



RESEARCH PAPER

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The effect of the use of a strategy (thought, marriage, Participate) in learning the effectiveness of pushing the weight and the trend toward practicing sports activity for the first grade students

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Article published on February 28, 2019

Key words: Strategy, weight, direction, First grade average.

Abstract

The aim of the research was to identify the effect of the use of the strategy (thought- marriage- Participate) in learning the effectiveness of driving the weight and the trend toward practicing sports activity for the first grade students in the average in Baghdad governorate. The research hypothesis was that there are statistically significant differences between the tribal and remote tests in performing the effectiveness The weight and trend towards physical activity of the experimental group, and there were statistically significant differences between the remote tests of the experimental groups and the control in learning the effectiveness of pushing the weight and the trend towards the exercise of sports activity, 30 students were selected from the first grade of the experimental group And (30) students from the first grade of the average control group, and the researchers concluded that the use of the strategy (Think - Zaj-Share) positively affects the skillful performance of the effectiveness of pushing the weight and increase the trend towards the exercise of sports activity, and recommended the use of different strategies to develop cooperative thinking in Students learn different skills and events.

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Introduction

Teaching methods and modern learning methods play a major role in achieving the goals of the educational process. The idea of teaching or classical education is no longer the prevailing trend. The whole world is moving toward modernity and development, using the latest scientific and technological innovations. In this area, it has been and continues to go hand in hand with the development of other areas, and perhaps surpassed them in some cases because of the study of sports education of great importance, not only recreation but far beyond it, often reach the discovery of talented Development and rehabilitation of livestock The successful attempts to use modern strategies in teaching and learning, especially in third world countries, which have contributed to the development, have contributed effectively to reduce the gap between them and the countries of the developed world and there are no serious attempts to develop the strategies of teaching and learning in general, And take out the lesson of physical education.

Physical education is considered an important field of education as it prepares the individual physically, skillfully and emotionally according to his or her tendencies and emotions. Therefore, many countries of the world have developed their educational systems and reviewed their curricula through the methods and methods of teaching. The student is able to achieve better learning by taking care of how the teacher can provide a better lesson. This shift in guidance has resulted in a transition from teacher-centered learning activities to student-centered activities. Has developed widely in modern times through the use of different learning methods that can have a clear impact and a prominent role in the learner's access to the level of the best skill performance, has reached its importance as it has become an important basis in the planning of learning processes and expanded to include cognitive and cognitive levels , Which requires the learner's positive in education in order to demonstrate the potential of students and raise them, And The importance of the research is that it is a serious attempt to introduce modernity in the lesson of physical education through the use of a relatively new strategy in physical education, Because the methods

and methods used in teaching have become incompatible with contemporary life, so emerged many educational and educational strategies to help acquire many mental and social skills and mobility, and the task of the modern teacher in accordance with the new strategies to allow learners to collect the knowledge themselves, and participate effectively in all activities of education, On the desire and activity to become accustomed to independence in thought and work, and rely on themselves for the occurrence of changes in behavior and direction of the outcome of the learning or training process, which aims to develop the special and important aspects Learner including physical, psychological and motor skills and aspects, as well as the effectiveness of pushing the weight of the newly introduced to the curriculum of the lesson of physical education for the middle stage, and the fact that this is unusual for students.and Research To understand the effect of using the strategy (thought- marriage- Participate) in Objective learning the effectiveness of weight gain and To identify the effect of using the strategy (thought- marriage- Participate) in changing the direction towards practicing sports activity.

Materials and methods

Previous studies

Previous Studies in Strategy (thought- marriage- Participate), Hanaa Khudair Jalab and Ghazi Karim Sharmout (2011) Study of Faleh Abdel-Hassan Awaid and Suhad Abdel-Amir Abboud (2014) Study of Ibtisam Ezz Eddin Mohamed Abdel Fattah (2008) Previous in the weight-bearing activity the study of Haider Taha Abdul Redha (2014) The study of Ahmed Malik Ibrahim (2006) the study of Mohammed Jasem Othman (2006) Previous Research in Physical Activity Orientation ases Ali (2009) A Study by Rabouh Saleh Saeed (2008), A Study of the Success of Mehdi Shalash and Sawsan Saleh Khalaf (2008).

