

summary

Introduction and Research Problem:

Educational Programmes constitute an important aspect of the educational process development as it is the basis on which acquiring mobile skills process is based. These skills lead to the success of sporting training on sound objective basis. The progressive philosophies in education search for developing work methods to increase the effectiveness of the curriculum skills and the accompanying activities, methods of teaching and teaching aids. It is worth mentioning that each educational subject from time to time needs a review of its aims, procedures and the human resources. Reviewing subjects and their methodology is an essential matter.

The preparation of the physical education faculty students is one of the important matters facing those in charge of teaching in those faculties. Through working in this field it can be said that increasing the effect of using teaching time is still at the top. Through answering such things we can develop curricula through developing their procedure and inventing more secure ways to achieve their objective; raising the standard of professional preparation of the graduates of the physical education faculties graduates as the educational objective of studying practical subjects in these faculties is learning and acquiring the skills and movements prescribed to reach the optimal mobile performance by using the scientific methods so as to acquire the ability to teaching and helping to acquire these skills and movements in a good way to those he deals with, either during practical teaching or after graduation.

Gymnastics represents a special importance in the field of preparing special importance in the field of preparing the physical education teacher, and is considered one of the important means in achieving many of the objectives of physical education. It is characterized by the various skills on its different tools which help to acquire physical fitness, and achieve the physical and mobile building, Because of the importance and the various benefits of gymnastics in the field of physical education activities and its effective role that touches all the aspects of the individual, it has become one of the essential subjects in physical education in all the stages of general education..

Gymnastics is considered an important sport that helps in building the individual in many aspects, such as finding balanced growth and understanding the relation between the different functions of the body. Gymnastics is also an important subject studied by the physical education faculties students, So it plays an important part in stating the students estimate. the curriculum of each grade includes a lot of professional of skills . It is also one of the difficult subjects which requires muscular and nervous equilibrium in addition to its special skills which requires proper preparation in the physical and skilful sides. this depends on the success of the gymnastics lesson in achieving its objective as the daily lesson is considered the corner stone of the curriculum in general. This is so because the success of all the plan, and the achievement of the objective of the curriculum depends on the proper preparation and implement of the lesson to the extent that it enables the student to acquire and understand the skills included in the curriculum, thus achieving the desired benefit.

Each student performs a mobile sentence on each of the gymnastics equipment. It includes some gymnastics skills derived from the prescribed curriculum. The difficulty of these sentences varies according to each tool. The difficulty also varies inside the sentence for each instrument. This requires thorough knowledge of the skills that form difficulty to the student and affects his performance harmony, as the performance of each skill inside the sentence depends on the skills that proceed it. Compared with other subjects gymnastics constitute a special difficulty to the student of the physical education student. This is obvious from the students low marks in paractical tests.

Through the researcher's reading and the previous researches, it has been concluded that following and developing training depend on the range of finding the proper patterns to mix the two processes of developing mobile skills and physical characteristics.

The special methods to develop as special skill performance must be based on the basic elements that constitute it. Gar Hammer assures, according to Abdel Monem Haridi the importance of designing special exercises according to the movement types (designs) used.

Through his work as an demonstrator and assisting teacher in the gymnastics and exercises department, the researcher noticed a detrioration in the level of performing the movement prescribed in the gymnastics curriculum in factory. In spite of the small number of skills needed and their simplicity, there is some difficulty in performing them which makes it difficult to develop the curriculum by adding more skills. This cannot be achieved except through perfecting these skills by

analysing them and innovating new methodology different from the usual methods used as the present gymnastics curriculum deals with students as if they have the same skills, abilities and experience, while most references and researches have assured the individuals differ in their abilities and tendencies. Thus, choosing the proper means of education to improve the mobile performance is a problem worth of studying . This shows the problem of the research in recognizing the effect of a suggested training programme on the important of the performance of some difficult mobile sentences in gymnastics for the students of Zagazig physical education faculty.

The importance of the research and the need to it:

The importance of this study appears from what follows:

- An experimental study to set up the foundation of a standardized educational programme for the second year student of the physical education faculty for men at Zagazig to improve the level of performance of the skills that represent a difficulty in gymnastics.

- Contributing to standardizing the graded educational steps which may positively take part in raising the standard of skilful performance of the students and consequently raising their practical test score in gymnastics.

The objective of the research:

This research aims at recognizing the effect of a suggested training programme on the improvement of the performance of some skills under

focus for the students of the physical education faculty for men at Zagazig.

The research Hypothesis

There are statistically significant differences between the experimental group and the control group in the post - measurement for the experimental group.

The Research Procedures:

The Research Method:

The researcher used the experimental method for its suitability to the nature of the research. He designed its experiment by using an experimental group and a control one by using the post measurement for the two groups. The researcher used that experimental design because the skills under study have never been learnt by the research society and so the pre- measurement of the students is considered zero.

The Research Sample

The research sample was chosen randomly from the students of the second year in the faculty of physical education for men at Zagazig as the skills under study are included in the gymnastics syllabus of these students. To choose the research sample the researcher listed the second year students about 384 and excluded the following :

- Students who practised gymnastics before and who amount to one student only with a percentage of 0.26%

- The deublers amounting to 19 students representing 4.95%
- Students who were transferred to other faculties amounting to 13 students representing 3.38%
- External students who amount to 2 representing 0.52%
- Students of the exploratory studies amounting to 30 students, representing 3.81% .

So, the research society become 3/9 students.

