development is done.

This is finished by noticing the common and converse connections that oversee the pieces of the body during the exhibition of the development and this is the thing that he brought up (Success of Shalsh and Akram Sedki, 1994 p.49) where he thinks about that "visual methods work to give the student the visual impression of the new engine expertise, and the advancement of his capacity to self-perception important for the way toward looking at what ought to be done and what has effectively been done, which lays the reason for every remedial directing arrangement of the student just as the utilization of pictures and delineations of the students of various stages" too. The sound media, which are synchronized with execution, assume a functioning and reciprocal part in making the condition of learning through their commitment to clarification, explanation and investigation, just as changing the circumstance between the start of the development and the finish of the development, as affirmed (Mohammed Abdul Ghani Osman 1991: p. 55) "Through the word, the examination of the exhibition and the explanation of the outcomes between what has been done and what should really be accomplished can be reached by the word also, hearing some audio effects like farewell, praise and melodic rhythms lead to All to accelerate gaining and get weariness far from the spirits of students."

What's more, the utilization of commonsense methods for helping devices and ground practices is explicit in encouraging the learning interaction as it is compelling in giving fitting mental, mental and engine conditions, as he focuses out (Mohamed Abdul Ghani Osman 1997:p. 67) "The helper instruments make the student more centered around the abilities to be acquired and assist the student with defeating dread, so it is a significant instructive factor as well as assisting the educator with enhancing and counsel schooling." The blades, the lightness wheel - the collection pontoons, adds (AbdulSattar Jabbar AThiefMed, 1980:p88) "Ground practices are given to the amateur as a subordinate in the learning interaction and the instructor plays out the activities to be applied ashore to dominate or become acclimated to them prior to applying them in the water", and instances of ground practices utilized inside the proposed instructive educational plan are the activity of the impression of squat lightness where it is learned external the water just as stream on the mid-region.

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

Table Number 2 shows 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

Table 3 shows 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 specialist accepts that the proposed instructive educational program decidedly affects the learning of chest swimming and shows this obviously by taking note of the degree of learning of the principal exploratory gathering and contrasting it with the degree of learning of the benchmark group, which is delineated by the table above, as perhaps the main characteristics that should be portrayed by the instructive educational program is to give the vital and required encounters that help logical and build up the student taking all things together physical, mental and mental viewpoints and this is affirmed by (Talha Hussam al-Din: 1989:p. 159) "The educational program is the instructive and logical encounters that the general public gets ready for its individuals inside or outside instructive establishments with the point of assisting them with filling thoroughly altogether parts of life as per the destinations of society."

Conclusions and recommendations:

Conclusions:

. The unique activities remembered for the proposed educational plan decidedly affect the instruction and acquiring of the essential swimming abilities

. There is a good factual sign of the adequacy of uncommon exercises utilizing practices for the states of the infection pandemic (Coved 19) in the advancement of some essential abilities to acquire swimming and to assist the trial gathering.

recommendations:

1-Adopting unique activities in showing fundamental abilities

2. The utilization of ground works out, especially the lightness practice and the stream practice on the midsection, as they are key establishments (denmakiin) in mastering the essential swimming abilities.

4. Underline the utilization of visual methods in mastering the essential abilities of swimming from movement illustrations just as motion pictures and liveliness.

5. Using the utilities utilized in the educational program to be successful in encouraging the way toward mastering essential abilities

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