



**Faculty of Physical Education for men  
Department of theories and applications  
of fighting sports**

**The Effect of Using electronic educational site on the skill level  
And cognitive achievement in the sport of Judo**

**In Partial Fulfillment of the Requirements for the Degree of Doctor of  
Philosophy (Ph.D) in physical education**

By

**Hatem Mohamed Hosny Abd El- Hady**

Assistant Lecturer In Faculty of Physical Education for men

**Supervised by**

**Prof .dr.Mohsen Haseeb Elsaïd**

Professor of curriculum and teaching  
methods and deputy dean of physical  
education for men for Community  
Service and Environmental  
Development  
Benha University

**Prof .dr.Osama Salah Fouad**

Prof. and Head of Department of  
Competitions Faculty of Physical  
Education for men□  
Benha University

**A.D. Nevin Hussein Mahmoud  
Khalil**

Assistant Professor, Department of water  
sports and fighting sports Faculty  
of Physical Education for Girls  
Zagazig University

**1435H - 2013 C**

**The research problem:**

The terrible spread of use of computers and the Internet in addition to the quality accreditation systems applied by the newly Egyptian universities for the advancement of the educational process the traditional methods of education become less useful and depending electronic learning and distance education by using the internet and the student's

ability to get the information as quickly and less effort is one of the most important thing that Egyptian universities aims to. so that they can keep pace with the findings of the international universities in developed countries.

**The researcher** observed through his assistance in teaching judo that the process of teaching judo skills as well as gaining the cognitive aspects of the game takes a long time and great effort due to the density of the number of students during the teaching process and this consequently leads to the weakness of the overall level of the students.

What makes the learning process more difficult by using the traditional method of teaching is the teacher full positive role of teaching to explain the performance of the model and correct the errors and this is difficult for him to take into account individual differences among students.

Hence **the researcher** found the need to continue the steps that has been taken by former Researchers and try to use the latest technological means in the present age is the Internet to explain aspects of cognitive skills judo and provide models for the skills of judo, whether in the form of video or animated or static images beside to the theoretical part that is used in the Platform for judo and here The student will learn the skills and knowledge through workshops prepared by the researcher on site is designed to teach judo.

## **The importance of research:**

### **1 - theoretical importance:**

- Keep up with modern trends in education trying to experimenting with new methods may lead to raise the level of instruction process through the saving in the effort and time to learn as well as improving the level of performance for some shooting skills in the sport of judo.
- take attention of who are Responds able for teaching process to the importance of using the Internet in the learning process.

### **2 - Applied important:**

- Take advantage of online networks in the ease of access to information related to the sport of judo and circulation among the students with minimal effort, time and cost.
- Develop Internet site that has confidence in its existing information to be used for students to move away from unreliable sites in the information.
- Help students to use all their senses to realize the correct motor performance, as well as increase their understanding of the performance which increases motivation towards learning.

## **Research objectives:**

The research aims to design an electronic educational site to learn about:

- Influence to learn some shooting skills to play from the top (Nage - Waza) in the sport of judo.
- Impact on the level of cognitive achievement in the sport of judo.
- Comparison between the impact of electronic educational site and the traditional method on the level of performance of some shooting skills to play from the top (Nage - Waza) and cognitive level of achievement in the sport of judo.

## **Research hypotheses:**

As result of the objectives of the research, The researcher suggests the following:

- There are significant differences between pre and post statistics of the experimental group in the level of performance skills and level of cognitive achievement and the percentage of improvement in the sport of judo in favor of the post measurement.
- There are significant differences between pre and post statistics for the control group in the level of performance skills and level of cognitive achievement and the percentage of improvement in the sport of judo in favor of the post measurement.
- There are significant differences between the statistics of the groups (two experimental and control groups) in the level of performance skills

and level of cognitive achievement and the percentage of improvement in judo for the experimental group.

### **Search procedures:**

#### **Research Methodology:**

The researcher used the experimental method with pre and post measurement of two groups one is control and the other is experimental due to the suitability of the nature of the search.

#### **Society and the research sample:**

An intent sample has chosen from the first grade students of the Faculty of Physical Education for Boys (Benha University) for the academic year (2012/2013) the reached (162) students, and The researcher has eliminated (62) students from students non-regular in attendance and the rest of the re-and middle sports similar, the sample consisted of (60) students from the original community was divided randomly into two equal groups (experimental and control) each of them (30) students, And he has selected (40) students to conduct surveys, and find a scientific transactions under discussion.

