

THE EFFECT OF THE COOPERATIVE LEARNING STRATEGY (BIG AND SMALL GROUPS) IN ACQUIRING TWO SKILLS ON THE MAT OF THE GROUND MOVEMENTS IN THE WOMEN'S ARTISTIC GYMNASTICS

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Abstract

The problem of the study lies in the most important reasons of the weaknesses that affected the gymnastics game in its different skills in the university level , and the regression in the level of learning the game in both sexes as compared with other sport games.

The study aims at knowing

- The effect of the cooperative learning strategy in acquiring two skills of diving and standing on hands and front rolling on the mat of the ground movements in the artistic gymnastics.

The researchers assumed

- There is a statistically significant difference for the first experimental group that studied according to the cooperative learning strategy (big group) and the second experimental group that studied according to the cooperative learning strategy (small group).

Chapter three :the sample of the study was from the female students of the physical college in the second stage, and they were (60) female students.

Chapter Four its has been displaying the results and handle its in statistically , as well as analyzing and discussing the results.

Chapter five includes the most important results, which are :

- The cooperative learning strategy make democratic environment and lessen the dictatorship environment inside the lecture. While the recommendations are :
- The necessity of using the cooperative learning strategy in teaching the basic skills of the artistic gymnastics for women in accordance with the learning requirements

Keyword : artistic gymnastics, ground movements, skills.

1. INTRODUCTION AND THE IMPORTANCE OF THE RESEARCH:

There were many teaching strategy as per plurality of the philosophy which based on every strategy and its view to the nature of the education and higher education and the way of the teaching (Atiya Muhsin Ali,2008,page 30). And the strategy ;which it ward that meaning of the (art of the leading),and the strategy was ;for the long time; nearest to the skills (the closed)which it executed by the senior political leaders .and its uses was limited to the military fields and its concept connected to the development of the war (Husain Abdul Rahman ,and others, 2011-page 255).and its definition was contrast from leader to other, for that; its must be to confirm on the dynamic of the strategy that it isn't constrained by a one collected definition. And the using of the strategy was starting in the military fields but its indicator was different from leader to other and from country to other ;as per its meaning ,and that was from it was the art of using the available means to achieve the tools:

- 1- Choosing the targets and identified it.
- 2- Choosing the scientific ways to achieve the targets as well as identified its
- 3- Making the plans .
- 4- Coordinate the sides which connected to all that .
- 5- It wasn't limited of using the strategy on the military fields only ,but its

expanded to be the common factor between all the activities of the human been .. and the creativity appear in the way its applying in the response to the time development requirements . in the ancient time and in the modern ; the teachers were busy in the searching about the strategies and the teaching methods as well as how to develop it ,and them talking about it was cover the largest part from the teaching books, because that the method is the important part of the teaching parts and the success of the teaching is connected mostly to the success of the method ;that it could dealing with a lot of concept errors , and the weakness of the student (Al Hila :2002

, page 75). The strategy must be targeted in basically toward the teaching goals, as its targeted for teaching, and appropriate to the teaching positions, and student needs, their potentials, abilities, and the personally different, and the best of them; which was based on the activity of the educated as well as satisfy the positive interaction to the educated between the teacher and the student and the surrounded ambience of the student (Nashowan : Yaquob Hasan, 989, page 45), that the teaching methods which used in this time; either it was traditional depend on the teacher and his effort, and take away the student effort and his activity; like the diction, or it been a common effort between the teacher and his students like the project, problems solving, investigation, exploration, and the cooperative learning, and whatever its vary the education strategy; the teacher use the method and the style which appropriate to the matter nature, and from here its came the important of the research in using the cooperative learning strategy and its teaching target.

research problem :

The studies which related to the quality of the education in Iraq; was confirm on the domination of the three basic features on the result of the teaching; which are: the dropping in the skill level, the weaken the physical ability as well as the creativity and the continues the failing in that. And from the reasons of this failing; it is the ways and the teaching methods which adopted, because the majority of them focusing on the orders and the indoctrination. that weakness what observed it at the girls students in some of the variety skills was return to that these students was learning in these classic methods and competed on the adjusting the skills and gain theme teachers interesting, and the target of them will be the academic success only, and this will be contradict with the modern educational philosophy, which confirm on that education is not just knowledge fact indoctrinated to the students and they will respond for it impartially, but its changing process to the human meaning and new refreshing for him thinking, as well as developing for variety of himself personality skill, mentality, spiritual and social sides, also; increasing them capabilities to self education, and supports the understanding, liberality, and the friendship, as per the modern science and knowledge development. One of the main justifications of the executing this study was the weakness which attack the gymnastic sport with its variety skills at the scholastics and the academic level and the declining in the them studying levels for both two genders in comparison with the others sport events, and may be the cause of that returned to its difficulty because of its special requirements from equipments and tools or any other causes, for that it was important to thinking by using modern education methods to managing some of the difficulty which it facing the 2nd class girl students in learning the skills which its under research on the ground mat events in the artistic gymnastic.

research targets:

- 1- Knowledge the impact of the cooperative learning strategy (big group, and small group) in the gaining some of the basic skill on the ground movement mat in the artistic gymnastic.
- 2- Knowledge the impact of the cooperative learning strategy in the gaining some of the basic skill on the ground movement mat and for the consequent test.

