

THE AFFECTION OF USING THE INTERACTIVE VIDEO IN LEARNING SOME MOVABLE SKILLS IN WRESTLING

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Abstract

The researchers aim to find the differences in the results of the post- test between the two groups the experimental and setting group in learning some of the Movable skills in wrestling. The researchers used the experimental course because it fits the nature of the research and its problem. The group of the research was from the students of the second stage in the collage of physical education - Duhok university, the academic year {2014 - 2015}, while the sample of the research was formed from (24) students divided in two sections [B , D] in two groups experimental and setting, there the researchers made the equalization operator for the two groups of the research. The researchers depended on the personal interview and question ring also the tests and measuring at a used methods for, gathering the data, the searcher used the arithmetic mean, and the quantities deviation also the percentage and (t) for the non - concerned samples at methods for getting the data. The researchers concluded that the experimental group achieved more better learning better than the setting group in the skills of [The Inside same (turk ride) catch, near leg pick - up and inside leg block catch, and Throw over the hips with an arm and waist hold catch and Takedown by head drag catch], also the two groups never achieved way differences in the skill of the [Throw over the hips with an arm and waist hold catch] in wrestling, the searcher's recommended in using the interactive video in learning some wrestling skills, while teaching the subject of wrestling for the students of the physical education college.

Keyword: interactive, video, learning, skills, wrestling.

1. INTRODUCTION

The teaching world witness a technological resolution in using the teaching technologies to face the challenges and problems in the teaching operation, also to catch and follow to mount the development and progress in the field of teaching and to Make use of all available technological effects to push the educational operation all over the world specially the outgrowth countries. [AL.Hella] insist that the Scientific challenges which the world face now a days and the rapid change which cover all the fields of the world and knowledge and technological explosion, make it very necessary to all educational and teaching institution to use all the means which chose the best

for a chive meant of the goals of the teaching operation, also facing these challenges [AL-Hella 15-2002].

Here comes the rare role of the technological education in developing the abilities of the learner, to learn with using the technology in the Life, that covers by make it available in the school and everywhere, with making the assortment of Experian and the piratical parching the goal for teaching and learning. The technological education care with how make the learner made for facing the technological changes by using the knowledge and Experiences, also by learning the related activities, which the learner may learn and get in the class or outside. [AL-hella And Maree 27- 2008] . The interactive video is considered one of the updated modern technological direction because it is one of the teaching tools for it gathered between the specification of the video computer, and it depend on the basic interactive specification for the computer, in the time of all the programs of the video and the programs of the computer control and directed by the learner weather in operating or getting the source of teaching also choosing the texts or drawings or anything else-[Salem-19s-2008].

Here the wrestling activity is considered one of the activities and games which need high accurateness in executing its skills during exercising or during the competition. The wrestling lesson is one of the lessons which given to the students of the physical education college in Duhok university, so here we can summarize the importance of the research through the usage of technology of the interactive video in the operation of learning the moving operation for some basic skills in wrestling.

2. PROBLEM OF THE RESEARCH

The style of modern teaching now are many and help to achieve the goals of the teaching operation for reaching the learning the different skills with caring for squeezing the time and efforts, this variation in the style make lecturers revise the teaching style in the physical education, the teaching methods has a great role in squeezing the time and efforts in the teaching operation, here the interactive video is considered as one of these methods, and it has the same results in developing and progressing the teaching operation, but this teaching method never checked in achieving the needed goals specially in learning the basic skills in wrestling.

Here the problem of the research comes through this question, How to make use the interactive video and to what extent in learning some basic skills in wrestling for the student of the physical education college in Duhok university.

Aim of the Research

Finding the affection of using the interaction video interactive video in learning some of the basic skills in wrestling.

Hypothesis of the Research

There are important difference in the post test between the two groups the experimental and setting group.

Procedures of the research

2-1 The research course

The searchers used the experimental course that due to its fitness for the research and its problem.

2-2 The community and the sample of the research.

The community of the research is the students of the second stage in the college of physical education-Duhokuniversity for the academic year (014-015 the number of the students (119 students divided on (4 sections. The sample of the research is of two section (B-D they were closed randomly and by lottery, after keeping away the females, their number (61 , also the searcher keep away some of the persons of the sample of the research, because they did not harmonize with the sample and they are..(The Repeatersstudents. The postponed students. The players ofwrestling and the other teams of games. The injured students.

The ample of the research became (24 students (12 students for each section. The sample represent %20.16 from the community of the research, and able (1) show that

Table 1This table show the number of the research sample members and the used style for each of them.

Studying sections	The Group	The used style	Total number before the Exclusion	The Excluded	Number of sample
B	Experimental	Interactive video	31	19	12
D	Setting	The used style	30	18	12
	Total		61	37	24

experimental designed

The searchers used the experimental designed which is named (the equalivant groups designed chased randomly with fixed away notices (Alawy and Rawan 230-1994).