The researcher chose the research sample amounting to 129 students, representing 33.59% from then . They form the number of sections allotted to the researcher in his academic time- table in the faculty. Three students were excluded two for experiencing absence allowance during the experiment and the third for his wounds thus, the actual number of the sample was 126 students representing 39.97%

Data gathering tools :

* An exploratory form with an interview about the best division for the training unit and the suitability of the exercises to the age.

- 2 stop watches
- Registration Form

- Jury for evaluating the level of the skilful performance.
- Forms for evaluating the level of the skilful- performance.

Tools and Instruments mused :

- A training hall with an even wooden floor
- 5 Jumping ladders
- 4 Jumping horse instruments
- 4 parrallels.
- 3 divided bosces.
- 20 Rubber ropes
- 10 sticks 1m. each
- 10 wall minds
- Carpet for floor movements
- Helping descent milreses

Preparing the suggested Programme :

The researcher ~~desi~~igned a comprehensive programme containing typical exercises ~~through~~ a selected group of exercises which were gathered through ~~reference~~ survey and scientific researches. The programme included (54) training units, 45 minutes each, The researcher

adhered to the time as a time basis for the lecture. The programme was implemented through the circular training system as an organizational means by low density periodical training

The contents of the programme :

The suggested program included some exercises whose methods of performance are similar to those of skills the researcher set serial exercises according to their performance stages and technical analysis. The contents of the programme related to the main objective, improving the skilful performance of the students, were shown to (10) experts in gymnastics, whose degrees were not less than PhD. and whose experience was not less than (10) years in teaching or training they were interviewed, and the contents of the programme were approved.

Carrying out the experiment :

The researcher applied the programme to the research sample for the two terms as follows :

- The first term from **saturday 23 /9/1995 to Thursday 21/12/1995.**
- The second term from **saturday 23/2/1996 to 16/5/1996**
- The duration of the **first term** was (13) weeks, two units weekly (The two prescribed lectures)
- The duration of the **second term** was (14) weeks, two units weekly (the two prescribed lectures) taking into consideration that the duration of each unit was the actual duration of the lecture (54 minutes)

distributed to the parts of the unit; the preparatory part took (3) minutes, the main part (40 minutes) and the final part (2 minutes) of the duration of the training unit, whereas the preparatory part of the general physical preparation took (7 minutes), the main part (34 minutes) and the final part (4 minutes) of the training unit time.

- The total training units was (54) units distributed as follows :-
- (26) units for the first term distributed over (156) lectures.
- (30) units for the second term distributed over (168) lectures.
- Low density periodical training was used with circular training as an organizational means.
- The suitable dose of every exercise was stated.
- The second week of each term was set aside for general physical preparation, two training units for each term for helping the students acquire the basic physical traits.
- The number of training units perweek was two training units applied on the research sample according to their time - table for two lectures a week.

The Post - Measurement :

After finishing carrying out the experiment on the research samples, the researcher carried out the post - measurement an the experimental and

control units. It took the form of evaluating the students in the practical test at the end of each term. It was done by three doctors from the exercises and gymnastics department on the following days :

- For the first term - for the parallel in the period from saturday 23/12/1995 to 28/12/1995
- For the second term . for land movements - thes students were evaluated from saturday 18/5/1996 to 23/5/ 1996 After the post - measurement for the two groups the researcher segregated the scores of each group according to the students names and desk numbers , and cheched the data preparing to do the statistical analysis

The statistical analytical method :

To achieve the objectives of the research and its hypothesis, the researcher processed the information statistically through the following methods :

- 1- The arithmetrical medium
- 2- Standard deviation
- 3- Coefficient
- 4- T- test
- 5- L.S.D.Percentages of improvement

Conclusions and Recommendations

Conclusions

In the light of the research method, the sample used , the available potentials , and the time, the researcher came to the following conclusions :

- 1- The suggested training course positively affected the improvement of the performance of the skills under study, thus proving the hypothesis of the research.
- 2- The training programme achieved the best relative use of the educational time and achieved positive results for the experimental group through using circular training and mixing the skilful performance by physical exercises
- 3- The exercises used in the programme serve the technical side of the skills under study more than concentrating on the physical side. This is clear from the increase in the marks average of the skills that have the same technical line and which requires the technical or professional sense more than the physical requirements .
- 4- The improvement of the experimental group in gymnastics depended on the repeated performance of the skills the exercises on each apparatus and each part of the technical stage of the skill . The repetition of each skill was as follows :
 - The scaffold (1990 \pm 39,73) repetitione
 - The parallel (1844 \pm 111,9) Repititions

- Land Movements (1756 \pm 141) Repetitions
- Jumping horse (684 \pm 34,5) Repetitions

Recommendations

In the light of the conclusions and the results, the researcher recommends the following :

- 1- The necessity of choosing the tools that have the same technical line, and the same performance when teaching gymnastis in each term . Therefore, teaching is done on common bases of gymnastics skills.
- 2- The exercises should be in the form , direction and details of the skill more than concentrating on the physical side only in the period of skill learning
- 3- Increasing the hours for gymnastics with the necessity of the availability of the potentrals concerned with the human side and the helping equipment.
- 4- Applying the suggested programme for the so many objective thing proved by the results of the study on the students of the faculty of physical education faculty for men in Zagazig

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**THE EFFECT OF A SUGGESTED TRAINING PROGRAM ON THE
IMPROVEMENT OF THE PERFORMANCE OF SOME DIFFICULT
SKILL IN THE MOVEMENT ROUTINE IN GYMNASTICS FOR
THE STUDENTS OF PHYSICAL EDUCATION FACULTY**

Thesis

*Submitted in Fulfillment of the Requirement for the Ph.D.
Degree in Physical Education*

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1996