



Science, Movement and Health, Vol. XVII, ISSUE 1, 2017

January 2017, 17 (1): 52-58

Original article

THE USE OF STATIONS STYLE OF DIFFERENTIATED LEVELS AND INFLUENCE IN SOME OF THE PHYSICAL CAPABILITIES AND COLLECTABLE OF KINETIC OF THE EFFECTIVENESS OF THE LONG JUMP

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Abstract

Aim: The research aims to identify the impact of differentiated levels of style terminals in the development of some of physical capacities special and collectable kinetic of the effectiveness of the long jump. The differences between the control and experimental groups in the post tests in the development of some of physical capacities special and collectable kinetic of the effectiveness of the long jump.

Method: The researcher used the experimental syllabus appropriate to the nature of the problem in a manner equal control and experimental groups. The sample shall be of 20 students randomly selected by lot from the two groups (A, B) and thus became the research sample represents 25% of the total society and divided the Sample in a manner the draw into two groups, a control and experimental (10) students per group, but students of the same grade, so Sample is homogenous. The researchers adopted the following tests, fast running (30 m) of the bird's situation, jump to the front of constancy. Test three leaps right leg, left, test kinetic, collection (achievement and performance evaluation) to the effectiveness of the long jump, after selecting the most fitness elements appropriate and effectiveness, the researchers put the elements and effectiveness of the educational units in different stations style levels to develop some of the physical abilities and collectable kinetic of the effectiveness of the long jump in the physical education lesson. Each teaching unit has included the main part (Educational and applied section) According to stations style of differentiated levels, The number of based educational modules (12) Education unit, Each educational unit of time (45 minutes), by two portions a week, and the duration of education program (6) weeks.

Results: The value of (T) calculated for some special physical abilities when probabilistic levels are smaller than (0.05) this means that the Indicative of the differences between the control and experimental groups in the post tests results and in favor of the experimental. The value of (T) calculated for Kinetic Collection (Achievement, performance assessment) when probabilistic levels are smaller than (0.05) this means that the Indicative of the differences between the control and experimental groups in the post tests results and in favor of the experimental.

Conclusions: The conventional method of positively influenced on some physical abilities and special collection kinetic of the effectiveness of the long jump Padres Physical Education for the research sample. Stations style differentiated levels has a positive effect on some of the physical abilities and special collection kinetic of the effectiveness of the long jump Padres Physical Education for the research sample. Superiority of experimental group and used differentiated levels of stations on the method of the control group, which used the traditional method in some physical abilities and special collection kinetic of the effectiveness of the long jump, Padres Physical Education for the research sample.

Key words: Stations style varying levels, Physical capabilities special, collectable kinetic

Introduction

As the teaching style s used by the teacher is one of the most important educational process variables and each style has a certain role in the preparation of learners from the physical and skill (Talha, 1994). The statements were approved education at one style of learning does not necessarily lead to learning all learners at the same level, and here we must use many methods of learning in order to provide teaching positions varied and suitable for the largest number of

educated. That the application of scientific thought and technological methods in the design and implementation of educational curricula and styles of implementation, commensurate with the capabilities and characteristics of learners and an interview with each of the differences in the levels capabilities and make the teaching and learning process more effective and positive (Schilling, 2000). So that the existing educational process if you wanted to develop the skill and education of

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Received 29.09.2016 / Accepted 24.10.2016



the short-term, must use new styles. The disparate stations style is a teaching strategy because it gives flexibility in the selection of content, where activates all learners to perform acts of variety, as for content and arrangements for time at each station can be decided by the teacher or the student, as it should be the order of the environment so that the leads in the lesson most of the act at the same time, each act station dedicated to him on the pitch varying in level and moves the learner's performance from one station to another. It is difficult factors in teaching stations is to keep the quality of performance in the learners' responses. If the quality of performance is required to act for the teacher that is looking for a variety of ways to make the learners are responsible for improving performance, because it is difficult to use teaching stations to present new skills because of the time available to present act, It is important to take Selected acts equal time for each of them and lead to self-motivation, If there was activity takes a long time and another takes time shorter, that lead to problems in the system, And it becomes connect the act a problem if the teacher tried be carried out acts in successive one-stop shop (Afaf, 1994). Lays the importance of research to identify the effect of using different terminals style levels to learn the effectiveness of the long jump and the special physical abilities, which prompted the researchers to conduct this research as a scientific attempts to develop a better knowledge of the styles used in education. Teaching Styles and methods in general and physical education have witnessed a remarkable development, especially to raise the efficiency of physical education teacher performance and give the learners' knowledge and sports events style new and elaborately dependent on the endogenous capacity of the learner making it easier for the learner and increase employment for him. Through the expertise of researchers in the field of education was his idea of the possibility of teaching stations varying levels of effectiveness of the long jump, where the learner can Individualization the experience put the learners in the stations into account the level of their abilities or their interests during the learning stages of performance effectiveness. The researcher sees that the delivery of acts of teaching varying levels of stations is a degree of difficulty in procedures where they are several levels designed to perform one skill at the same time. The problem here is to make every learner activates quickly after to have known how to perform the skill level within each station and duplicates required and that without putting it in a spiral of directives that do not benefit him directly. Researchers have found a solution to the problem of providing duty and using a paper statement of duties and put it in a large plates in