- 1 the equalivaion of the two groups of the research
- 2 the equalivation in the variations (Bulk-Age-hight)

Table 2This table shows the arithmetical means and the quantitive deviations for the variations (Bulk – age-Hight) for the sample of the research.

The Statistical Features The Variations	Measuring unit	The Experimental group		The setting group		Counted (t)	(t) table	Result
		X	Y	X	Y			
Bulk	KGB	62.52	4.12	63.83	6.38	1.75	2.07	Not significant
Age	Year	19.23	1.37	20	2.01	0.44	2.07	Not significant
Hight	CM	170	3.58	168.52	6.52	1.51	2.07	Not significant

Equalization in some elements of moving and body fitness

The searchers used the analytical style for the data of the different scientific sources in this field, and he found a group of the elements of moving and the body fitness from some sources, then the put these elements in equations rate from and show it to the specialists in the field of fetching and the evolution and measuring in wrestling in order to determine the most important elements of the affective moving and body fitness in learning some skills in wrestling game.

After gathering all the questions rates the searcher found the most important elements of the moving and body fitness from the point of the specialists, and these elements are the repeated elements.

Determining of the suitable tests for the elements of body fitness and moving in learning some basic skills in wrestling. A group of tests were shown for the chased elements of the body fitness and moving, these shown to a group of the specialists in the field of (evaluation and measuring in tests wrestling to determine the suitable to measure these elements, (81% of the specialists a great on the following tests.

* the explosive power of the upper arms.

The test of throwing a medical ball of (3 kg weight from sitting position on chair in stable situation for the possible for distant (Othman 136-1990

* The explosive power of the down legs.

The vertical jumping from the stable situation (Hasanaiu 369-1995)

* the flexibility of the back bone,

Bending the back in back side, then started to curve to the back here the flexibility measured from the wall to the chin. (Hasanain 333-1997)

* The flexibility of the shoulders

This measured from the position of prostration and the hands catching a ruler in an equivalent area equal to the width of the shoulders, then rising the arms back to the maximum possible distance without bending in the arm and, with touching the chin to the ground (Al-Hakeem 134-2004)

* The fitness

This measured by choosing the running (9-3-6-3-9

(Hasanain and Abdul Munem 143-144-1997

Table 3

The Statistical Features The Variations	Measuring unit	The Experimental group		The setting group		Counted (t)	(t) table	Result
		X	Y	X	Y			
The explosive power of the upper arms	Metter	4.15	0.34	3.91	0.54	1.76	2.07	Not significant
The explosive power of the down legs	Metter	2.16	0.63	2.01	0.81	1.02	2.07	Not significant
The flexibility of the back bone	CM	62.01	2.90	60.50	3.80	1.89	2.07	Not significant
The flexibility of the shoulder	CM	48.93	1.18	50.11	2.02	0.77	2.07	Not significant
The fitness	Second	9.60	0.38	9.26	0.65	1.24	2.07	Not significant

Arranging the teaching program for the interactive video.

The searchers arranged the teaching program for the interactive video, that is by taking a film for one of the hero in wrestling in Iraq at a sample, which prevents the wrestling matter, chaining and pulling the legs [The Inside sarma (turk ride) catch, near leg pick - up and inside leg block catch, and Throw over the hips with an arm and waist hold catch and Takedown by head drag catch], all these studied in the first art in the academic year for the second stage, after showing the above mention skills to the expertise and specialists in the sportily training and wrestling, then the film montage and making the cuttings for the movements cite parts according the parts of the skill (the preliminary mass, field, also the interactive video included one stage or mixing more than one stage according the arranged program, each unit is formed from the written texts, fixed pictures video films.

scouting experiment.

The scouting experiment done on(16.10.2014) by the searchers and the lectures of the subject and eight students from the community of research out the sample.

experimental Group (using the interactive video

This group study by using the interactive video for the skills, here the student sit using his computer and the program arranged for this reason (the student will see (written text or a group of pictures and parts of video films]. The students here can mod the stager of the skill parts according the teaching unit, with seeing a series of fixed pictures for the movement, then seeing the skill in different speeds [30% - 40% - 50% - 100%] before making the skill, that according to the desire of the student and his abilities in showing and repenting the explanations under his direct control. For the practical section each student do the arranged skill for the teaching remit on the wrestling mat according the unit. In this section, the role of the lecturer curses in showing skill mistakes of the student during doing that part, the lecturer give his direct advices for the student by using the computer and the seeing the video film or the picture, them the student state to apply the skill until learning it and the student continuo his learning to finish the applicable part.

setting group (The traditional teaching program

This style is considered as one of the main and common in the lesson of physical educations, the group here studied the course which is arranged by the lecturer and according the program, without using the technology of the interactive video here the lecturer explain the subject for all the stags of the skill, the apply it in all its stages, during the performance of the skills by the students for that teaching unit, the lecturer give the feedback and advices with correcting the mistakes, the teaching here continued until learning the skill perfectly.

periodical plan for teaching

The teaching plan included in teaching the wrestling skills on (8 weeks, for one teaching unit per week and according the schedule of lectures in the college.

