The Impact of the Use of Educational Programs in Acquiring the Art of Performance and Accuracy of Achievement of Some of the Basic Skills in Ground Tennis Students of the Faculty of Physical Education and Sports Sciences

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Abstract: Through the follow-up to the researcher for the games held by the Central Federation and sports clubs and university tournaments, and briefed him on the progress of the exercises and lectures of many university teachers in the faculties of physical education and sports sciences in the universities of Iraq, and through his field experience - as a practitioner of the game and has many achievements of studies and research - found that There are deficiencies in the preparation of educational programs for college students in universities, as well as the weakness of the level of skill which constitutes a high proportion of the needs of students in the teaching, and differences in the views of some of the teachers on how to start the process of education and training of students, That the method of applying the exercises in the formal arena is the best, and others see the method of applying exercises on the wall is the best, and some of them use the two together and no one knows what is the best method of application in teaching students to the basic skills of ground tennis, and the importance of research as an attempt The researcher used the experimental method. The research community consisted of (50) students. The sample of the research consisted of (30) students repretransmitterthree experimental groups, each consisting of (30) students. Group (10) students.

Keywords: physical programs, transmitter, ground tennis

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1- Introduction:
Physical measurements have a great important in the field of physical education because they are related to many sports, as they have become the main pillar in the process of selecting players and directing to other types of sports that suit their potential, and the skill of serving in tournaments is characterized by a high-performance and optimal because it is one of the attacking skills affecting the matches to score points, the researcher's experience in this field is that he is one of the players of ground tennis in the University of Diyala / College of Physical Education and Sports Science as well as being a teacher in it and here the importance of this study came to emphasize the coaches in the field of sports the importance of physical measurements and its relationship to the performance of skills in ground tennis, especially being one of the offensive skills The mission in this game. And physical measurements are of great importance in the field of contentment, and importance lies as an estransmitter ial indicator to know the extent of their relationship to different skills, sobody measurements affect performance success and efficiency. Anthropometric measurements can be defined as the study of the human body scale and this includes the weight and circumference of the body as a whole and the different body parts (Lentils: 2000: 227).

2- Research methodology and field procedures:
2 - 1: Research Methodology: The researcher used the descriptive approach with the correlative method of its suitability with the nature of research

2-2 Research Sample:
The research sample was chosen intentionally by the third stage students / College of Physical Education and Sports Science / Diyala University evening study, which numbered (20) students out of a total of (77) students, as it

excluded injured students, students who failed the test, and students who applied the exploratory experience, and this may constitute (25.98%) of the origin community, but the reason for the sample testing is that the transmission skill is one of the prescribed skills within the vocabulary of ground ground tennis for the third stage.

2-3 Means and tools used:
(Sources and references, Gathering data form as per Appendix 1, balance - balls and ground tennis rackets, tape measure)

2-- 4 Exploratory experience:
The tests were applied with the help of the work team on a sample of the research consisting of a group of students and their number (20) students from the third stage students / College of Physical Education and Sports Science / Diyala University evening study, on Wednesday 12/20/2017 to get to know:
A- Obstacles and difficulties that may face the researcher and the assistant team in the main experiment.
B- Validity of the used tools to measure the scientific foundations of the tests.

The test for the performance of the transmission strike as well as the physical measurements used for the research sample were performed during (4) days of the first and second days: taking the physical measurements of the research sample individuals and the third day: conducting the special test to perform the accuracy of the forward transmission and there was a day of rest between taking the measurements and performing special tests to perform the transmitter hit.

2-4-1 Measurements and tests used in the research:
The measurements and tests used in the research were conducted on a sample of students of the third stage of ground tennis in the yards and playgrounds of ground tennis in the College of Physical Education and Sports Science at Diyala University, as follows:

2-4-1-1 Physical measurements:
The physical measurements that were mentioned in the sources and references agreed upon by (Allawi: 1987: 73) were adopted with the addition of some lengths of the game, these measurements were all taken to the research sample from the agreed detailed points. These measurements included some lengths of the game’s performance. The data was collected in a special form, as in Appendix (1).