front of each station where performance include a way to skill and schedule level and feedback and the stake box and record the results.

Experimental protocol

The researcher used the experimental syllabus appropriate to the nature of the problem in a manner equal control and experimental groups. Research community will secondary students in the Department of Physical Education - School of Physical Education - Sulaimaniyah University for the academic year 2015 - 2016 and totaling 80 students. The sample shall be of 20 students randomly selected by lot from the two groups (A, B) and thus became the research sample represents 25% of the total society and divided the Sample in a manner the draw into two groups, a control and experimental (10) students per group, . But students of the same grade, so Sample is homogenous. The researchers conducted Equal Sample Research variables the parity some of the physical abilities special and collectable kinetic. Tools and methods used in the research, observation and experimentation, field performance of a legal long jump, metallic measuring tape, stopwatch type (Casio). Test and measurement, glove and wooden box and By looking at the different sources and analyze the content the physical abilities Special that affect in a number of sources and research in addition to the experience of researchers, they have been identified the most important physical abilities affecting the effectiveness of the learning jump in addition to the tests. The researchers adopted the following tests: - The first test: - fast running (30 m) of the bird's situation is (Mohamed, 1995). Second test: - jump to the front of constancy (Laila, 2007). Third test: - Test three leaps right leg, left (Kamal and Mohamed, 1997). Fourth test: Test kinetic Collection (achievement and performance evaluation) to the effectiveness of the long jump. After identifying the most important tests the researchers to conduct reconnaissance experiment on a sample of students from the second phase and the number (5) students, who did not participate in the main of experimental and be held on Tuesday 11/1/2015 m, ten o'clock in the morning on the apron foreign games, and was purpose of reconnaissance experiment is to identify the difficulties and problems that may occur during the tests of implementation to measure some physical abilities and educational units. The tribal tests It was to start with the tribal tests of the sample individuals on Sunday and Monday (1-2 / 11/2015), Ten o'clock in the morning and on the apron foreign games, taking into account the application of physical tests and the performance of the effectiveness of the long jump, Install circumstances relating to the tests in terms of

(Place, time, tools used, and the method of implementation of the test). Depending on the order in, which was reached after conducting reconnaissance experiment. Educational programs after selecting the most fitness elements appropriate and effectiveness. The researchers put the elements and effectiveness of the educational units in different stations style levels to develop some of the physical abilities. Collectable kinetic of the effectiveness of the long jump in the physical education lesson. Each teaching unit has included the main part (Educational and applied section) According to stations style of differentiated levels. The number of based educational modules (12) Education unit, each educational unit of time (45

minutes), by two portions a week, and the duration of education program (6) weeks. After the completion of the performance of the main experiment applied a posteriori tests on the two sets of research students in the tenth hour and a half of the approved Wednesday morning 16/12/2015, same methods and procedures used in the tribal tests.

Data Analysis

The researchers used statistical bag (SPSS) to manipulate search results, using the following statistical laws: arithmetic means, standard deviation, t-test for correlated samples, t-test non-threaded samples.

Results

Table 1. Shows the statistical parameters between the pretest and posttest results of the control group in physical abilities

<i>Variable</i>	<i>TesTs</i>	<i>n</i>	<i>X±SD</i>	<i>F</i>	<i>p</i>
ran 30 meters to stand	Pretest	9	4.331 ± 0.241	4.345	0.000
	Posttest	9	4.084 ± 0.401		
Gambol stability	Pretest	9	2.024 ± 0.927	12.721	0.000
	Posttest	9	2.215 ± 0.104		
Three a partridge right	Pretest	9	3.692 ± 0.145	8.319	0.000
	Posttest	9	4.111 ± 0.194		
Three a partridge left	Pretest	9	3.637 ± 0.156	7.921	0.000
	Posttest	9	4.025 ± 0.125		

*Upon the degree of freedom (9) the level of significance is less than or equal to (0.05).

