

The Effectiveness of the Blended Education Strategy in Learning the Skills of Rolling and Suppression Football for Students

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Abstract

The world has witnessed a development in all areas of the educational process and physical education is one of these areas and the fact of its effect on the body has been based on different sciences, whether in terms of physical-skills-health-psychological, to reach the high level of performance, hence the importance of research in The use of educational units based on the blended learning strategy to learn the technical performance of my skills (rolling, Suppression) in football, using the scientific foundations and good investment of the content of the material concerned with the study.

The research aims to, identify the effect of blended education strategy on learning to perform the skills of rolling and Suppression football. To achieve this goal, the researcher used the experimental method by designing the two equal groups, and the research community was determined by the students of the first stage of the College of Physical Education and Sports Sciences - Karbala University for the 2017-2018 academic year and their number (141 / students). The researcher chose a lottery (30 / students) by (15 students) for each group of the two research groups (experimental and control). And after processing the data statistically, the researcher reached several conclusions ,the two research groups achieved an improvement in the study variables, but with varying proportions, and the results indicated the superiority of the members of the experimental group that used the mixed education strategy in comparison with the method used in the studied variables.

Keywords: Education strategy, learning and skills.

Introduction

The importance of education is an issue that is no longer a matter of debate in any region of the world, as contemporary international experiences have proven beyond a reasonable doubt that the real beginning of progress, and indeed the only one, is education, and that all countries that have made great progress in progress have advanced from the gate of education, just as countries Advanced places education in the priority of its programs and policies, and it is natural for global changes and changes to have their repercussions on the educational process in various parts of the world as it is a sub-social system within the framework of the comprehensive community system, and everyone has become aware that the world is going through a very sensitive period as it moves from time to time Another,

and from one system to another, completely different, as the time has passed in which any country can be confined within its borders and be isolated from the world, because the reality of the communications revolution has crossed the barriers of time and place, which called the developed and developing countries alike to prepare with studies and expectations for the current and future changes and so on. ¹

It requires radical and comprehensive educational reforms in order to prepare its citizens to face these challenges and keep pace with the information and technology revolution, and it has become imperative that it keep pace The educational policy is the requirements of the current era and is expected to happen in the future, as the school curricula no longer focus on the amount of information provided to the learner only, but rather the

focus has become clear on the methods and methods that the learner adopts in obtaining information from different sources, and for this it is necessary to review them and provide the capabilities for the learner in order to obtain The information to improve its methods that depend on indoctrination and memorization and replace it with modern methods and methods to ensure the development of capabilities of teachers and learners and benefit from the information age and modern technologies with its multiple media, which play an important role in teaching and developing technical and movement skills and has become an integral part of the educational process to reach the specified goals and drawn with minimal effort And as quickly as possible.²

Research objectives

1. Recognizing the impact of the blended education strategy on learning to perform the skills of rolling and Suppression football for students for the 2018-2019 academic year.

2. Knowing the significance of the differences between the two research groups (experimental and control) in the results of the post-tests.

Research hypotheses

1. There is a positive effect of the blended education strategy in learning to perform the skills of rolling and Suppression football for students.

2. There are statistically significant differences between the two groups (experimental and control), so that students learn the skills of rolling and Suppression football in favor of the experimental group.

Research Methodology

The researcher adopted the experimental approach by designing the two equivalent groups of pre and post measurement in order to suit the nature of the research problem and its objectives, Figure (1) illustrates this.

Figure 1. Illustrates the experimental design of the research sample

S	Groups	Homogeneity	Pre-test	Experimental treatment	Posttest
1	Experimental	Length Mass Age	Rolling skill + Suppression skill	Blended Education Strategy	Rolling skill + Suppression skill
2	Control			The method used by the teacher	

Research community and sample

The research community is determined by students of the first stage (morning study) in the College of Physical Education and Sports Sciences - University of Karbala for the academic year 2017-2018 and their number is (141) students distributed into four divisions (A, B, C, D) and in a random way, the lottery was chosen The research sample was from the two divisions (A and C), as Division (A) represented the control group while Division (C) represented the experimental group, and after excluding a number of students practicing the game of football, absentees, and those who failed. Thus, the number and for the two divisions became (30 / student)

with a ratio of (21.27%) From the community and by (15) students and for each group.

Field research procedures

A Test Description of Football Skill (Roll, Suppression)

First: A test of rolling the ball from among 5 signs back and forth for a distance of 20 meters.³

· The purpose of the test: to measure the level of performance of the skill of rolling the ball.