1- Total body length: - Measurements are taken to the nearest (5.0) cm from the standing position and reading is taken from the highest point on the surface of the skull to the bottom of the foot.
2- the Arm length: The arm length is measured from the lateral apex of the acromial protrusion of the bone of the plate to the needle protrusion of the radius bone.
3- the brachium length: The length of the brachium is measured from the highest point of the acromial protrusion of the bone from the lateral side to the lateral brachium of the brachium.
4- The forearm length: The length of the forearm is measured from the lateral ganglion of the brachium to the artery protrusion of the radius bone.

2-4-1-2 Skill tests (Allawi: 1987: 282):
The researcher used the white ground tennis test in ground ground tennis
Test purpose: To measure the skill power of transmission accuracy.
Tools: playground, ground tennis balls, rackets, tape measure, registration form.

The Performance description: A rope of 1/4 inch diameter from both ends of the grid shall be fixed from the top, as the distance between it and the net is 4 feet (121.92 cm), and the distance between it and the ground will be 7 feet (2.13 meters), and it is noted that the rope is tightened tightly and parallel Completely for the network.

The numbers 1, 2, 3, 4, 5, 6 refers to the degrees assigned to each of the areas where the ball falls, the test is explained and a sample is made before it is applied to the players.
The test application is preceded by a warm-up of at least 10 minutes on the ground tennis playground.
Test conditions:
The player stands behind the base line and tries to perform (10) attempts to transmitter (5 from each side) left and right. The successful attempts to drop the ball in the correct service area shall be awarded to him, and a score will be given for each successful attempt.

An attempt that touches the net or falls on the same field, falls off the field is an unsuccessful attempt and given (zero).
(4) Experimental attempts are given before the test.

[Image: Figure (1)

The layout of the ground tennis playground is shown in the transmission accuracy test in ground tennis]

2-5- Main experience:
The main experiment was conducted with the same steps of the exploratory experiment, with the help of the work team on a sample of the research consisting of (20) students, number of (77) students for the third stage students, College of Physical Education and Sports Science, evening study on Saturday, 27/1/2017

2-6 Statistical means:
The researcher used the ( SPSS ) Statistical Package for the Social Sciences to process the obtained data and used the following laws: (arithmetic mean, standard deviation, simple correlation coefficient Pearson).

3- showing, analyzing and discussing the results:
This section includes displaying the results that the researcher reached, analyzing and discussing. Through all the data and statistically processed, the results confirmed in the table have been reached.

3-1 showing the physical measurements, mean, standard deviation, median, and torsional coefficient for the research sample members
Table(1) Shows arithmetic mean, standard deviations, mediator, and torsion coefficient

For the physical measurements of the research sample individuals, n = 20

<table>
<thead>
<tr>
<th>Physical Measurements</th>
<th>Measuring Unit</th>
<th>Arithmetic Average</th>
<th>Standard Deviation</th>
<th>Mediator</th>
<th>Torsion Coefficient</th>
<th>Significant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Body Length</td>
<td>cm</td>
<td>152.400</td>
<td>6.626</td>
<td>55.000</td>
<td>0.623</td>
<td>Random</td>
</tr>
<tr>
<td>Arm Length With Palm</td>
<td>cm</td>
<td>25.500</td>
<td>3.277</td>
<td>25.000</td>
<td>0.214</td>
<td>Random</td>
</tr>
<tr>
<td>Brachium Length</td>
<td>cm</td>
<td>17.200</td>
<td>1.548</td>
<td>17.000</td>
<td>0.094</td>
<td>Random</td>
</tr>
<tr>
<td>Forearm Length</td>
<td>cm</td>
<td>78.933</td>
<td>6.405</td>
<td>78.500</td>
<td>0.125</td>
<td>Random</td>
</tr>
</tbody>
</table>