Research Methodology

The researcher used the experimental method to suit the nature of the research.

Search community and sample

The research community consists of 189 students divided into 6 people. The sample of the research was

divided as follows: (e) for experimental experiments; and (a) for the experimental group, which learns the new strategy (thought, The total number of students in the two divisions was (63) students, 30 students were selected for the experimental group, and 30 students were selected for the experimental group. Student to the control group to become the number of students in the two groups (60) students after the exclusion of students who played the game, (13) years, students with medical conditions and documented medical reports preventing them from physical activity.

Tools used

- Wheel of gravity
- Medical balls weighing 2 kg Number (20)
- True weight (4) Number (5)
- The external arena of the school for tests
- Indoor Hall
- Stop panel
- Bauder for Payment Sector Planning (Burke)
- Tape measure
- Whistle
- Dyeing for the layout of the propulsion circuit (PWE)
- Laptop computer type (DELL)
- Digital Video Camera (Sony 5M)
- Handy Casio type calculator
- CD Player

The test and the scale used in the search

Performance evaluation test for the effectiveness of the International Federation of Athletics Federations (2014)

Test Name: Evaluate the performance of the weight-bearing and measure the distance of the drive.

Purpose of the test: Evaluate the technical performance of the weight-bearing effectiveness and measure the distance of payment.

Tools used

The circle of payment: a circle of diameter (2,135 cm) coated with cement in the center of the circle there is a line divided into two sections and in front of the circle the stop panel in accordance with the International Law of Athletics.

Weight: Spherical shape made of metal weighing (4) kg

Performance Specifications

The laboratory enters the drive circuit from the back and takes the appropriate starting position. The weight should be placed near the palate, then the movement of the balance, the body, the movement of the piston, the weight of one hand, the movement of the switch and the cover to maintain the balance, paying off.

Registration method

The test will be performed by the experts with experience and competence to evaluate the performance of the two laboratories (10 degrees) for each of the six stages of weighting. The total score is (60) degrees and is given to each laboratory. Three attempts are calculated as the best attempt, as well as measuring the distance of the drive from the front of the circuit to the first impact after the fall of gravity.

For the purpose of extracting the final score for each player is excluded as a result of the highest assessment and the lowest assessment and take the mean of the middle grades to assess the experts and then adopt the highest degree of the three attempts.

The evaluation form was presented to a group of test and game experts from the teachers, trainers and referees. The two researchers suggested that the degree of the expert at the evaluation of (60) degree be divided into stages of performance for each stage (10) degrees, which gives a large area of the expert when evaluating each part on Sharpness.

Measure of the trend towards the practice of sports activity Mohammed Hassan Allawi (1998)

The two researchers studied the sources and research that dealt with the subject of the trend towards the exercise of sports activity. After taking the opinion of experts and specialists in sports psychology, the researcher decided to select the Addington scale for the trends towards sports activity. This measure was originally developed by Eddington Attitude Scale) To measure the trends of new high school students towards physical education and prepared a picture of Arabic Mohamed Hassan Allawi, and then the researchers conducted the pilot experiment on the scale chosen on a group of students in the first row (e)

in the school (medium stability) and the number of (30) through This experience includes:

1. The time taken to answer was (25-30) minutes
2. The level of understanding of questions and phrases was good
3. Validity of the standard in terms of language

Field research procedures

Identification Units

The researchers developed two educational units in which the members of the experimental and control groups will be defined as the efficiency of the weight drive. This procedure is very important in the activities where the sample is zero, ie there is no background for the sample in the skill or effectiveness in question. Tribal has a numeric value greater than zero.

Test and tribal measurement

The researchers will conduct the pre-test in the external arena of the intermediate school of stability in January according to the following sequence:

First: videography to be presented to the experts to evaluate the performance of the experimental and control groups.