· Tools: signs, football, stopwatch, brusque, tape measure.

- Description of the test: Five signs are placed, the distance between one and the other (2) m, the player rolls starting from the starting line back and forth in the manner of a zakat around the signs and returns in the same way, and in the event that the player passes two people from the same side, the attempt is considered a failure.

- Registration: He calls the names of the players first and notes the correctness of the performance again and gives 10 marks for the successful attempt.

- Directions: Two attempts are given and the best score. A player can use both feet.

Second: Test putting out the ball in a square (2 x 2) m. ⁴

- The purpose of the test: to measure the level of performance of the skill of Suppression the ball and regaining control over it on the side of the foot, foot, thigh, or chest.

- Tools used: football ball, Bork material, whistle, 4 signs, a tape measure.

- Test procedures: The player stands behind the test area, which is at a distance of (1) m, and after giving the start signal, a high ball is thrown at him and from a distance of (6) m. Consecutive times.

- Scoring method: Two marks are given for each valid attempt.

Exploratory experience

The researcher conducted the exploratory experiment on (5/11/2017) on a sample of (10) students. The researcher and the assisting work team supervised the performance of the two tests and for the two skills under investigation. Assistant, hardware and tools.

Educational content of blended learning strategy

After reviewing the studies that dealt with blended learning depending on the course of the first stage,

the subject of football, as well as the preparation and preparation, and what serves this type of education, such as means of presentation, methods, Internet service, educational tablets and others, all of which are used to enhance the educational process and this is Through the following.

1. Ensuring that the laboratory is ready and the international network is available the Internet, computer equipment, display device, as well as the availability of mobile devices and the students' skill in using them.

2. Identify the students' ability in terms of their use of the word program and the ability to write and browse.

3. How to use the search engine (Google) to obtain the information and then store it.

4. How to use e-mail for interaction and correspondence between students, BANM and the teacher.

5. Knowing the level of excitement and motivation of the learners through the use of teaching techniques.

Pre-tests

The pre-tests were conducted for the members of the two research groups (control and experimental) and for the skills (rolling, suppression) in football on (11/14/2017) after exposing the members of the experimental group to one introductory unit for the purpose of clarifying the mechanism of work according to the strategy under study, and then the video was taken.

Homogeneity and equivalence

Homogeneity

In order to control the variables that affect the accuracy of the results, the researcher resorted to verify this to the homogeneity of the research sample, as shown in Table (1).

Table 1. Shows the homogeneity of the research sample in the morphological measurements

S	Variables	Units	Mean	SD	Mode	Skewness
1	Length	Cm	161.28	2.83	160	0.45
2	Mass	Kg	60.11	2.33	58	0.90
3	Age	Year	19.29	0.75	19	0.38

Table (1) shows that the values of the torsion coefficient are confined to (± 1), which indicates the homogeneity of the research sample for those variables, i.e. the moderation of the distribution.

The two research groups are equivalent

In order to reveal the parity of the two research groups (control, experimental) and for the two skills through a (t) test for independent samples, the results showed that the differences are not significant at the level of significance (0.05). This indicates the parity between the two groups, and Table (2) shows that.

Table 2. Shows the equivalence of the two research groups (experimental and control) in the study variables

S	Variables	Units	Control group		Experimental group		(t) value	Significance value	Differences
			Mean	SD	Mean	SD			
1	Rolling skill	Degree	3.60	0.910	3.200	0.561	1.112	0.167	No sig.
2	Suppression skill	Degree	3.20	0.676	3.00	0.535	1.231	0.087	No sig.

Applying the blended teaching method

The application of the vocabulary of the study was carried out according to the blended learning style of the members of the experimental group on (11/19/2017), while the control group members were working according to the method followed, and in order to strive to achieve the specified goals, the following must be taken into account.

- The presence of all learners in the closed group (experimental) for the purpose of communication.

- Ensure that everyone participates in the dialogue, discussion and expression of opinion on the subject of learning.

- Supervision and follow-up by the teacher and encouraging students to search through multimedia.

As for the mechanism of the program, it may consist of (12 / educational units) for a period of (6) weeks and at the rate of two units per week and the duration of each educational unit is 90 / minute distributed as follows (the preparatory section is 20 / minute, while the main section has a duration of 65 / minutes and is divided into 25 / minute activity Educational and 40 / minutes as an applied activity, and the researcher was keen to ensure that the educational part is at the beginning of the educational unit for the purpose of continuity in carrying out the duties without interruptions, while the final section is 5 / minute).