The table shows (1) that the value of (T) calculated for some special physical abilities when probabilistic levels are smaller than (0.05) this means that the Indicative of the differences between

the results of pre and post tests and in favor of the post.

Table 2. Shows the statistical parameters between the pretest and posttest results of the control group in kinetic collectable

<i>Variable</i>	<i>TesTs</i>	<i>n</i>	<i>X±SD</i>	<i>t</i>	<i>p</i>
Achievement	Pretest	9	3.871 ± 0.105	10.947	0.000
	Posttest	9	4.311 ± 0.181		
Performance evaluation	Pretest	9	2.300 ± 0.788	13.500	0.000
	Posttest	9	5.001 ± 0.577		

* Upon the degree of freedom (9) the level of significance is less than or equal to (0.05).

The table shows (2) that the value of (T) calculated for Kinetic Collection (Achievement, performance assessment) when probabilistic levels

are smaller than (0.05) this means that the Indicative of the differences between the results of pre and post tests and in favor of the post.

Table 3. Shows the statistical parameters between the pretest and posttest results of the experimental group in physical abilities.

<i>Variable</i>	<i>TesTs</i>	<i>n</i>	<i>X±SD</i>	<i>F</i>	<i>p</i>
ran 30 meters to stand	Pretest	9	4.299 ± 0. 227	9.489	0.000
	Posttest	9	3.582 ± 0. 243		
Gambol stability	Pretest	9	2.009 ± 7.400	14.370	0.000
	Posttest	9	2.301 ± 0.023		
Three a partridge right	Pretest	9	3.671± 0. 133	11.123	0.000
	Posttest	9	4.337 ± 0. 192		
Three a partridge left	Pretest	9	3.599 ± 0. 101	11.525	0.000
	Posttest	9	4.221 ± 0. 151		

*Upon the degree of freedom (9) the level of significance is less than or equal to (0.05).

The table shows (3) that the value of (T) calculated for some special physical abilities when probabilistic levels are smaller than (0.05) this means that the Indicative of the differences between

the results of pre and post tests and in favor of the post.

Table 4. Shows the statistical parameters between the pretest and posttest results of the control group in kinetic collectable

<i>Variable</i>	<i>TesTs</i>	<i>n</i>	<i>X±SD</i>	<i>t</i>	<i>p</i>
Achievement	Pretest	9	3.859 ± 0. 096	12.384	0.000
	Posttest	9	4.627 ± 0. 235		
Performance evaluation	Pretest	9	2.400 ± 0. 843	15.829	0.000
	Posttest	9	5.670 ± 0. 432		

* Upon the degree of freedom (9) the level of significance is less than or equal to (0.05).

The table shows (4) that the value of (T) calculated for Kinetic Collection (Achievement, performance assessment) when probabilistic levels

are smaller than (0.05) this means that the Indicative of the differences between the results of pre and post tests and in favor of the post.

Table 5. Shows the statistical parameters of Posteriori between the control and experimental groups in some physical abilities

<i>Variable</i>	<i>TesTs</i>	<i>n</i>	<i>X±SD</i>	<i>F</i>	<i>p</i>
ran 30 meters to stand	Control	9	4.084 ± 0. 401	3.382	0.003
	Experimental	9	3.582 ± 0. 243		
Gambol stability	Control	9	2.215 ± 0.104	2.536	0.021
	Experimental	9	2.301 ± 0.023		
Three a partridge right	Control	9	4.111 ± 0. 194	2.618	0.017
	Experimental	9	4.337 ± 0. 192		
Three a partridge left	Control	9	4.025 ± 0. 125	3.155	0.005
	Experimental	9	4.221 ± 0. 151		

*Upon the degree of freedom (18) the level of significance is less than or equal to (0.05).



The table shows (5) that the value of (T) calculated for some special physical abilities when probabilistic levels are smaller than (0.05) this

means that the Indicative of the differences between the control and experimental groups in the post tests results and in favor of the experimental

Table 6. Shows the statistical parameters between the pretest and posttest results of the control group in kinetic collectable

<i>Variable</i>	<i>TesTs</i>	<i>n</i>	<i>X±SD</i>	<i>t</i>	<i>p</i>
9Achievement	Control	9	4.311 ± 0. 181	3.361	0.004
	Experimental	9	4.627± 0. 235		
Performance evaluation	Control	9	5.001 ± 0. 577	2.938	0. 009
	Experimental	9	5.670 ± 0. 432		

* Upon the degree of freedom (18) the level of significance is less than or equal to (0.05).

The table shows (6) that the value of (T) calculated for Kinetic Collection (Achievement, performance assessment) when probabilistic levels are smaller than.

