

ملخص البحث باللغة الأجنبية

The research summary :

Chapter -1

Introduction and the study problem :

The variety of the learning subjects made the educational process face a lot of challenges ; The most prominent challenges are those techniques that are used to learn the basic skills of different games , They do not suit the technological development the word witnesses today . This matter must be reconsidered to know and to appreciate their value . Physical education , as being one of the most important , educational aspects , should benefit from those modernized educational systems .

Micro - teaching is one of those systems that are newly invented to develop the educational process , In that kind of system we find the well - trained student focus on exercising a certain skill or technique . This situation is recorded by the video to be feed back . such as the experiences of the supervisor and the other peers who are watching him as well as his own impressions after watching himself on the video .

After that stage of feedback , there is a stage for the trained student to improve his performance according to what he has got through the feedback . This process is performed once after another till the student perfects the skill in question .

The sports knowledge is considered one of those conditions that are required to perform any motor skill . And the real success needs to go there the practice and knowledge as it is not believable to have a person practising and perfecting a specific activity without having a good hoard of knowledge on that activity .

While we consider the micro - teaching method by using video tapes , as being an interesting way to present feedback , there is not a lot of studies on that field to asses its value for learning . since the micro - teaching method is a new idea that could be applied to prepare and to train tutors to acquire knowledge and to learn the motor skills , the researcher could find that there is a need to apply this method in the field of physical education which is a part of the general education as well as it has its own ways of teaching in the educational process . So , in this

study , the researcher tries to know the “ Effect of the use of Micro - teaching on the level of skilful performance and cognitive achievement in gymnastics of the faculty of physical education students - Assiut university “ .

The Aim of the study :

It aims to know : “ The Effect of the use of Micro - teaching on the level of skilful performance and cognitive achievement in gymnastics of the faculty of physical education students “

The study hypotheses :

- 1-There are statistical significant differences between the pre and post measurement of the experimental group to learn some basic skills in gymnastics in favour of the post measurement .
- 2-There are statistical significant differences between the pre and post measurement of the control group which use the traditional of method to learn some basic skills in gymnastics in favour of the post measurement .
- 3-There are statistical significant differences between the experimental and control groups to learn some basic skills in gymnastics in favour of the experimental group .
- 4-There are statistical significant differences between the experimental and control group in the cognitive aspects in favour of experimental group .

Chapter 2

The related studies and the theoretical framework

first : the theoretical framework :

IT INCLUDES :

- 1-The nature of performance in gymnastics .
- 2-Control principles of performing gymnastics movement motions
- 3-Ground exercises apparatus .
- 4-Skilful preparation in gymnastics .
- 5-Education Technology .
- 6-Micro Teaching .
- 7-Feedback .

8-The cognitive field .

Second : the related studies :

It includes 20 studies : (13) are about the Arab environment and (7) on the foreign environment.

Chapter 3

The Study procedures :

1- The study approach :

The researcher uses the experimental approach (control group and experim-ental group) as it is suitable for that study .

2- The sample :

it includes (30) students of the second year . They are divided into two groups ; one is the experimental group and the other is the control group . Age , height , weight and intelligence variables are considered .

3- Collecting data methods :

- 1-Reference analysis .
- 2-Interviews .
- 3-Video camera .
- 4-A coloured TV and a Video .
- 5-Intelligence Test for raphin .
- 6-Designing the cognitive achievement measurement .

4- The Pilot Studies :

On Saturday 19-11-1994 , the pilot experiment has been done . This experiment belongs to the ognitive achievement measurement and it is done to know the validity of the cognitive test . The second pilot study has been on Saturday 3-12-1994 .But the one that belongs to the main experiment has been on Tuesday 14-2-1995 .

5- The suggested learning programme :

The researcher has used the main experiment for six weeks according to the stated programme from 18-2-1995 to 1-4-1995 . On Tuesday 4-4-1995 and after the end of the main experiment , the cognitive test has been conducted . But the post measurement

of the skilful performance has been conducted on Monday 3-4-1995.

The statistical Technique that is used :

The statistical treatment for data has been made in the computer centre . It includes the main the standard deviation and T.Test . The level of significance (0.01) is used in this study .

Chapter 4

Statistical results have been shown on tables that tackled the differences between the post and pre measurements for each group (experimental & control) concerning the skilful performance and cognitive achievement .

Chapter 5

Recommendation findings :

First : findings :

As a result of using the scientific steps which are being followed to prepare and carry out that suggested learning programme in this present study the following findings could be stated :

1- There are statistical significant differences between both the pre and post measurements of the experimental group in the scores of the skilful performance on the group exercises apparatus in favour of the post measurement .

2- There are statistical significant differences between both the pre and post measurements of the control group in the scores of the skilful performance on the ground exercises apparatus in favour of the post measurement .

3- There are statistical significant differences between both the experimental and control groups in the post measurement of the scores of the skilful performance on the ground exercises apparatus in favour of the experimental group .

4- There are statistical significant differences between both the control and experimental groups in the post measurement of the cognitive measurement in favour of the experimental group .

Second : Recommendations :

The researcher recommends :

1- The physical education faculties should use the micro - teaching method to be generalized later on .

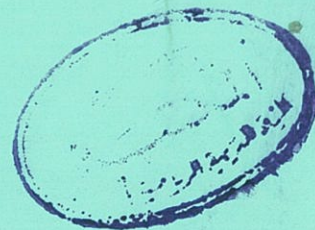
2- The gymnastics field researchers should make similar studies that deal with different and diverse ages for both males and females as the federation sees .

3- The physical education faculties should provide enough number of video cameras , TVs. etc. . to be used in the motor skills learning in all the departments in the faculties .

4- The staff , the physical education faculties should have some training on go to use the most up - to - date educational technology to be projected in the process of learning such as the use of video cameras and computers .

5- We should pay attention to the cognitive aspect before starting the real application of the skilful performance .

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**“ The Effect of the use of micro - teaching on the level of skilful
performance and cognitive achievement in gymnastics of the faculty
of physical education students - Assiut university “**

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