Second: measuring the direction of students towards the exercise of the sport of the experimental group and control.

Application of the curriculum

The time of the educational unit was divided (40) minutes for the following sections:

The preparatory section and duration (8) minutes and consists of

Introduction: The teacher begins by taking attendance to the students

Public and private warm-up: General warm-up to create all parts of the body in general, and private warm-up is to prepare the body in particular to serve the stages of effectiveness.

The main section and its duration (28) minutes divided into two parts

The educational part (8 minutes) The teacher in this part teaches the students the stages of weighting the experimental group using the strategy (thought-marriage- Participate)

Application (20) minutes

In this part, some exercises are applied for the stages of the effectiveness of weight-bearing, and to emphasize the points and questions mentioned in the educational part of the page.

Closing section (4) minutes

Where you can give relaxation exercises or recreational game and then finish the lesson.

The same steps will be applied to the experimental and control groups in some parts of the lesson (the preparatory and final sections). The two groups differed only by applying the educational part of the main section. The educational method of the control group adopted the method followed by the teacher. (thought- marriage- Participate) has been linked to the six stages of weight bearing, namely, (weight and load, stand-by, roll, push, push, push and cover). For example, if the unit is dedicated to weight training, The educational side of the unit and in the last part of the strategy (co) Ask the following questions:

- 1-How can you be heavy?
- 2-What is the difference between the types of fish?
- 3-Which part of the hand is the payment of weight
- 4-What is the appropriate angle for the facility (90, 80, 45)?
- 5-What happens if the weight rests on the palm of the hand?
- 6-What are the conditions of proper grip of gravity

The teacher allows the students to answer the questions, and if they can not answer correctly, the teacher to deliver the correct and final answer and the reason, and it is in the educational part, but in the practical side gives special exercises to effectively push the thief, the teacher in this part emphasizes the questions and ideas that have been Put it in the tutorial section to emphasize the correct aspects of performance.

Testing and telemetry

After completing the implementation of the curriculum, the students will conduct the post-test at the end of March according to the same conditions of the tribal news and sequence.

Statistical means

The researcher used the statistical system (SPSS) to process the search results.

Result and discussion

Table 1. The results of the calculated and real moral values and their significance between the pre and post test of the experimental group.

Significance	Morality	Value t	F E	F	The Test
Moral	.0000	38.074	0.836	31.833	Test the performance of the weight drive
Moral	.0000	24.381	1.238	30.200	Scale of direction towards physical activity

Below the level of significance (0.05) and degree of freedom 29.

Table 2. Results of the calculated and real moral values and their significance between the pre- and post-test tests of the control group.

Significance	Morality	Value t	F E	F	The Test
Moral	.0000	21.069	0.680	14.333	Test the performance of the weight drive
Moral	.0000	12.647	1.657	20.966	Scale of direction towards physical activity

Below the level of significance (0.05) and degree of freedom 29

Table 3. The results of the differences and the calculated and moral value t and their significance between the remote tests of the experimental and control groups.

Significance	Morality Seg	The value of t Calculated	The arithmetic mean A female officer	The arithmetic mean Experimental test	The Test
Moral	.0000	13.995	19.066	36.966	Test the performance of the weight drive
Moral	.0000	6.685	169.566	181.500	Scale of direction towards physical activity

Below the level of significance (0.05) and the degree of freedom 58.