Post tests

The post tests were carried out after the completion of the implementation of the educational units and on the date (7/1/2018) with the same conditions for the pre-test.

Results and Discussions

Table 3. Shows the mean, standard deviations, the calculated (t) value, the significance of the difference, and the two skills

S	Skills	Units	Pretest		Posttest		(t) value	Significance value	Differences
			Mean	SD	Mean	SD			
1	Rolling skill	Degree	3.200	0.561	7.267	0.594	16.387	0.000	Sig.
2	Suppression skill	Degree	3.00	0.535	6.600	0.632	16.837	0.000	Sig.

By observing Table (3), we find that the value of the level of significance and the two skills was (0.000), which is less than (0.05), which indicates that there are real differences (significant) between the pre and posttest.

Table 4. Shows the mean, standard deviations, the calculated (t) value, the significance of the difference, and the two skills

S	Skills	Units	Pretest		Posttest		(t) value	Significance value	Differences
			Mean	SD	Mean	SD			
1	Rolling skill	Degree	3.6	0.910	6	0.655	9.431	0.000	Sig.
2	Suppression skill	Degree	3.2	0.676	5.467	0.516	10.990	0.000	Sig.

By observing Table (4), we find that the value of the significance level and for the two skills was (0.000), which is less than (0.05), which indicates that there are real differences (significant) between the pre and posttest.

The researcher attributes this to the effectiveness of the blended education strategy based on blending in order to benefit from the positives of the method used and the electronic style and the result of this mixture of the two

methods makes the educated individual capable of self-learning as well as taking responsibility in learning basic skills, especially the skills of rolling and Suppression football. The researcher also sees through the clarity of the general goal of the educational units and their suitability for the study sample has clearly contributed to Improving the level of technical performance and skills, and this is what referred to, that “the clarity of goals and their identification in behavioral images or specific performance levels are meaningful and effective”.⁶

The good application of the educational units as well as the extent of benefit from the technological development has effectively contributed to the enrichment of the educational process, meaning that it has facilitated the process of understanding and perception of the detailed parts of the movements or skills to be learned and through the clear gradation of the skill and its three sections with the help of multimedia to explain or present The skill, which works to bring the information closer to the mind of the learner, as the scientific sources indicate that “the use of pictograms, display devices for the parts of the skill that were included in the paragraphs

of the educational curriculum has provided the learner with an understanding, awareness and comprehension of the nature of the skill”.⁷

Among the factors that helped in this development were the appropriate repetitions of the selected exercises that were consistent with the research sample and their abilities while avoiding difficult exercises that do not guarantee performance by everyone, and thus the curriculum vocabulary and what (Mufti Ibrahim) came to agree with: Choosing a coach for difficult exercises will increase the experience of some players and not all of them will increase.⁸

Table 5. Shows the mean, standard deviations, the calculated (t) value and the difference significance for the post tests between the two groups and for the two skills

S	Skills	Units	Experimental group		Control group		(t) value	Significance value	Differences
			Mean	SD	Mean	SD			
1	Rolling skill	Degree	7.267	0.594	6.000	0.655	5.551	0.000	Sig.
2	Suppression skill	Degree	6.600	0.632	5.467	0.516	5.376	0.000	Sig.

Through the observation of Table (5), it appears that there is a statistically significant difference between the post tests of the experimental and control groups and in favor of the experimental group.

The researcher attributes this to the extent of the influence of the mixed education strategy on the excitement of learners' motivation, interests, and their merging with each other in their passion for football. Working according to the new method has increased the demand for the lesson by the members of the experimental group, given that most of the topics raised about the stages of the technical performance of the variables in terms of The mistakes that accompany the performance were raised through discussion, and this came in harmony with what the educational process calls for in activating the role of the learner.⁹

Conclusions

1. The two groups of research have achieved an improvement in learning and skills (rolling, Suppression)

football, and upon comparison, we find the superiority of the experimental group.

2. The blended education strategy helped increase students' participation through the development of social relations between them and with the help of multimedia.

3. Through the blended learning strategy, it is possible to overcome the negatives of both follow-up and e-learning.

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Conflict of Interest: None to declare.

Ethical Clearance: All experimental protocols were approved under the University of Kufa and all

experiments were carried out in accordance with approved guidelines.

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