Discussion

Seen from the table (1), (2) the existence of significant differences between the results of the tests and tribal posteriori and in favor of posttest in the development of some of the physical abilities and special collection kinetic in the effectiveness of the long jump with the control group. The researchers attribute this development to the teaching method followed explanation and model the user with the control group may be the effect of a positive impact on the research variables. In addition to that we cannot overlook the usefulness and importance of a good explanation of the skill and good form by the teacher. As the results of some studies suggest that the development of some of the capabilities and effectiveness of collection of kinetic not only limited to the experimental group and the control (0.05) this means that the Indicative of the differences between the control and experimental groups in the post tests results and in favor of the experimental group but also includes. As proved that style the illustration Display better than other methods in the education of some motor skills and that this method has met acceptance and the results were the best in the education and development of motor skills better (Nabil, 2006). Seen from the table (3) (4) that there is a statistically significant difference between the results of the tests and tribal posteriori and in favor of posttest in the development of some of the physical abilities and special collection kinetic in the effectiveness of the long jump at the experimental group. The researchers ascribe this to the positive impact of the style of teaching in the development of some of the physical abilities and special collection kinetic in the effectiveness of the

long jump, Because education (varying levels of stations), which included in its design to perform effectively in varying levels in several stations and all-level station different from previous station Or following her and that all learners passed all levels within these stations under the charge of the supervision of the educational process And that was the guidance of the learners to identify and manage work stations levels and give the necessary instructions for each level within each station according to their needs during and after the switch between groups, That learners have acquired for themselves how good performance without focusing on the speed factor in performance and under the supervision of a few of the administrator of the educational process, which helped him to allow sufficient time to assess the learners during the performance, Because of the features the stations style performance properly because what is important is not the proper functioning and not speed performance and that this method has led to progress in the skill level of performance (Mohamed, Hesham, 2000). The administrator of the educational process that cares about the quality of performance, where it plays an important role in teaching stations system is working to keep the performance of the product and determines the performance time from one station to another, As well as the performance in circles stations leads to the development of effective and accomplished in addition to developing the physical abilities, And that this method provides the administrator of the educational process a chance to move from one station to another to give feedback or provide new performance of learners at one of the stations and provide some assistance to them, And that this method with many possibilities for achieving the objectives and evaluation during periods of switching between stations or the end of the performance educated effectiveness with interest encouraged and bug fixes, and is consistent with



the study of each of the (Hanim, 1987). (Fatima, 1990), (Osman, 2002). Seen from the table (5) (6) the presence of significant differences between the results of the post tests of the control and experimental groups and in favor of the experimental in the development of some of the physical abilities and special collection kinetic in the effectiveness of the long jump at the experimental group. The researcher attributes this progress to it in varying levels of stations style exist Panel on instruction in front of each station and a blogger by the number of iterations and instructions performance And which serves as the a litmus from which learners can identify and assess themselves and know the strength of their performance which led to a breakthrough in the effectiveness and some physical abilities, The performance, which includes a self-evaluation is usually successful, and can be in charge of the educational process works to confirm its success if a request from provide registration of learners where after the recurrence. The researchers also believes that this event and that you need to learn accuracy in performance and continuous correction of mistakes and serial steps until their access to good performance degree, so this method came resemble exactly this method of learning effectiveness, This method gave the opportunity for each learner to learn according to his abilities, since it has passed on all their standard station, Because some of the activities suited more teaching stations system for other (Mustafa, 2000). The effectiveness of different stations style levels on kinetic collection Padres Physical Education (Osman, 2002). In addition to the varying levels of stations style works to avoid learning the pace of one path and then contributed to the development of physical capacity for the performance of the long jump As well as to the use of body weight resistance exercises, which are commensurate with the type of event because of its positive impact on the development of those capabilities because they contain some hops and jumps alternating etc. It is learning by using the body weight of the educational tools that affect the development of muscle groups working in performance as well as the development of bearing strength of the performances skill (Mervat, 1992).

Conclusions

After discussing the results, the researchers came to the conclusion as follows: The conventional method of positively influenced on some physical abilities and special collection kinetic of the effectiveness of the long jump Padres Physical Education for the research sample. Stations style differentiated levels has a positive effect on some of the physical abilities and special

collection kinetic of the effectiveness of the long jump Padres Physical Education for the research sample. Superiority of experimental group and used differentiated levels of stations on the method of the control group, which used the traditional method in some physical abilities and special collection kinetic of the effectiveness of the long jump Padres Physical Education for the research sample.

Acknowledgments

The researchers would like to thank the participants involved in this study.

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