Table (1) refers to the arithmetic mean, standard deviation, mediator, and torsional coefficient of the physical measurements of the individuals in the research sample

2-3 Showing the physical measurements results and its relationship to the performance of the accuracy of transmitting ground tennis, analyzed and discussed

Table(2) It shows the correlation coefficients between physical measurements and the transmission accuracy of ground tennis

<table>
<thead>
<tr>
<th>Correlation Statistical Parameters</th>
<th>Calculated(T) Value</th>
<th>Tabular(T) Value</th>
<th>Sample Number</th>
<th>Moral Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total body length</td>
<td>0.440</td>
<td>0.561</td>
<td>20 students</td>
<td>moral</td>
</tr>
<tr>
<td>Arm length with palm</td>
<td>0.590</td>
<td></td>
<td></td>
<td>moral</td>
</tr>
<tr>
<td>Brachium length</td>
<td>0.595</td>
<td></td>
<td></td>
<td>moral</td>
</tr>
<tr>
<td>Forearm length</td>
<td>0.401</td>
<td></td>
<td></td>
<td>Not significant</td>
</tr>
</tbody>
</table>

From Table (2)

The calculated value of (t) is (0.440, 0.590, 0.595, 0.401, 0.521) for physical measurements, the total length of the arm body with the palm, forearm, and brachium, we note that there is a significant correlation relationship between some of the physical measurements with the performance of the transmission accuracy of the ground tennis on the
one hand, and an insignificant correlation relationship between some physical measurements such as arm and palm length.

As the value of the tabular (T) is higher than the calculated value of (T), which means that there is an unrelated correlation relationship at the level of significance (0.05) and the freedom degree (18) indicate when the results of table (2) note that there is a significant correlation between some measurements such as arm length and the member.

the performance of the ground tennis if the calculated (t) is higher than the tabular (t) values at the level of significance (0.05) and the degree (18) as it indicates that these measurements have an important role in offensive ground tennis skills, including the transmission of ground tennis, which is one of the basic skills which plays an important role in the outcome of the match, from winning and losing, it has provoked both (Khuraibet: 1982: 225) until the lengths of the body have a great importance to ground tennis for the ground tennis player being the most used body parts in the transmission skills and that prominent role that plays in many other sporting activities.

As for (Shawkat: 1991: 182) indicated that the lengths of the body have a great importance in the game of ground tennis, in terms of the ability to control on the ball, this fulfilled the research hypothesis for us that there is a relationship between some physical measurements and the accuracy of transmission with ground tennis, as for other physical measurements, which showed us the results by the absence of a significant correlation between these measurements and the accuracy of the transmission of ground tennis, while multiple results and studies have shown us the importance of these measurements for the ground tennis player in terms of raising the arm to the highest distance that can perform the accuracy of the transmission of ground tennis or hitting with an altitude suitable gives an opportunity to increase the accuracy of hitting, as well as the length of the arm with the racket to help the player to perform transmission with high accuracy, so the researcher sees the need to pay attention when choosing a ground tennis player, noting the lengths of the body of the lower and upper limbs, which are important and are related to physical type.

4 – Conclusion:

Through the results, there was a significant correlation between some physical measures (arm, brachium, forearm, palm, and total body length) and the accuracy of the transmission with ground tennis, as well as an unrelated correlation between (total length, trunk length, palm length, leg, gigot, leg, foot, gendarme width, circumference of gigot and leg) and the accuracy of transmitting with ground tennis and that the hit of transmitting ground tennis with ground tennis does not correspond to a number of physical measurements for the third stage students.

Sources


Appendix(1)

The gathering data form shows

<table>
<thead>
<tr>
<th>Student name</th>
<th>Physical measurements</th>
<th>CM</th>
<th>Attempts of the accuracy of the transmission with ground tennis</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>A1   A2   A3   A4   A5</td>
</tr>
<tr>
<td>1</td>
<td>Total body length</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Arm length with palm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Brachium length</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Forearm length</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>