#### **Search Tools:**

- Tools for significant growth rates: (chronological age - Height - Weight)
- Tools to denote the physical components (the ability of the arms - the ability of the two legs - flexibility - Fitness)
- Tools to denote the mental capacity: (high intelligence test (preparation) Mr. Elsaid Mohamed Khairit).
- A Form to assess the level of performance skills of the sample under consideration by the arbitrators.
- Cognitive achievement test.

#### **The application of the basic experiment to search:**

**The researcher** applied tutorial modules on basic research sample, has been in the games hall Benha Sports Stadium on Thursday of every week, from Thursday, 7 /3/2013 to Thursday, 5 /9/2013 The experiment took application(10) weeks, and educational unit once a week, and educational unit time (90 minutes) for both groups of search.

And use the proposed electronic educational site for the experimental group, and for the other group "control group" I have been using the traditional method of teaching "verbal explanation and practical performance of the model", and the researcher has kept standardize the time of application of the educational unit of two "experimental and control groups", in addition to his teaching of the two groups himself. The researcher has kept at the application of the basic experience of the experimental group as follows:

- A meeting between the researcher and the experimental group students to view the idea of research and how to use the proposed educational site before the start of the application of the basic experience.
- Training of the experimental group on access to the location of the proposed educational and give them (user name and password) to each student and learn how to navigation and sailing inside.
- To draw the attention of students that the site is working on throughout the week and on an ongoing basis without being bound by a time specified for the scientific material in it , followed by the practical application within the lecture after watching the content on the site.
- Fixation Friday of each week to receive inquiries and questions from students through Active chat room simultaneously between the researcher and the experimental group students.
- During any day of the week, students can send inquiries to email of the researcher site asynchronous manner.
- Put some questions after each unit in apart of test yourself the students will try to answer that will help them to install and confirm the information.

**Dimensional measurement:**

After the end of the period specified for the implementation experience of basic research (tutorial), the researcher conducting measurement posttest of the two groups [experimental and control groups] in the level of cognitive achievement on a test of knowledge, and the level of performance skills to the skills of throwing under discussion through the performance evaluation form skill by arbitrators inform Sunday 12/5/2013 to Thursday 16/5/2013.

**Statistical treatments:**

**The researcher** conducted statistical treatments using the following statistical methods:

- The arithmetic mean.
- The normal deviation.
- The (T) test.
- The coiling coefficient.
- The coefficient correlation.
- The easiness and difficulty coefficient.
- The Factor discrimination.
- The difference between two means.
- coefficient of variation.
- rates of improvement

## **Conclusions:**

**- As a result of what a researcher has got there are some conclusions:**

1 - the traditional way ( verbal explanation and the performance of the model ) and impact in the level of cognitive achievement of topics related to the sport of judo under discussion ( brief history, terminology, the skill content of throwing skills , judo law) contributed in a positive way in the education of some shooting skills in the sport of judo under discussion for members of the control group .

2 - the proposed electronic educational site on the Internet and had a positive impact on the level of cognitive achievement of topics related to the sport of judo under (a brief history , terminology, the skill content of throwing skills , judo law) has contributed in a positive way in the education of some shooting skills in the sport of Judo under discussion for members of the experimental group.

3 - the proposed electronic educational site on the Internet has contributed in a positive way in the education of some shooting skills in the sport of judo under discussion for members of the experimental group than the control group used the traditional way (verbal explanation and the performance of the model) .

4 - the proposed educational site address on the Internet had a positive impact on the level of achievement of knowledge of the issues that are associated with the sport of Judo under discussion (History , terminology, content skill for throwing skills, judo Law) for members of the experimental group than the control group used the traditional method (verbal explanation and the performance of the model).

### **Recommendations:**

**As a result of what the researcher has researched from findings and conclusions the researcher recommends the following:**

- 1- the need to apply the proposed electronic educational site on the Internet in teaching judo for the students of the Faculty of Physical Education , Benha University .
- 2- Work on the establishment of educational sites on the Internet in various motor activities at faculties of Physical Education in collaboration with experts and specialists in the field of education and technology that are used in conducting similar studies .
- 3- the establishment of courses and seminars for faculty members at faculties of Physical Education in collaboration with experts and specialists in the field of educational technology for traineeship and use of educational software and educational Web sites to increase the efficiency of the educational process .
- 4- Establishing seminars for students in the faculties of Physical Education in collaboration with experts and specialists in the field of education technology for training on the use of educational Web sites and how to search for information and knowledge on the internet.
- 5- the need to taking up a project that aims to gradual transition to electronic university faculties of education in accordance with a plan that includes sports programming curriculum for sports education .