Research thesis :

- 1- There are statistical meaning different for the 1st experimental group which educated according to the cooperative learning strategy (big groups) and the 2nd experimental group which educated according to the cooperative learning strategy (small groups).
- 2- There are statistical meaning different between the prior and the consequent test for the two experimental groups; the first and the second and to support the consequent test.

3- definition the terms:

cooperative learning strategy

The cooperative learning is the working within students groups at which its give the chance for working together in effectiveness and effectively, and helping them themselves to boost the level of each person of them and to gain the participant educational target (Mahmood Dawood Alrubaai, 2008, page 45-76).

Research program:

The appropriate program which imposed by the nature of the problem which needs to studied, for that; the problem of the research was imposed to use the experimental concept in the designation of the two equivalent groups of the strong adjusting that it was "organized election to the phenomenon wanted to observed it accurately to detect about any result or implementing specifying aim" (Mahmood Dawood Al Rubaai: 2008, P 76).

2. COMMUNITY OF THE RESEARCH AND ITS SAMPLE:

It is that part which represent the real research community which the researcher execute on all the work (Ibrahim Abdul Khalikh, 2001, P148), and to apply the research steps and execute it scientifically, it was elected the research sample from the 2nd stage girl students of the college of sport / Diyala university for the study season 2013-2014 by the intentional method and it has been elected the 2nd grade that the girl student of this grade wasn't executed the gymnastic subject in advance whether the artistic or the rhythm, and because we are need the sample to been as a beginners to reaching to fact knowledge by effect of the suggestion program, and for that; it has been defining the research community by elected all the 2nd grade girls students; where they totaling of (64) girl student as per illustrated in the table No.(1) as following:

Table (1) Illustrating the total and final number of the sample members and them percents

Class W	total Num. of students	Deported Num.	Final Num.	Percent
First Part	32	2	30	47%
Second Part	32	2	30	47%
Total Sum.	64	4	60	94%

And it has been divided the sample to two parts ,the first part represented the small groups and the second part represented the big groups ,and the researchers have been distribution the girl students of the first part in to small groups about of (3-4) students , and the second part in to big groups about of (5 – 6) students in the gymnastic hall in the sport collage – Diyala university in the date of 29/2/2012 and after deported the uncommitted and the casualties students which they (2) students . And in order to been the two groups ;the big and the small groups ; equivalent absolutely in all the conditions and the variables , for that and after dividing the two research groups to big and small group ; it has been executed the equivalence process between them in the prior skill test in the day of Sunday 4/3/2013 at the time of 9 AM in the gymnastic hall of the sport collage –Diyala university ,which contained of testing for each skill to measure the level of the skill performance of the skills under studying (stand up by the hands and the front spherical rolling and the diving). The researchers used the variability analysis test (F) ,as per shown in the table (2) which illustrating there isn't any statistical different between students they have the high and low level situational embarrassment and for the two experimental and the adjuster research groups.

Table (2) Shown the (F) value which counted for the equivalence between the big and small group of the two research groups in the prior tests

Variables	Small group		Big group		T	N	Error percent	Function
	AV. C	ST.DV	AV. C	ST.DV				
Diving	3.35	1.02	4.1	1.10	2,63	30	0.011	Non supporter
Stand up by the hands	3.7	1.21	4.14	1.07	1.39		0.168	Non supporter

Table (3) shown the average calculation and the standard deviation of the two small and big groups in the prior test and the calculated T value

Variables	units	Small group		Big group		Calc. T	N sample	Error %	Function
		Av.C	St.Dv	Av.C	St.Dv				
Diving	Degree	3.35	10.2	3.46	1.52	0.308	30	0.759	Non supporter
Stand up	Degree	3.71	1.21	4	1.27	0.859	30	0.394	Non supporter

The two groups small + the big (consequent)

Research field procedures:

It has been elected the basic skills which its under research ;as a particular of the gymnastic lesson of the 2nd grade of the sport college –Diyala university (2013-2014) which was studied in the 2nd studying part which settle from the sectional staffs ,for that it had been elected the two skills on the ground movements mat according to the girl teachers that they was specialist in the art gymnastic subject ;and it's as the following :

- diving skill (rolling from the flying position). (Aiyda Ali Husain and others ,2013 page 92).
- Stand-up by the hands skill and the forward spherical rolling (composite skill) (Aiyda Ali Husain and others ,2013 page 86).