Main experiment

After finishing the needed arrangements for the experiment in determining the groups of the research, and achieving the equalization between them, also determining the teaching subject, the teaching course implemented between(20.10.2014) to(15.12.2014)

post test

After finishing the main experiment, the post tests applied by the experimental and setting group on(17.12.2014) this formed from skill test for the moving skills then the students were evaluated by the lectures according the operable seen for the moving skill, after dividing the arts of the one moving skill to (pulmonary - main -final and each art include a certain degree according to the point of view of the specialists. The total of the arts of the one moving skill is (10 degrees) .

statistical means

- Te arithmetical men
- The quantities deviation
- The parentage
- (t test for the free samples (Al-Tekreety& Al-Obaidy 310-101-1999)

The searcher used the (spss program in treating the results

showing and analyzing and descanting the results

Showing the results of the post test between the experimental and setting group in the moving skills of the study.

Table 4 This table shows the arithmetical means and the quantitative deviation and (t value for the post test between the two groups, the experimental and setting group.

The Statistical Features The Variations	Measuring unit	The Experimental group		The setting group		Counted (t)	(t) table	Result
		X	Y	X	Y			
The Inside sarma (turk ride) chaingrap	degree	7.22	0.43	6.38	0.66	2.89	2.07	Not significant
near leg pick - up and inside leg block chaingrap	Degree	7.09	0.05	5.77	0.24	3.17	2.07	Not significant
Throw over the hips with an arm and waist hold chaingrap	Degree	5.89	1.51	5.56	2.04	1.86	2.07	significant
Takedown by head drag chaingrap	Degree	6.77	0.10	5.73	1.18	3.21	2.07	Not significant

From table (4 we find the (t counted value [The Inside sarma (turk ride) catch, near leg pick - up and inside leg block catch, and Throw over the hips with an arm and waist hold catch and Takedown by head drag catch] group sequentially high as them the value of tabular And respectively (2.89, 3.17, 3.21) is greater than the value (t) (t in the post test between the experimental and setting group, that proves there are differences for the experimental group.

Also from table (4 it is clear the value of the counted (t for the post test between the two groups the experimental and setting group for the skill of (Throw over the hips with an arm and waist hold

chain group was (1-86 less than the tabular value of (t that proves on No differences between the two groups the experimental and setting group.

3. DISCUSSING THE RESULTS

From tube (4 we find the experimental group excelled on the setting group in the posttest in the skills of [The Inside sarma (turk ride) catch, near leg pick - up and inside leg block catch, and Throw over the hips with an arm and waist hold catch and Takedown by head drag catch]. This excelling in the results means.

The bitterness of using the technology of interactive video in learning these skills. The searchers detailed the reason because the interactive video make thee operation of understanding and releasing easy, also make the understanding of the detailed parts for the needed skills easy by the gradualist in showing the skill and explaining it. Here (Ali 2000 show and explain the difficultness of some needed skills, for learning them accurately, here the lecturer must use in the teaching operation a helping mean in his work, in the same time the technology of interactive video participating all the senses in the learning operation, that help the erecting of these skills, also creating a good relation between what the player learn and what must he learns (Ali as 2002.

The activity of the teaching program by using the (interactive video which include the steps of doing the chain groups, and these shown on the computer including (texts fixed photos and video films, all these arranged according a scientists bases equal to the student level that reflected positively on performing the chain groups. This proved the good planning for this program and the achievement of the goals, so the successful teaching program is the one which can grow the skills of the activity as a base in the teaching operation. Here (Al qadeem 2005 emphasize that the well-arranged teaching programs of the interactive video show the data and skills in accurate and easy way proves the interactive video more positive and active (Al-qadeem 150-2005.

4. CONCLUSIONS

- 1- the experimental group excelled on the setting group in the tests of Inside sarma (turk ride) catch, near leg pick - up and inside leg block catch, and and Takedown by head drag catch.
- 2- There are statistical differences between the two groups the experimental and setting group in the Throw over the hips with an arm and waist hold catch .

5. RECOMMENDATIONS

- 1- The searcher recommend in using the technology of the interactive video in other skills.
- 2- Insisting on making a familiar researches on other sportily activities.

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