The results of the post-test of the experimental group and the control group showed significant differences in the performance of the weight-bearing effect and the results of the post-test of the experimental group on the results of the post-test of the control group. The strategy used by the researcher is a strategy (thought- marriage- Participate) which enhanced the role of the student in obtaining information about the performance of the weight through thinking and participation between students and the other students. This strategy was characterized by creating an atmosphere of familiarity and respect. "Learning strategies generate patterns of thinking and the student has a constant need to challenge his thinking abilities, because it requires the learner to use many different mental skills to deal with problems, and to find appropriate solutions, which in turn serves the student. And the more correct the orders resulting from orders from the right learning and the learning strategies that fit with the learning of the skill, the more the practical performance of the skill the better "Troclair. turjut ctdogan (2000), The strategy of (thought- marriage- Participate) was characterized by

procedures, organized steps and flexibility when implemented. The student has a positive and effective role within the classroom instead of the passive receiving role by answering the teacher's questions, which include details of the performance of the weight- These ideas raise a number of mental processes in the learner, such as reasoning, cognition, and perception. The strategy of thinking, pairing and sharing gives the learners a single thought, and then thinking about couples and sharing these thoughts with the rest of the group to gain more ideas. In solving the problem Kalat and the search for similarities and differences in thinking and comparison so that the learner can make the decision and choose the best solutions, and enables the learner to overcome the mistakes that can occur when the application of performance, where "stressed many of the educational conferences on the need to develop thinking of different types of students through the preparation of new curricula and follow (2005),"Co-operative learning has shown positive not only in the performance of students, but also in the ability of students to work with them.

Heselhm only, but it has an active role in improving social relationships between students and increases the effectiveness of the pupil in the classroom and during the lesson, "Ihsan Mohammad Kinsara (2009).

The researcher believes that the strategy (thought-marriage- Participate) makes education positive by expanding the horizons of the learners and making the learner always think to reach the correct answer through the first part of the strategy, Which is the second part of the strategy. The third part, the last part of the strategy, where the exchange of ideas and experiences among all learners on the one hand and based on the educational process on the other hand, that these parts of the strategy make the student in a brainstorming continuous towards the material or effectiveness intended Learn it, as well It reduces the differences between learners through the exchange of information, and that the role of the teacher in this strategy is directed to the arrival of learners to answer the correct and final, if the answer to the learners are correct, the teacher will praise and applause them, and if all the answers are wrong, the teacher to give a typical answer to them This makes the teacher part of the learners.

The results of the post-test of the experimental group and the control group showed significant differences in the trend towards brown activity. The results of the post-test of the experimental group exceeded the results of the post-test of the control group. This strategy has allowed the learner time to think individually and then to combine student and other ideas and exchange opinions and then share all learners with the same ideas and opinions on the same subject. This strategy empowers students to work together to reach a common goal. It also allows flexibility to think outside and within the classroom, making learners able to discover and interpret new information. This strategy has led to the formation of social relationships that are characterized by an atmosphere of cooperation and a desire to continue studying and learning. , And that "under the concept of interactive education that made the student involved in the educational process and not a passive

recipient of information, the learners were collaborating with each other to achieve common educational and educational goals, and this in turn led to increasing interest in aspects The interaction of the student with the other student, or the interaction of the student with the group, or the interaction of the group with the other group during the learning of the subject. Therefore, the social relations are important among the students during the performance to inspire them to learn and adjust their attitudes. (1998), "The arrangement of students in groups and their assignment to work or activity carried out by a cooperative society benefits the students from speaking on different subjects. It took place in a comfortable atmosphere free of tension and anxiety, in which the motivation of the students is very high. "Mohamed Mahmoud Al-Hila (2003).

Conclusions

- The use of a strategy (thought- marriage- Participate) positively affects the skillful performance of the effectiveness of pushing the weight and increase the trend towards the exercise of sports activity.
- Fit the use of a strategy (thought- marriage- Participate) in the dynamic learning of sports events, especially the effectiveness of pushing the weight.
- The use of the strategy (thought- marriage- Participate) achieved the principle of suspense and excitement, which has a positive impact on performance and the trend towards the exercise of sports activity.

Endorsement

- Adopting a strategy (thought- marriage- Participate) in learning the effectiveness of pushing the weight.
- The need to identify teachers and teachers of physical education in the new strategies, and to open courses on how to use them, especially the strategy (thought- marriage- Participate)
- Study the effectiveness of the use of strategy (thought- marriage- Participate) in learning other activities.
- The need to use different strategies to develop cooperative thinking among students in learning different skills and events.

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