Skill tests:

It had been elected the skill tests , which the final degree is calculated according to the skill performance movements and the assessment of the degree for each skill is calculated by four judges as the skill assessment was from ten degrees .

3-4-2 explorative experiment : in order to reach the best way to complete the field process of the research ; the researcher conducted explorative experiment to the two skills in the date of 28/2/2013 in the gymnastic hall and on the randomly sample of (2) students from the 2nd class girl students from the regulated students in the gymnastic lesson if the purpose from each of them was:

- To know the difficulty which facing the research process .
- How to executing the experiments and the range of its suitability to the students levels .
- Practicing the process by using the educational way (entrance).
- Knowledge the range of the equipments integrity and how to executing the work and regulating the students .
- Regulating the work of the assistant team

The prior experiments : before starting in the prior experiment ;the two researcher give two identification units in gymnastic skills under research on the ground movement mat ,and that in the date of 1/3/2013 and that to reaching to the imagine and pioneer gaining to the skills in order to let the two research groups (small groups and big groups) to doing the test in the right way.

The main experiment :

It was started to apply the education concept in the Wednesday 7/3/2013; by applying the units within the artistic gymnastic lessons of the 2nd class ;at which the education unit starting by the execution of warming –up for each person from the sample of the research for the small groups and the big groups which directed by the working assistant team and the subject teacher . and after its was given general idea about the two skills which the student will be learn in these unit, and later; the example will be display in front of them by one person from the work team and for several times ,and in the practical part ;the small groups will be separated from the big groups, each group according to its lesson time ,after that each branch will be divided in to small groups them number about (4-5) ,and big groups them numbers about (5-6). That the small and big group was subjected to the same learning period that the exercises had been applied (the main part) ;that the sample divided in the practical part in to small and big groups ,that each part (small groups) and (the big groups) will go with the subject teacher to apply the normal lesson for them (habitual) , that the teacher will give the instructions and the current feedback by the correction of the errors which happened in the skill learning which it under the unit applying after displaying the two skills performance on the girl students .The execution of the program was take up from the time ;of (6) months and in range of (12) learning unit , four learning units for each skill within two weeks in time of (60 minutes) for the main part , (20 minutes) and for the scientific honesty it's have been compensate the learning units which not applied because of the emergency conditions ;in periods ; not of the gymnastic lesson which planned to execute in the experiment .

Table (4) Illustrating the parts of the learning units

Learning units parts		Time
Preliminary part	General warm-up	10 Min
	Special warm-up	15 Min
Main part	Learning part	20 Min
	Practical part	40 Min
Final part		05 Min
Summation		90 Min

The Consequent Tests :

After finishing from the learning units (12) the consequent test has been executed at Monday 23/04/2013 for the skills under research on the ground mat apparatus .from the supervision of the researcher on the experiments and them work together with the work team ; was adherence to been under the same conditions regarding the place ,time ,equipments ,and the assistance work team of the consequent test .

Skills Assessments Basics:

Have been used of four persons which have experience and specialist in the women artistic gymnastic subject from the physical education college in order to assessing the skills according to the full skill to the all the persons in the sample, that the assessing committee contained of (4) valuator (teachers) and they evaluate each skill by (10) degrees and they canceled the higher and the lowest degree to the student and dividing the two averages on (2) to get the final degree for each student .

Displaying and discussion the results:

Displaying and analyzing the results of the prior and the consequence tests for the small groups and discussed it .

Table (5) Illustrating the calculation averages and the standards deviations of the small groups in the two tests ;prior and the consequence and the T value and the error percent and the amount of the sample and the meaning level .

Var.	Units	Pr. test		Consq. test		Calcu. T	N Sample	Error %	Meaning
		Av.C	St.Dv	Av.C	St.Dv				
Diving	degree	3.35	1.02	6.26	1.29	11.92	30	0.00	Supported
Stand-up	degree	3.71	1.21	5.39	1.52	11.92	30	0.00	supported

Small group (prior + consequence)

According to the table (5) for the small group in the prior test for the diving skill ,we found that the calculation average was (3.35) and in standard deviation of (1.02),concerning the prior test we found the calculation average is (6.26) with standers deviation of (1.29) and the calculated T amount of (11.92) with error % of (0.00) smaller than the function (0.05) which mean that the different was supported .Regarding the stand-up by the hands for the forward rolling in the consequence test ;the calculation average was (3.71) with standard deviation of(1.21) ,regarding the consequence test ;the calculation average was (5.39) with a standard deviation of (1.52) that the calculated T test value was (11.92) and the error percent was (0.00) and its smaller than the meaning value (0.05) ,that's indicate to the positively of the different (supported) .And this positively in different in these groups was because of the impact of the education way as a small groups and they loaded a responsibility of learning themselves and them colleagues by the effective in the students thinking and them trends and behaviors ,by the interchanging the information of them common target .

Displaying and analyzing the results of the prior and the consequence tests for the big group and discussion its

Table (6)Shown the calculation averages and the standards deviation for the big group in the two tests the prior and the consequence as well as ;analyses its.

Variables	units	Small group		Big group		Calc. T	N sample	Error %	Function
		Av.C	St.Dv	Av.C	St.Dv				
Diving	Degree	3.46	1.52	6.07	1.152	7.140	30	0.00	supporter
Stand up	Degree	4	1,27	6.25	1,26	6.700	30	0.00	supporter

The table (5) shown the calculation averages and the standard deviations for the big groups in the two tests ;the prior and the consequence and the calculated T as well as the size of the sample and the error percent and the meaning .

From the table (6) and for the big group in the prior test for the diving skill ,will find that the calculation average was (3.46) and standard deviation of (1,52) ,regarding the consequence test ;the calculation average was (6.07) with standard deviation of (1.152) and the calculated T was (7.140) with error percent of (0.00) and it was smaller than the meaning value and that mean the different was positive (supported) .Regarding the stand up by the hands to forward rolling skill in the prior test ;the calculation average was (4) with standard deviation of (1.27) ,regarding the consequence test the calculated average was (6.25) with standard deviation of (1,26) and the calculated T was (6.700) and error percent of (0.000); and it was smaller than the meaning value of (0.5) and that mean that the different is positive (supported) . the supported different from the two skills came from the impact of the education of the group which educated by the way of the big groups in formation of the groups which represent each element the required skill by the preparation the opportunity for the students to using what they learned from the information and skills ,and each group represent them responsibility in the feedback and the assessment and increasing the emotion between the one group members as well as the other groups ,and also increasing the positive thinking of the students towards themselves and towards them colleagues ;that the common connectivity relation between the students groups require the depending of the students to the other positively , through the interference between the two groups or more ;then it will happening the learning of single skills as well as a different skills and emotions like a self assurance and the leadership and making a decision , and the success in the accomplishing the directed duties which prepared in advanced ;will be stopped to cooperation instead of the completion and also they are responsible to perform work for each person in the group)Mahmood Dawood Al-Rubaiee , 2008, Page 80-81) and also from this style the student will take the decision within the performance according to his abilities and according to which will reach him at the end to the final to achieve the best performance within the skill under the education ,and also the student will done the execution of the assessment in the stage of

after the lesson "in the stage of the assessment ;the student will taking the special decisions on his performance and will decide at which available levels he will be continue in performing Moska Mosten and Sara Ashu Warth ;1991 Page 184).
 The researcher was adhere ;and from beginning ;the principle of the arrangement for this way, and applying it within the education units ,then it's possible to arrange the training on the related skill as per desired target .
displaying and analyzing the test results for the two groups ;the small and the big group , and dissuasion it.

Table (7) Shown the calculation averages and the standard deviation for the two groups ;the small and the big group in the consequence test and the calculated T

Variables	units	Small group		Big group		Calc. T	N sample	Error %	Function
		Av.C	St.Dv	Av.C	St.Dv				
Diving	Degree	6.26	1.29	6.07	1.15	0.60	30	0.551	Non Supporter
Stand up	Degree	5.39	1.52	6.25	1,26	2.290	30	0.026	supporter

From the table (6) in the diving skill will find that the calculation average for the small group was (6.26) and with standard deviation of(1.29) ,while the calculation average for the big group (6.07) and standard deviation (1.15) and also the value of Calculated T was (2.290) at which the error percent was (0.026) and it was more than the meaning value which was (0.05) and that mean that the different wasn't supported and that's from that the two groups was affected by the strategy of the cooperative educated which give the chance to work within groups and this help the students to work together in activity and animation as well as assistance each one the other and understand the level of each one to determine the common education target .

3. CONCLUSIONS :

According to the results which reached by the researcher ;after the execution of the scientific practices to use an educational program of the cooperative learning (the small and big groups) and its impact to learning the two skills of diving and the stand up by hands for the forward round rolling (complex skill) in the artistic gymnastic , the researcher was concluded the following :

- 1- The strategy of the cooperation learning create a democratic environment and decrease from the dominance environment inside the lesson .
- 2- The cooperative learning strategy increase the motivation to the learning and next will increase the gaining level .

4. RECOMMENDATIONS :

According to the conclusions which reached by the researcher ;they recommend on some of points which they hope to benefit from its ;1- The necessary to use the cooperative learning strategy in the learning process of the basic skills in the artistic gymnastic of the women according to the learning requirements .
 2-Encouragement of the teachers to using another learning ways and its affect in the learning of the basic skills in the artistically gymnastic .

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